

Section 13 – Physical activity of Queensland children from different backgrounds – Children with a disability



Frequency of children's participation in physical activities for sport, exercise and recreation in Queensland – Children with a disability

The frequency of children's participation for major types of physical activities was also calculated as a population wide prevalence estimate for children with a disability in Queensland. This included any type of reported disability including: Acquired brain injury, Autism spectrum disorder, Developmental delay, Intellectual disability, Physical disability, Psychiatric disability, Sensory disability or Other disabilities.

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).

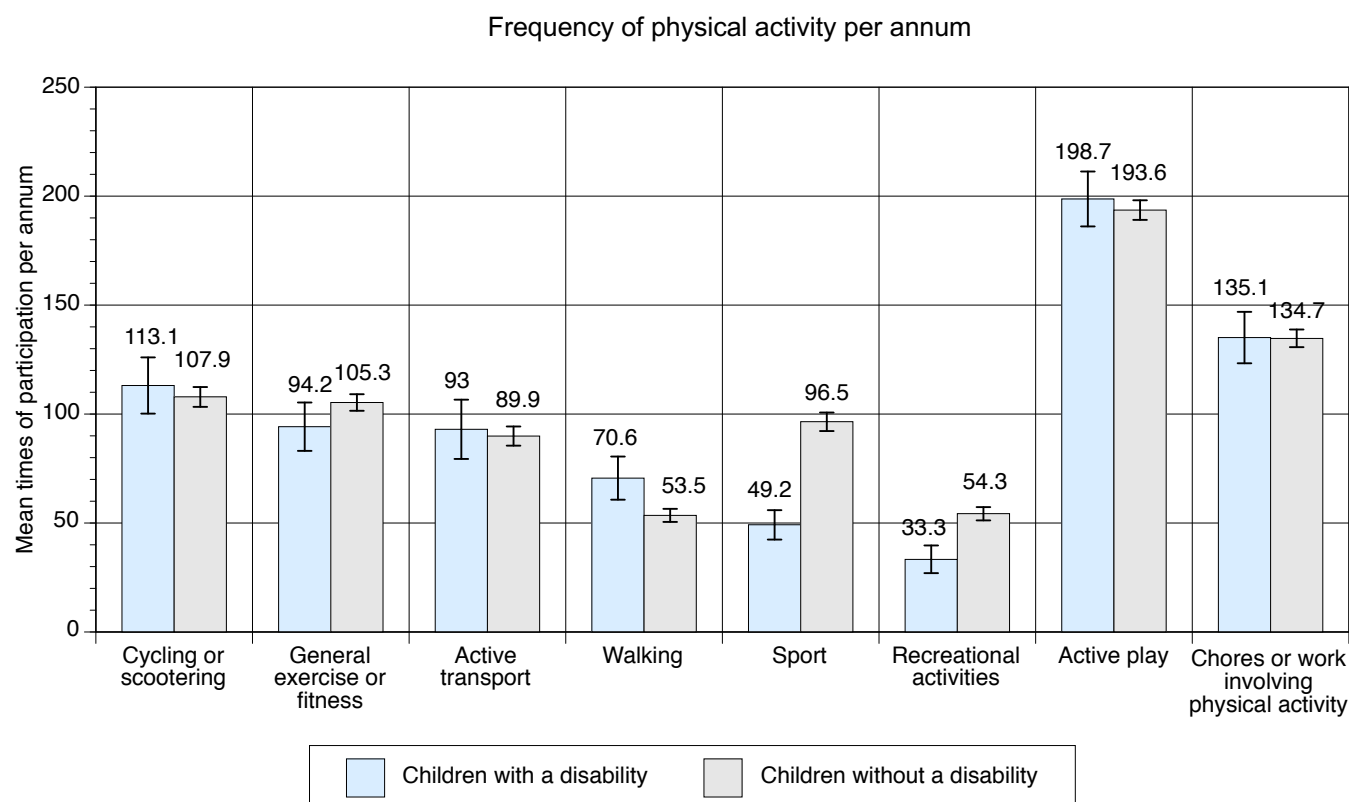
It should also be noted in this context that some children did not have participation frequency estimates, if their parent/carer reported that the child took part in more than 12 activities. As such, these children were excluded from this analysis (i.e., this is why the base of the population wide frequency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

The frequency of participation in major types of activities for children with a disability is in Figure 82 and Table 91.

