

Section 11 – Physical activity of Queensland children from different backgrounds – Aboriginal and/or Torres Strait Islander children

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Frequency of children's participation in physical activities for sport, exercise and recreation in Queensland – Aboriginal and/or Torres Strait Islander children

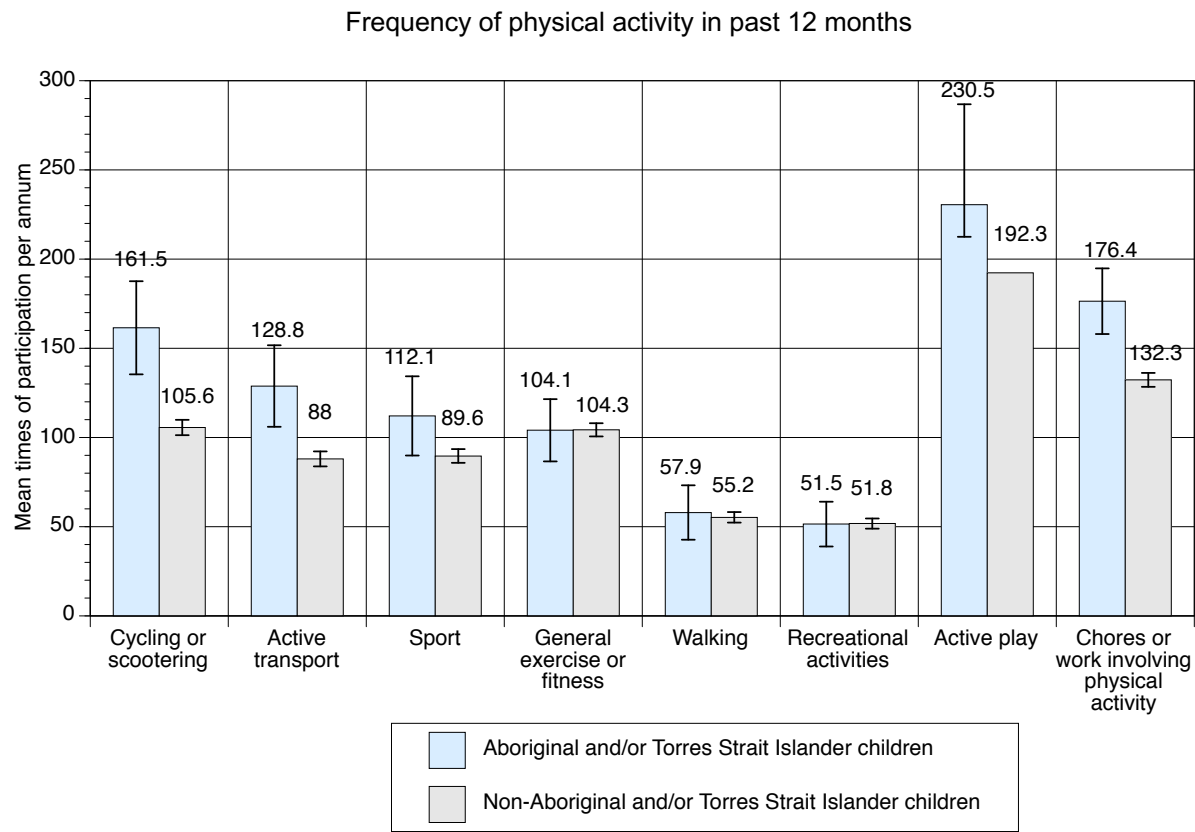
The frequency of children's participation for major types of physical activities was also calculated as a population wide prevalence estimate for Aboriginal and/or Torres Strait Islander children in Queensland. While frequency data was gathered only for children reported to be participating in specific activities, a prevalence estimate was calculated based on all children in the Queensland population (implying that children not participating were given a frequency of zero for this analysis).

It should also be noted in this context that some children did not have participation frequency estimates, if their parent/carer reported that the child took part in more than 12 activities. As such, these children were excluded from this analysis (i.e., this is why the base of the population wide frequency analyses are slightly less than the entire sample).

The frequency of participation in major types of activities for Aboriginal and/or Torres Strait Islander children is in Figure 70 and Table 79. The top three most frequent activities for Aboriginal and/or Torres Strait Islander children were Active play (230.5 times per annum), Chores or work involving physical activity (176.4 times per annum) and Cycling and scootering (161.5 times per annum).

Significance testing showed that Aboriginal and/or Torres Strait Islander children participated more frequently than non-Aboriginal and/or Torres Strait Islander children in Active transport ($p<.01$), Active play ($p<.01$), Cycling and scootering ($p<.001$) and Chores or work involving physical activity ($p<.01$). Participation in Sport was also tending towards significance.

Figure 70. Frequency of participation in major activities as a population wide prevalence estimate (based on all children 5 to 17 years including non-participants) – Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018–April 2019)



Question: How often did (Child) participate in (ACTIVITY) during the past 12 months? (Base: All parents/carers with a child aged 5 to 17 years – Children not participating are included in this analysis to generate a population wide estimate for frequency of participation) (Though children participating who did more than 12 activities may have their data excluded from the analysis, if that activity was not randomly selected for frequency data) (as a maximum of 12 activities were rated).

Table 79. Frequency of participation in major activities as a population wide prevalence estimate (based on all children 5 to 17 years including non-participants) – Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018–April 2019)

Physical activity	Mean frequency per annum (times per annum)							
	Aboriginal and/or Torres Strait Islander	SE	LCL	UCL	Non-Aboriginal and/or Torres Strait Islander	SE	LCL	UCL
Active transport	128.8	11.6	106	151.7	88	2.2	83.8	92.2
Cycling and scootering	161.5	13.3	135.4	187.6	105.6	2.2	101.3	109.9
Walking	57.9	7.7	42.7	73.2	55.2	1.5	52.3	58.2
General exercise or fitness	104.1	8.9	86.6	121.5	104.3	1.9	100.6	108
Recreational activities	51.5	6.4	38.9	64	51.8	1.5	48.9	54.6
Sport	112.1	11.3	89.9	134.3	89.6	2.0	85.8	93.5
Active play	230.5	9.1	212.5	248.6	192.3	2.2	187.9	196.7
Chores or work involving physical activity	176.4	9.3	158	194.8	132.3	2	128.4	136.2

Question: How often did (Child) participate in (ACTIVITY) during the past 12 months? (Base: All parents/carers with a child aged 5 to 17 years – Children not participating are included in this analysis to generate a population wide estimate for frequency of participation) (Though children participating who did more than 12 activities may have their data excluded from the analysis, if that activity was not randomly selected for frequency data) (as a maximum of 12 activities were rated).

Participation in specific activities – Top 20 activities for Aboriginal and/or Torres Strait Islander children

The top 20 activities reported by parents/carers of Aboriginal and/or Torres Strait Islander children are in Figure 71 and Table 80. A more detailed list of all activities is in in Appendix F.