The top three most frequent activities for children with a disability were Active play (198.7 times per annum), Chores or work involving physical activity (135.1 times per annum) and Cycling and scootering (113.1 times per annum)

Children with a disability participated more frequently than children without a disability in Walking ($p < .01$) and less frequently in Recreation ($p < .001$) and Sport ($p < .001$). Also of interest, there was no significant difference for Active play.

Figure 82. 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 children with a disability (N=510 for children with a disability and N=4714 for children without a disability, 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 91. 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 children with a disability
(N=510 for children with a disability and N=4714 for children without a disability, December 2018 to April 2019)

Physical activity	Mean frequency per annum (times per annum)							
	Children with a disability (N=510)	SE	LCL	UCL	Children without a disability (N=4714)	SE	LCL	UCL
Active transport	93	6.9	79.4	106.6	89.9	2.2	85.5	94.3
Cycling and scootering	113.1	6.6	100.2	126	107.9	2.3	103.3	112.4
Walking	70.6	5	60.7	80.5	53.5	1.5	50.5	56.5
General exercise or fitness	94.2	5.7	83.1	105.3	105.3	1.9	101.5	109.1
Recreational activities	33.3	3.3	27	39.7	54.3	1.5	51.2	57.3
Sport	49.2	3.4	42.4	55.9	96.5	2.2	92.2	100.7
Active play	198.7	6.4	186.1	211.3	193.6	2.3	189.1	198.1
Chores or work involving physical activity	135.1	6	123.3	146.9	134.7	2.1	130.7	138.8

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).

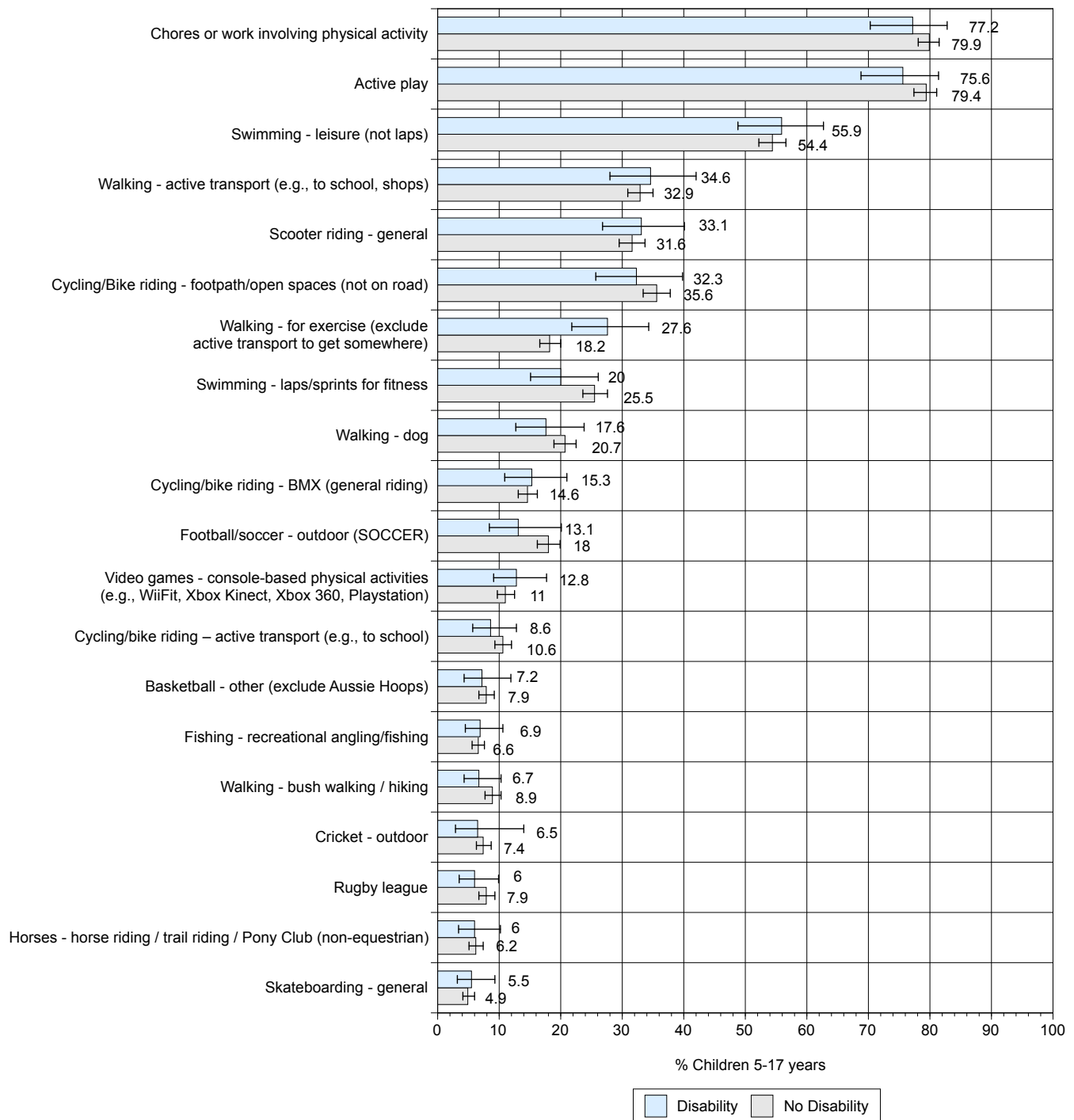
Participation in specific activities – Top 20 activities for children with a disability

The top 20 activities reported by parents/carers of children with a disability are in Figure 83 and Table 92.

A more detailed list of all activities is in Appendix F. The top three activities for children with a disability were the same as those for children without a disability – Chores or work involving physical activity (77.2%), Active play (75.6%) and Swimming – leisure (55.9%).

The top 20 activities for children with and without a disability were analysed and there were only three significant differences in participation between the two groups. Children with a disability had higher participation in Walking for exercise (excluding Active transport) (OR=1.7, $p<.01$) and lower participation in Netball – outdoor (OR=0.3, $p<.01$) and Running/jogging – general outdoor (OR=0.5, $p<.01$).

Figure 83. 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 children with a disability (N=510 for children with a disability and N=4714 for children without a disability, 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 92. 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 children with a disability (N=510 for children with a disability and N=4714 for children without a disability, December 2018–April 2019)

Activities	Whether child has a disability							
	Has a disability (N=510)				Does not have a disability (N=4714)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
Chores or work involving physical activity	77.2	3.2	70.3	82.8	79.9	0.9	78.1	81.5
Active play	75.6	3.2	68.8	81.4	79.4	0.9	77.4	81.1
Swimming – leisure (not laps)	55.9	3.5	48.8	62.7	54.4	1.1	52.2	56.6
Walking – active transport (e.g., to school, shops)	34.6	3.6	28	42	32.9	1.1	30.9	35
Scooter riding – general	33.1	3.4	26.8	40.1	31.6	1.1	29.5	33.7
Cycling/bike riding – Footpath/open spaces (not on road)	32.3	3.6	25.7	39.8	35.6	1.1	33.4	37.8
Walking – for exercise (exclude Active transport to get somewhere)	27.6	3.2	21.8	34.3	18.2	0.9	16.6	20
Swimming – laps/sprints for fitness	20	2.8	15.1	26.1	25.5	1	23.6	27.6
Walking – dog	17.6	2.8	12.7	23.8	20.7	0.9	18.9	22.5
Cycling/bike riding – BMX (general riding)	15.3	2.6	10.9	21	14.6	0.8	13.1	16.2
Football/soccer – outdoor (SOCCER)	13.1	2.9	8.4	20.1	18	0.9	16.2	19.9
Video games – Console-based physical activities (e.g., WiiFit, Xbox Kinect, Xbox 360, Playstation)	12.8	2.2	9.1	17.7	11	0.7	9.7	12.5
Cycling/bike riding – active transport (e.g., to school)	8.6	1.8	5.7	12.8	10.6	0.7	9.3	12
Basketball – other (exclude Aussie Hoops)	7.2	1.9	4.3	11.9	7.9	0.6	6.7	9.2
Fishing – recreational angling/fishing	6.9	1.5	4.5	10.6	6.6	0.5	5.6	7.6
Walking – bush walking / hiking	6.7	1.5	4.3	10.3	8.9	0.7	7.7	10.3
Cricket – outdoor	6.5	2.6	2.9	14	7.4	0.6	6.3	8.7
Horses – horse riding /trail riding / Pony club (non-equestrian)	6	1.7	3.4	10.2	6.2	0.6	5.1	7.4
Rugby league	6	1.6	3.5	9.9	7.9	0.6	6.7	9.3
Skateboarding – general	5.5	1.5	3.2	9.3	4.9	0.5	4.1	6