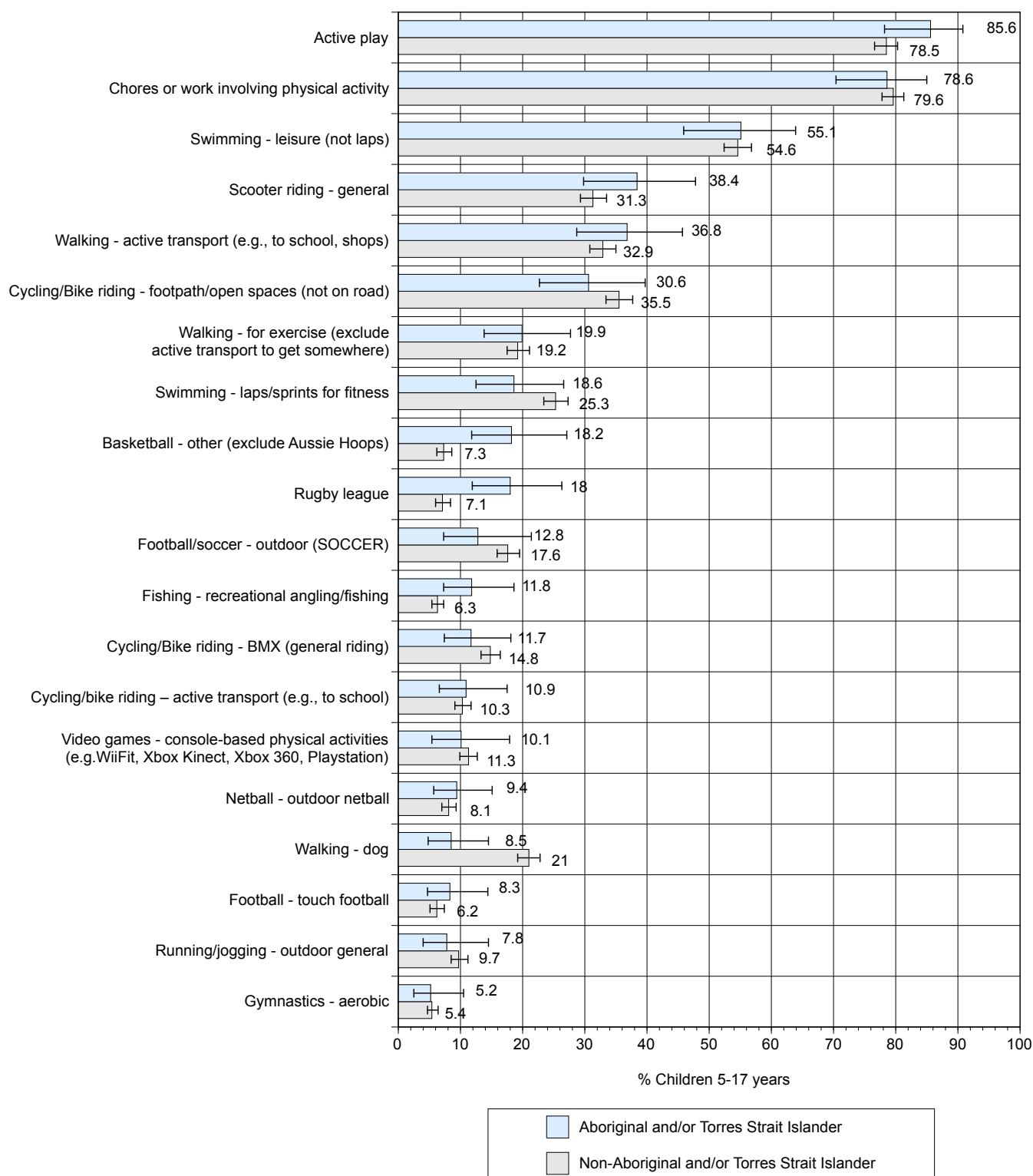
The top three activities were the same for Aboriginal and/or Torres Strait Islander children and non-Aboriginal and/or Torres Strait Islander children, although Active play was the top activity for Aboriginal and/or Torres Strait Islander children, while Chores or work involving physical activity was the top activity for non-Aboriginal and/or Torres Strait Islander children.

The top 20 activities for both Aboriginal and/or Torres Strait Islander and non-Aboriginal and/or Torres Strait Islander children were analysed and there were some significant differences in participation between the two groups.

Of the top 20 activities for both groups, Aboriginal and/or Torres Strait Islander children had:

Lower participation in...	Higher participation in...
<ul style="list-style-type: none"> 🌀 Walking a dog (OR=0.4, p<.01) 🌀 Cricket – outdoor (OR=0.3, p<.05) 🌀 Tennis – general (e.g., doubles, singles, practice tennis) (OR=0.4, p<.05) 🌀 Walking – bushwalking/hiking (OR=0.3, p<.001) 	<ul style="list-style-type: none"> 🌀 Basketball (OR=2.9, p<.001) 🌀 Rugby league (OR=2.9, p<.001) 🌀 Fishing (OR=2.0, p<.05)

Figure 71. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018–April 2019)



Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Table 80. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years. Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018–April 2019)

Activities	Aboriginal and/or Torres Strait Islander background							
	Aboriginal and/or Torres Strait Islander				Non-Aboriginal and/or Torres Strait Islander			
	%	SE	LCL	UCL	%	SE	LCL	UCL
Active play	85.6	3.2	78.2	90.8	78.5	1	76.6	80.3
Chores or work involving physical activity	78.6	3.7	70.4	85	79.6	0.9	77.8	81.3
Swimming – leisure (not laps)	55.1	4.6	45.9	63.9	54.6	1.1	52.4	56.8
Scooter riding – general	38.4	4.6	29.8	47.8	31.3	1.1	29.3	33.5
Walking – active transport (e.g., to school, shops)	36.8	4.4	28.7	45.7	32.9	1.1	30.8	35
Cycling/bike riding – footpath/open spaces (not on road)	30.6	4.4	22.7	39.7	35.5	1.1	33.4	37.7
Walking – for exercise (exclude active transport to get somewhere)	19.9	3.5	13.8	27.7	19.2	0.9	17.5	21.1
Swimming – laps/sprints for fitness	18.6	3.6	12.5	26.6	25.3	1	23.4	27.3
Basketball – other (exclude Aussie Hoops)	18.2	3.9	11.8	27.1	7.3	0.6	6.2	8.6
Rugby league	18	3.6	11.9	26.3	7.1	0.6	6	8.4
Football/soccer – outdoor (SOCCER)	12.8	3.5	7.3	21.4	17.6	0.9	15.9	19.5
Fishing – recreational angling/fishing	11.8	2.8	7.3	18.6	6.3	0.5	5.4	7.3
Cycling/bike riding – BMX (general riding)	11.7	2.7	7.4	18.1	14.8	0.8	13.3	16.4
Cycling/bike riding – active transport (e.g., to school)	10.9	2.7	6.6	17.5	10.3	0.7	9.1	11.7
Video games – console-based physical activities (e.g., WiiFit, Xbox Kinect, Xbox 360, Playstation)	10.1	3.1	5.4	17.9	11.3	0.7	9.9	12.7
Netball – outdoor netball	9.4	2.3	5.7	15.1	8.1	0.6	7	9.3
Walking – dog	8.5	2.4	4.8	14.5	21	0.9	19.2	22.8
Football – touch football	8.3	2.4	4.7	14.4	6.2	0.6	5.1	7.4
Running/jogging – outdoor general	7.8	2.6	4	14.5	9.7	0.7	8.5	11.2
Gymnastics – aerobic	5.2	1.9	2.5	10.5	5.4	0.4	4.7	6.4

Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Child related barriers to Aboriginal and/or Torres Strait Islander children doing or increasing physical activity over the past 12 months

Child-related barriers for Aboriginal and/or Torres Strait Islander children are detailed in Figure 72 and Table 81.

The percentage of Aboriginal and/or Torres Strait Islander and non-Aboriginal and/or Torres Strait Islander parents reporting no child barriers was almost identical (55.5% and 55% respectively).

Apart from no barriers, the top child-related barriers reported by parents/carers of Aboriginal and/or Torres Strait Islander children were:

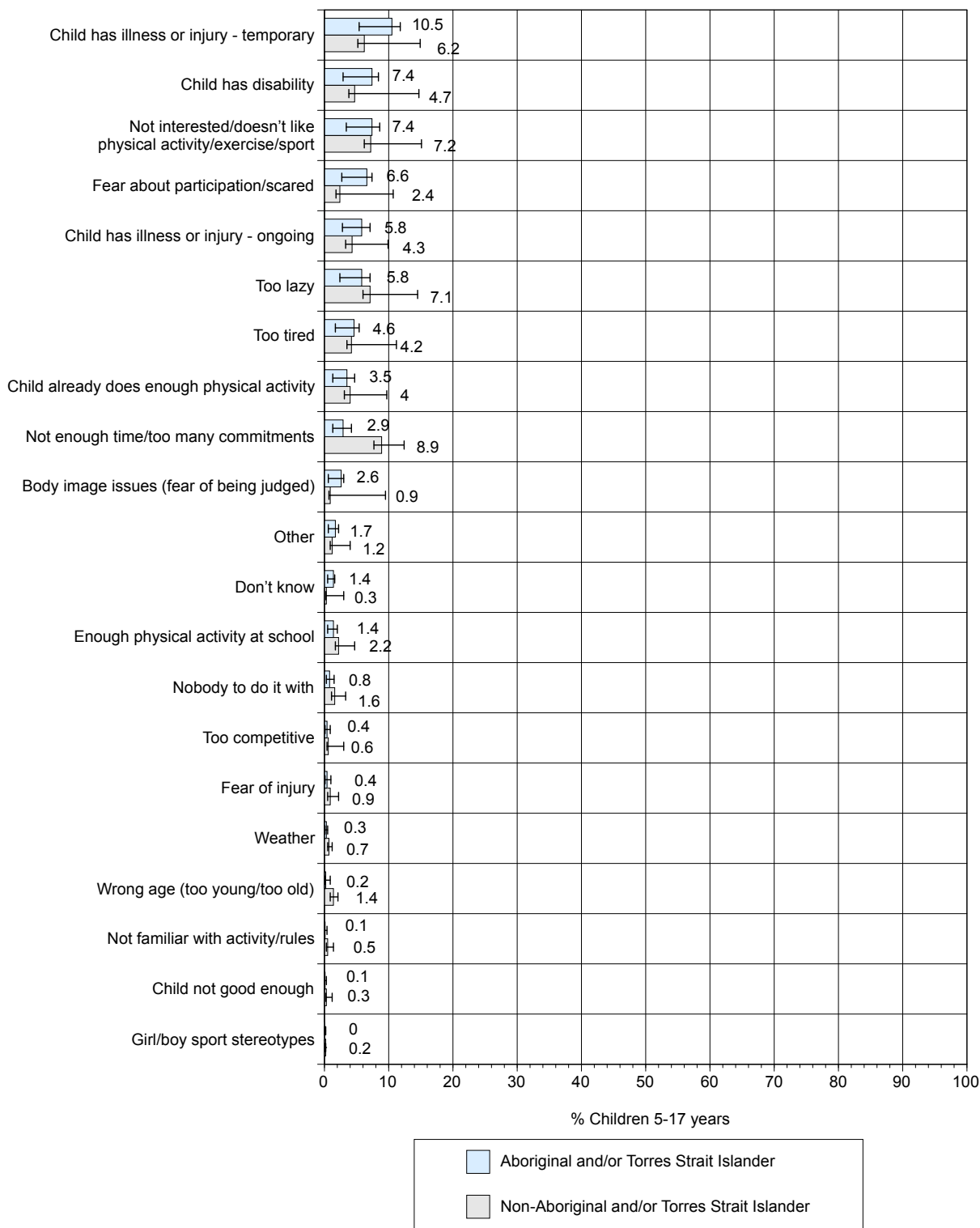
- ☞ Child has illness or injury – temporary (10.5%)
- ☞ Not interested/doesn't like physical activity/exercise/sport (7.4%)
- ☞ Child has disability (7.4%)
- ☞ Fear about participation/scared (6.6%)
- ☞ Too lazy and Child has illness or injury – ongoing (5.8%)

For non-Aboriginal and/or Torres Strait Islander children, apart from no barriers, the top child-related barriers were:

- ☞ Not enough time (8.9%)
- ☞ Not interested/doesn't like physical activity/exercise/sport (7.2%)
- ☞ Too lazy (7.1%)
- ☞ Child has illness or injury – temporary (6.2%)
- ☞ Child has disability (4.7%)

There were no significant differences in the child related barriers reported between Aboriginal and/or Torres Strait Islander and non-Aboriginal and/or Torres Strait Islander children, however this result may be due to the relatively small sample size of the Aboriginal and/or Torres Strait Islander group.

Figure 72. Child-related barriers to children doing or increasing physical activity over the past 12 months – Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018–April 2019)



Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months? Just barriers for (Child). (Base: All parents/carers with a child aged 5–17 years)

Table 81. Child-related barriers to children doing or increasing physical activity over the past 12 months – Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018 to April 2019)

Child-related barriers	Aboriginal and/or Torres Strait Islander background							
	Aboriginal and/or Torres Strait Islander (N=284)				Non-Aboriginal and/or Torres Strait Islander (N=4954)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
No barriers for child	55.5	4.7	46.2	64.4	55	1.1	52.8	57.2
Child has illness or injury – temporary	10.5	3.4	5.4	19.2	6.2	0.6	5.2	7.5
Not interested/doesn't like physical activity/exercise/sport	7.4	2.9	3.4	15.3	7.2	0.6	6.2	8.4
Child has disability	7.4	3.4	2.9	17.4	4.7	0.5	3.8	5.7
Fear about participation/scared	6.6	2.9	2.7	14.9	2.4	0.3	1.8	3.2
Too lazy	5.8	2.5	2.4	13.2	7.1	0.6	6	8.4
Child has illness or injury – ongoing	5.8	2.1	2.8	11.4	4.3	0.6	3.3	5.6
Too tired	4.6	2.2	1.7	11.6	4.2	0.4	3.5	5
Child already does enough physical activity	3.5	1.8	1.3	9.2	4	0.5	3.1	5.2
Not enough time/too many commitments	2.9	1.2	1.3	6.4	8.9	0.6	7.7	10.2
Body image issues (fear of being judged)	2.6	2	0.6	11.2	0.9	0.2	0.7	1.3
Other	1.7	0.9	0.6	4.5	1.2	0.2	0.9	1.7
Enough physical activity at school	1.4	0.7	0.5	3.9	2.2	0.3	1.7	2.8
Don't know	1.4	0.8	0.5	4.1	0.3	0.1	0.2	0.5
Nobody to do it with	0.8	0.5	0.3	2.5	1.6	0.3	1.1	2.3
Fear of injury	0.4	0.3	0.1	1.7	0.9	0.2	0.5	1.5
Too competitive	0.4	0.4	0.1	2.8	0.6	0.2	0.4	1.1
Weather	0.3	0.2	0.1	0.8	0.7	0.1	0.5	0.9
Wrong age (too young/too old)	0.2	0.2	0.1	0.9	1.4	0.3	0.9	2.1
Child not good enough	0.1	0.1	0	1	0.3	0.1	0.2	0.5
Not familiar with activity/rules	0.1	0.1	0	1	0.5	0.1	0.3	0.8
Girl/boy sport stereotypes	0	0	0	0	0.2	0.1	0.1	0.4

Question: Were there any barriers for (Child) personally doing or increasing his/her physical activity over the past 12 months? Just barriers for (Child). (Base: All parents/carers with a child aged 5–17 years)

Parent/carer barriers to Aboriginal and/or Torres Strait Islander children doing or increasing physical activity over the past 12 months

Parent/carer-related barriers for Aboriginal and/or Torres Strait Islander children are detailed in Figure 73 and Table 82. The top five parent/carer barriers were the same for Aboriginal and/or Torres Strait Islander and non-Aboriginal and/or Torres Strait Islander children with differences only in the order of those barriers.

The top parent/carer barriers for Aboriginal and/or Torres Strait Islander children were:

- 🌀 Lack of time (29.9%)
- 🌀 Too expensive/high cost (29.7%)
- 🌀 Work commitments (26.2%)
- 🌀 No car/poor public transport/can't get there/too far (14%)
- 🌀 Caring for children (10%)

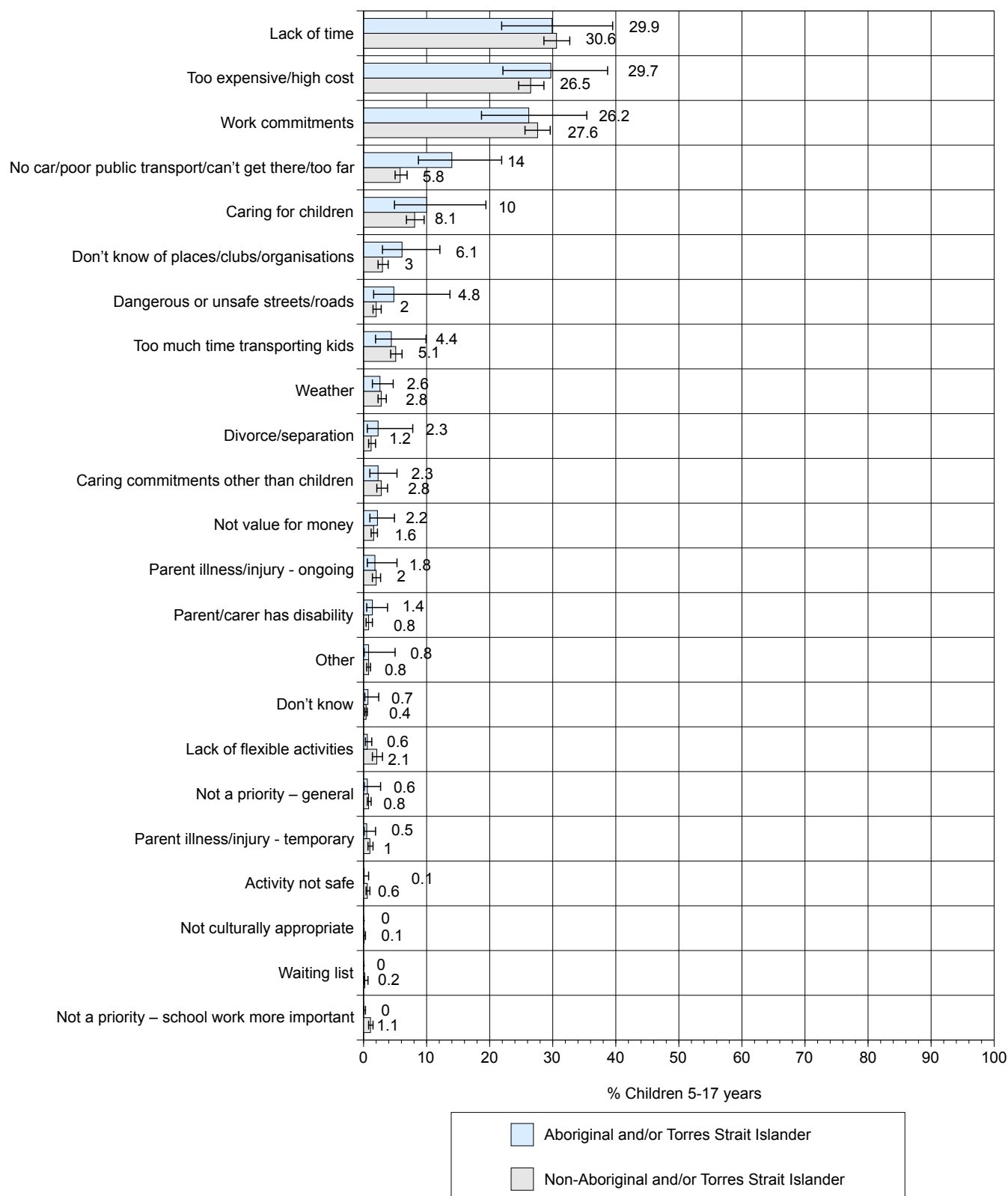
The top parent/carer barriers for non-Aboriginal and/or Torres Strait Islander children were:

- 🌀 Lack of time (30.6%)
- 🌀 Work commitments (27.6%)
- 🌀 Too expensive/high cost (26.5%)
- 🌀 Caring for children (8.1%)
- 🌀 No car/poor public transport/can't get there/too far (5.8%)

There were no significant differences in the parent/carer barriers reported between Aboriginal and/or Torres Strait Islander and non-Aboriginal and/or Torres Strait Islander groups, however, this result may be due to the relatively small sample size of the Aboriginal and/or Torres Strait Islander group.

It should be noted that 33.1% of parents/carers of Aboriginal and/or Torres Strait Islander children reported no parent/carer barriers. Interestingly, both Aboriginal and/or Torres Strait Islander and non-Aboriginal and/or Torres Strait Islander parents and carers reported a larger number of parent/carer barriers than child barriers. This suggests that efforts to increase children's physical activity may be more effectively directed at addressing parent/carer barriers than child barriers.

Figure 73. Parent/carer barriers to children doing or increasing physical activity over the past 12 months – Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018–April 2019)



Question: How about any barriers for you or your spouse as parents/carers? (to child doing or increasing his/her physical activity over the past 12 months?) (Base: All parents/carers with a child aged 5–17 years)

Table 82. Parent/carer barriers to children doing or increasing physical activity over the past 12 months – Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018–April 2019)

Parent/carer-related barriers	Aboriginal and/or Torres Strait Islander background							
	Aboriginal and/or Torres Strait Islander (N=284)				Non-Aboriginal and/or Torres Strait Islander (N=4954)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
No barriers for parent	33.1	4.3	25.3	42	37.5	1.1	35.4	39.7
Lack of time	29.9	4.5	21.9	39.5	30.6	1	28.6	32.7
Too expensive/high cost	29.7	4.3	22.1	38.7	26.5	1	24.6	28.6
Work commitments	26.2	4.3	18.7	35.4	27.6	1	25.6	29.6
No car/poor public transport/can't get there/too far	14	3.3	8.7	21.9	5.8	0.5	5	6.9
Caring for children	10	3.5	4.9	19.4	8.1	0.7	6.8	9.6
Don't know of places/clubs/organisations	6.1	2.2	3	12.1	3	0.4	2.3	3.9
Dangerous or unsafe streets/roads	4.8	2.7	1.6	13.7	2	0.3	1.5	2.8
Too much time transporting kids	4.4	1.9	1.9	9.9	5.1	0.4	4.3	6.1
Weather	2.6	0.8	1.4	4.7	2.8	0.3	2.3	3.6
Caring commitments other than children	2.3	1	1	5.3	2.8	0.4	2.1	3.8
Divorce/separation	2.3	3	1.5	0.6	1.2	0.3	0.8	1.9
Not value for money	2.2	0.9	1	4.9	1.6	0.3	1.2	2.2
Parent illness/injury – ongoing	1.8	1	0.6	5.3	2	0.3	1.4	2.7
Parent/carer has disability	1.4	0.7	0.5	3.8	0.8	0.2	0.4	1.4
Other	0.8	0.8	0.1	5	0.8	0.2	0.5	1.1
Don't know	0.7	0.4	0.2	2.4	0.4	0.1	0.2	0.6
Not a priority – general	0.6	0.5	0.1	2.7	0.8	0.2	0.6	1.2
Lack of flexible activities	0.6	0.2	0.3	1.3	2.1	0.4	1.4	3
Parent illness/injury – temporary	0.5	0.3	0.1	1.9	1	0.2	0.7	1.5
Activity not safe	0.1	0.1	0	0.8	0.6	0.1	0.4	1
Not a priority – school work more important	0	0	0	0.3	1.1	0.2	0.8	1.5
Waiting list	0	0	0	0	0.2	0.1	0.1	0.7
Not culturally appropriate	0	0	0	0	0.1	0.1	0	0.3

Question: How about any barriers for you or your spouse as parents/carers? (to child doing or increasing his/her physical activity over the past 12 months?) (Base: All parents/carers with a child aged 5–17 years)

Time spent on screens for school work, leisure, entertainment and other reasons – Aboriginal and/or Torres Strait Islander children

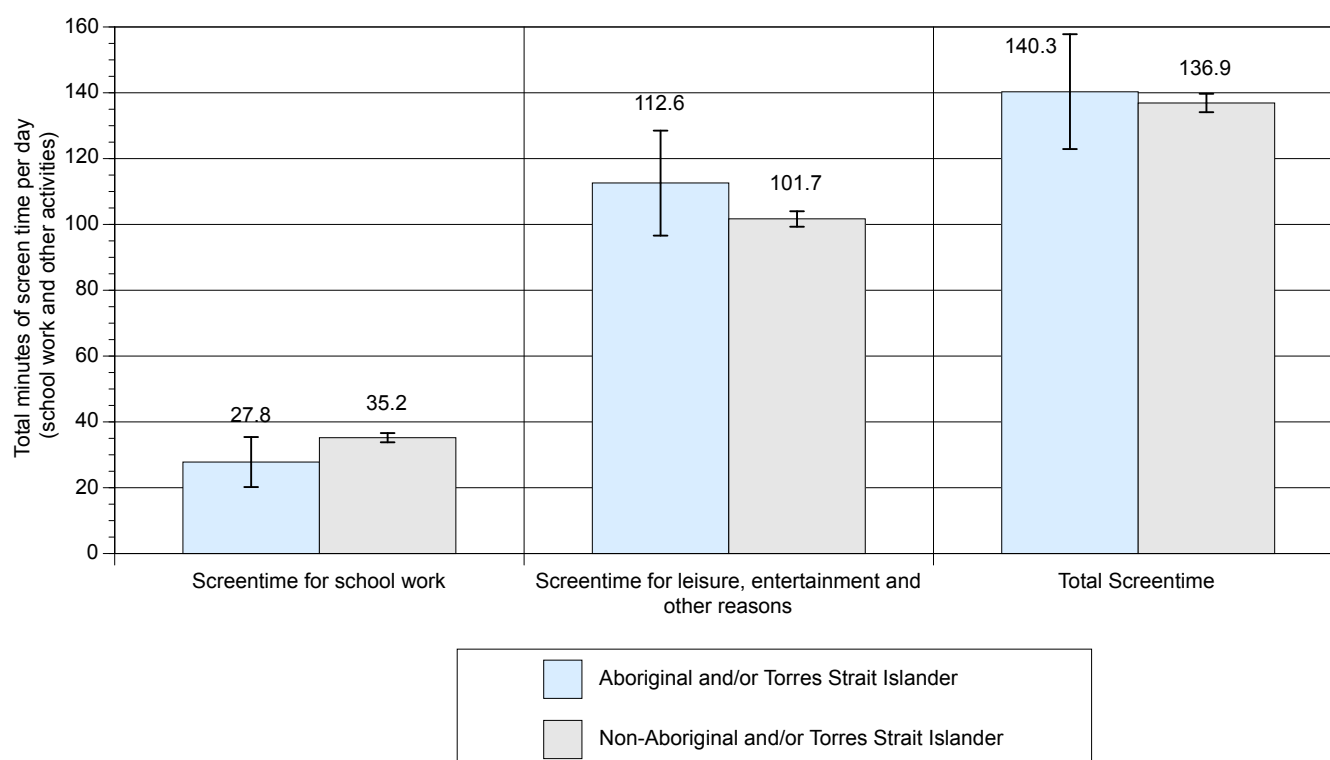
The amount of time Aboriginal and/or Torres Strait Islander children spent on screens is in Figure 74, with detailed results also in Table 83.

The amount of time that Aboriginal and/or Torres Strait Islander children were reported by parents/carers to spend on screens was very similar to non-Aboriginal and/or Torres Strait Islander children, with both groups reporting an average daily screen time of more than two hours. There was no significant difference in total screen time between the two groups.

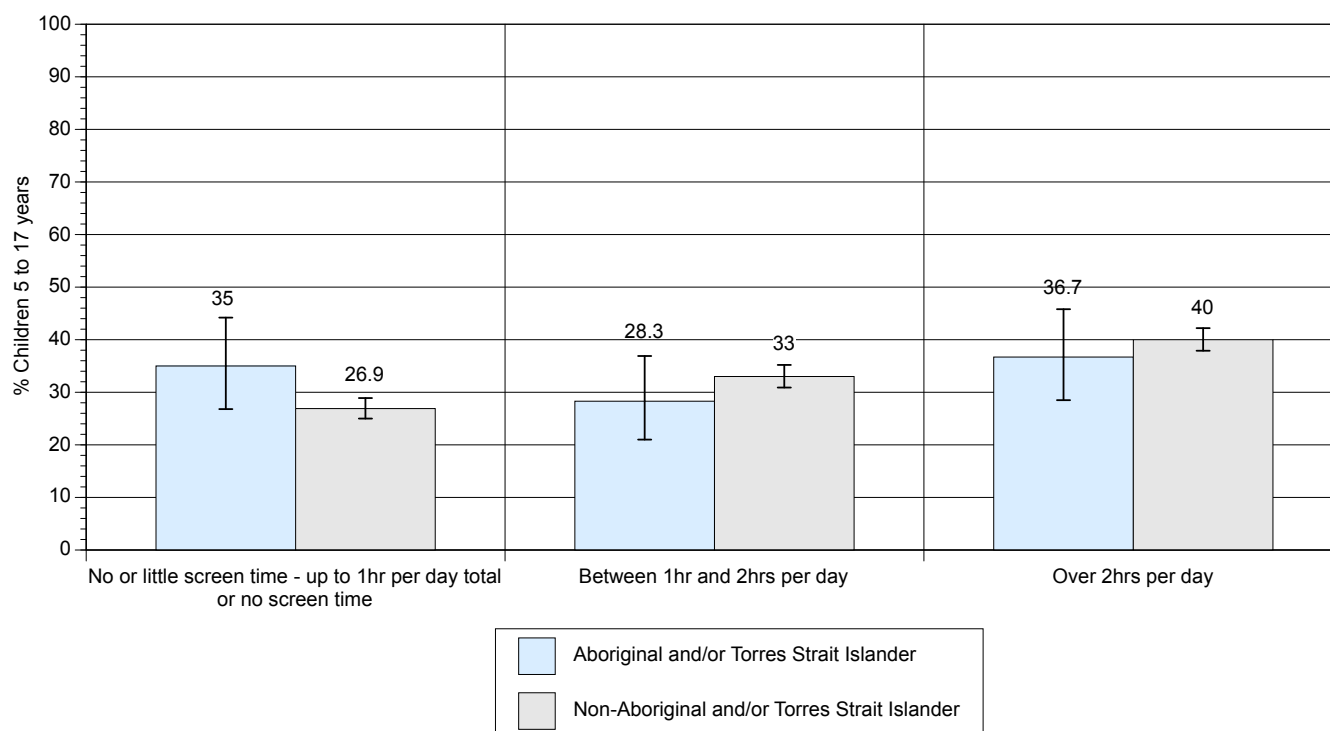
Significance tests showed that Aboriginal and/or Torres Strait Islander children spent less screen time on school work than non-Aboriginal and/or Torres Strait Islander children ($p < .05$), but there was no significant difference in the amount of screen time spent for leisure, entertainment and other reasons.

Figure 74. Amount of time per day Queensland children aged 5–17 years spent on screens for school work or leisure, entertainment and other reasons outside school hours during the past 12 months. Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018–April 2019)

Mean time spent on screens



Percentage of Aboriginal and/or Torres Strait Islander children by total time spent on screens



Question: During the past 12 months, how many minutes per day on average has (Child) spent on screens outside school hours – like TV, tablets, video games and computers? Could you break this into screen time spent on school work and screen time for leisure, entertainment and other reasons? (e.g., TV, Internet, messaging or chats, social media etc.).
(Base: All parents/carers with a child aged 5–17 years)

Table 83. Amount of time per day Queensland children aged 5–17 years spent on screens for school work or leisure, entertainment and other reasons outside school hours during the past 12 months – Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018–April 2019)

Measure	Aboriginal and/or Torres Strait Islander background							
	Aboriginal and/or Torres Strait Islander (N=284)				Non-Aboriginal and/or Torres Strait Islander (N=4954)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
Screen time for school work								
No screen time on school work	57.9	4.5	48.9	66.3	37.7	1.1	35.6	39.9
Up to 1hr per day screen time on school work	35	4.3	27.1	43.9	50.1	1.1	47.8	52.3
More than 1hr per day screen time on school work	7.1	1.9	4.1	12	12.2	0.7	10.9	13.7
Screen time for leisure, entertainment and other reasons								
No screen time on other activities	7.1	2.5	3.5	13.9	2.4	0.3	1.9	3.1
Up to 1hr per day screen time on other activities	38.3	4.4	30	47.3	46.8	1.1	44.5	49
Between 1 and 2 hrs of screen time on other activities	31.5	4.4	23.6	40.6	31.5	1.1	29.5	33.6
More than 2hrs of screen time on other activities	23.1	4	16.3	31.7	19.3	0.9	17.7	21.1
Total Screen time								
No or little screen time – up to 1hr per day total or no screen time	35	4.5	26.8	44.2	26.9	1	25	28.9
Between 1hr and 2hrs per day	28.3	4.1	21	36.9	33	1.1	30.9	35.2
Over 2hrs per day	36.7	4.5	28.5	45.8	40	1.1	37.9	42.2
Measure	Mean Minutes/Day	SE	LCL	UCL	Mean Minutes/Day	SE	LCL	UCL
Screen time for school work	27.8	3.9	20.2	35.4	35.2	0.7	33.8	36.6
Screen time for leisure, entertainment and other reasons	112.6	8.1	96.6	128.5	101.7	1.2	99.3	104
Total screen time	140.3	8.9	122.9	157.8	136.9	1.4	134.1	139.7

Question: During the past 12 months, how many minutes per day on average has (Child) spent on screens outside school hours – like TV, tablets, video games and computers? Could you break this into screen time spent on school work and screen time for leisure, entertainment and other reasons? (e.g., TV, Internet, messaging or chats, social media etc.). (Base: all parents/carers with a child aged 5–17 years)

Parent/carer attitudes to physical literacy – Aboriginal and/or Torres Strait Islander children

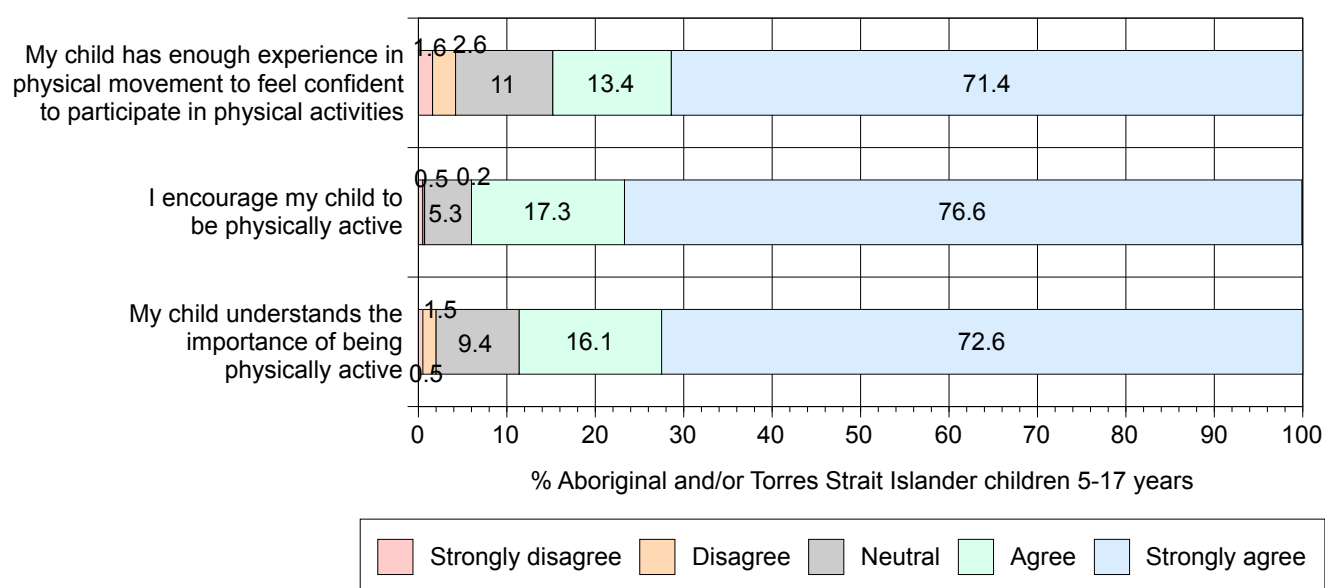
Parent/carer attitudes towards physical literacy for Aboriginal and/or Torres Strait Islander children is in Figure 75 with detailed results in Table 84.

Compared to non–Aboriginal and/or Torres Strait Islander children, parents/carers of Aboriginal and/or Torres Strait Islander children were more likely to agree that their child understood the importance of being physically active ($p<.001$).

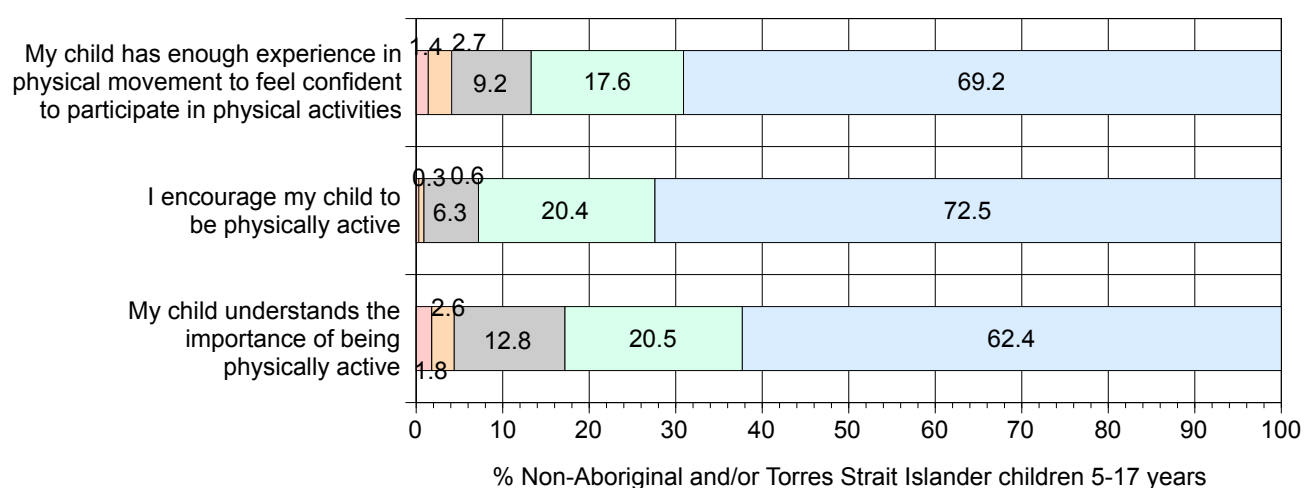
There were no significant differences between Aboriginal and/or Torres Strait Islander and non–Aboriginal and/or Torres Strait Islander groups in relation to the other two indicators of physical literacy.

Figure 75. Indicators of physical literacy of Queensland children aged 5–17 years –
Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non–Aboriginal and/or Torres Strait Islander children, December 2018–April 2019)

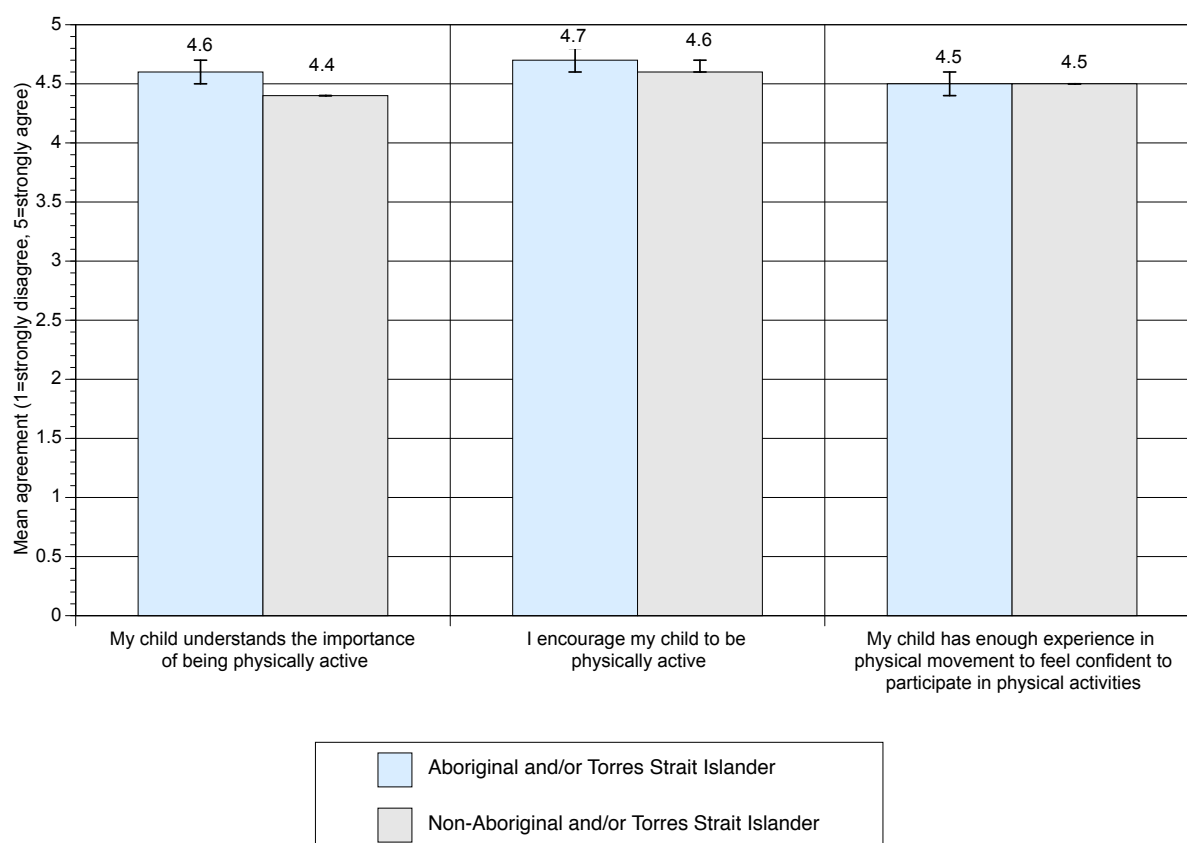
Aboriginal and/or Torres Strait Islander children



Non-Aboriginal and/or Torres Strait Islander children



Mean results for Aboriginal and/or Torres Strait Islander and non-Aboriginal and/or Torres Strait Islander children



Question: How much do you agree or disagree with the following? (1 is strongly disagree, 5 is strongly agree and 3 is neutral)
 1. My child understands the importance of being physically active 2. I encourage my child to be physically active 3. My child has enough experience in physical movement to feel confident to participate in physical activities.
 (Base: All parents/carers with a child aged 5–17 years)

Table 84. Indicators of physical literacy of Queensland children aged 5–17 years. Results for Aboriginal and/or Torres Strait Islander children (N=284 for Aboriginal and/or Torres Strait Islander children and N=4954 for non-Aboriginal and/or Torres Strait Islander children, December 2018 to April 2019)

Measure	Aboriginal and/or Torres Strait Islander background							
	Aboriginal and/or Torres Strait Islander (N=284)				Non-Aboriginal and/or Torres Strait Islander (N=4954)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
My child understands the importance of being physically active								
Strongly disagree	0.5	0.4	0.1	2.4	1.8	0.3	1.2	2.5
Disagree	1.5	1.3	0.3	7.9	2.6	0.4	2	3.4
Neutral	9.4	2.2	5.9	14.8	12.8	0.8	11.3	14.3
Agree	16.1	4.1	9.5	25.8	20.5	0.9	18.8	22.3
Strongly agree	72.6	4.4	63.2	80.3	62.4	1.1	60.2	64.5
I encourage my child to be physically active								
Strongly disagree	0.5	0.4	0.1	2.5	0.3	0.1	0.2	0.5
Disagree	0.2	0.2	0	1.1	0.6	0.1	0.4	0.9
Neutral	5.3	2.7	1.9	13.7	6.3	0.5	5.3	7.4
Agree	17.3	3.5	11.5	25.2	20.4	0.9	18.7	22.3
Strongly agree	76.6	4.1	67.7	83.7	72.5	1	70.5	74.4
My child has enough experience in physical movement to feel confident to participate in physical activities								
Strongly disagree	1.6	0.7	0.6	3.8	1.4	0.3	0.9	2
Disagree	2.6	1.4	0.9	7.4	2.7	0.4	2.1	3.6
Neutral	11	3.5	5.8	20	9.2	0.6	8.1	10.4
Agree	13.4	3.5	7.9	21.7	17.6	0.8	16	19.2
Strongly agree	71.4	4.5	61.8	79.4	69.2	1	67.1	71.1
Measure	Mean	SE	LCL	UCL	Mean	SE	LCL	UCL
My child understands the importance of being physically active	4.6	0	4.5	4.7	4.4	0	4.4	4.4
I encourage my child to be physically active	4.7	0	4.6	4.8	4.6	0	4.6	4.7
My child has enough experience in physical movement to feel confident to participate in physical activities	4.5	0.1	4.4	4.6	4.5	0	4.5	4.5

Question: How much do you agree or disagree with the following? (1 is strongly disagree, 5 is strongly agree and 3 is neutral)
 1. My child understands the importance of being physically active 2. I encourage my child to be physically active 3. My child has enough experience in physical movement to feel confident to participate in physical activities.
 (Base: All parents/carers with a child aged 5–17 years)

Other results relating to Aboriginal and/or Torres Strait Islander children

Other results relating to Aboriginal and/or Torres Strait Islander children are presented in Table 115 in Appendix F. Table 117 also contains detailed frequency results of all major physical activities for Aboriginal and/or Torres Strait Islander children. Table 125 presents Daily, Weekly and Less than Weekly participation for Aboriginal and/or Torres Strait Islander children. Table 122 provides estimates on the percentage of Aboriginal and/or Torres Strait Islander children who participated in 60 minutes or more physical activity per day.