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 children with a disability doing or increasing physical activity over the past 12 months

Child-related barriers to physical activity for children with a disability are in Figure 84 and Table 93.

Only 28.1% of parents/carers of children with a disability reported no child-related barriers, compared with 58.6% of parents/carers of children without a disability. This was the only group for which child barriers exceeded parent/carer barriers.

The top child related barriers reported by parents/carers of children with a disability were:

- ☞ Child has disability (38.9%)
- ☞ Child has illness or injury – ongoing (10.4%)
- ☞ Not interested/doesn't like physical activity/exercise/sport (9.7%)
- ☞ Fear about participation/scared (7.4%)
- ☞ Too lazy (7.0%)

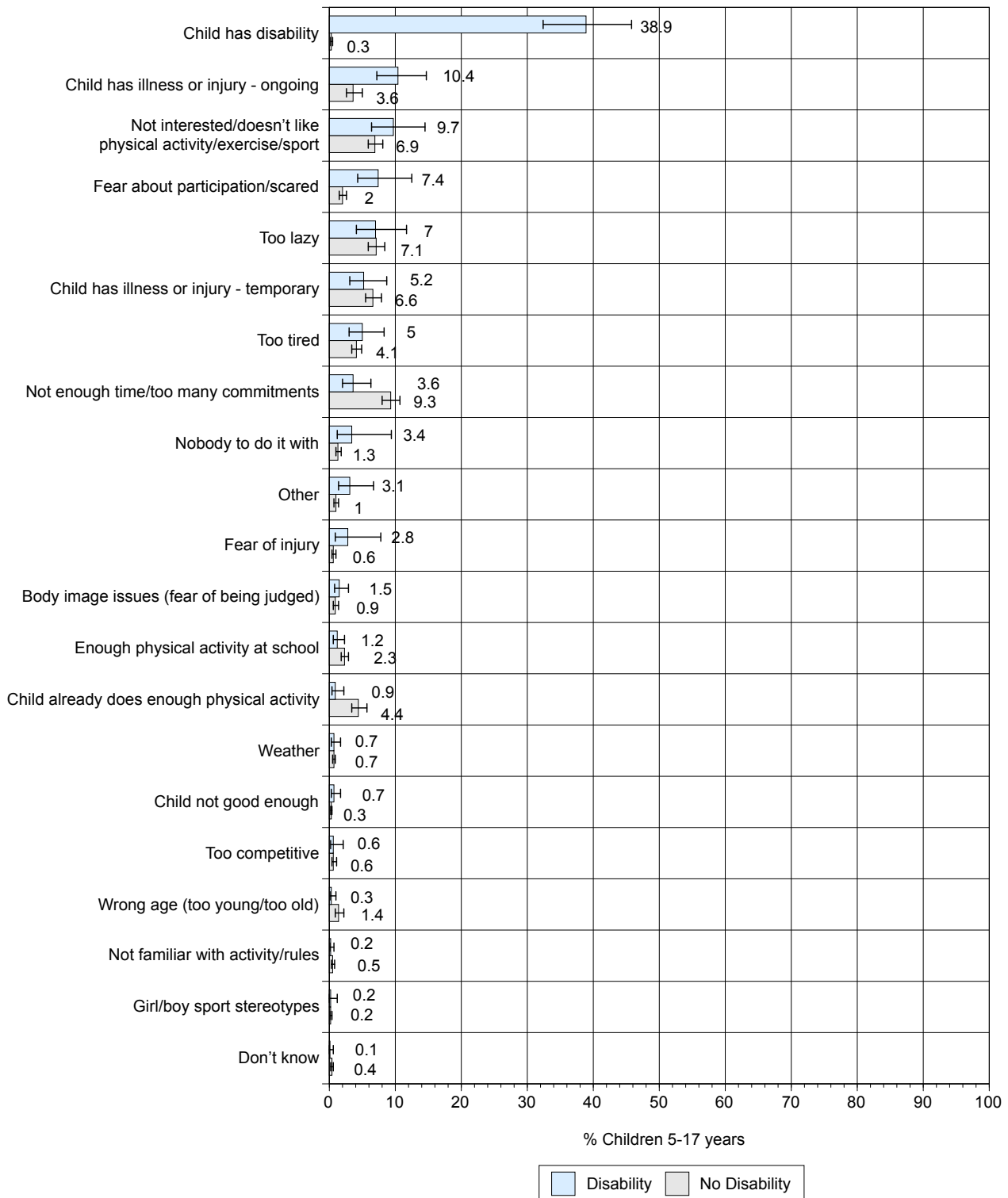
The top child barriers reported by parents/carers of children without a disability were:

- ☞ Not enough time/too many commitments (9.3%)
- ☞ Too lazy (7.1%)
- ☞ Not interested/doesn't like physical activity (6.9%)
- ☞ Child has illness or injury – temporary (6.6%)
- ☞ Child already does enough physical activity (4.4%)

Significance tests revealed a number of differences between the barriers reported for children with a disability and those without a disability. Relative to parents/carers of children without a disability, parents/carers of children with a disability were less or more likely to report child-related barriers as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> ☞ Not enough time/too many commitments (OR=0.4, p<.01) ☞ Wrong age (too young/too old) (OR=0.2, p<.05) ☞ Child already does enough physical activity (OR=0.2, p<.01) ☞ No barriers for child (OR=0.3, p<.001) 	<ul style="list-style-type: none"> ☞ Fear of injury (OR=4.7, p<.05) ☞ Fear about participation/scared (OR=4, p<.001) ☞ Child has disability (OR=226, p<.001) ☞ Child has illness or injury – ongoing (OR=3.06, p<.001)

Figure 84. Child related barriers to children doing or increasing physical activity over the past 12 months – Results for children with a disability (N=510 for children with a disability and N=4714 for children without a disability, December 2018 to 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 93. Child barriers to children doing or increasing physical activity over the past 12 months –
Results for children with a disability (N=510 for children with a disability and
N=4714 for children without a disability, December 2018–April 2019)

Activities	Whether child has a disability							
	Has a disability (N=510)				Does not have a disability (N=4754)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
Not interested/doesn't like physical activity/exercise/sport	9.7	2	6.4	14.5	6.9	0.6	5.9	8.1
Too lazy	7.0	1.9	4.1	11.7	7.1	0.6	5.9	8.4
Too tired	5.0	1.3	3	8.3	4.1	0.4	3.4	4.9
Not enough time/too many commitments	3.6	1	2	6.3	9.3	0.7	8	10.7
Fear of injury	2.8	1.5	0.9	7.8	0.6	0.1	0.4	1
Fear about participation/scared	7.4	2	4.3	12.5	2.0	0.3	1.5	2.6
Body image issues (fear of being judged)	1.5	0.5	0.8	2.9	0.9	0.2	0.6	1.4
Girl/boy sport stereotypes	0.2	0.2	0	1.2	0.2	0.1	0.1	0.4
Enough physical activity at school	1.2	0.4	0.6	2.3	2.3	0.3	1.8	2.9
Wrong age (too young/too old)	0.3	0.2	0.1	1	1.4	0.3	0.9	2.2
Child not good enough	0.7	0.3	0.3	1.7	0.3	0.1	0.2	0.4
Not familiar with activity/rules	0.2	0.1	0.1	0.7	0.5	0.1	0.3	0.8
Nobody to do it with	3.4	1.8	1.2	9.4	1.3	0.2	1	1.8
Too competitive	0.6	0.4	0.2	2.1	0.6	0.2	0.4	1.1
Child has disability	38.9	3.4	32.4	45.8	0.3	0.1	0.2	0.5
Child has illness or injury – Temporary	5.2	1.4	3.1	8.7	6.6	0.6	5.5	7.9
Child has illness or injury – Ongoing	10.4	1.9	7.2	14.7	3.6	0.6	2.6	5
Other (specify)	3.1	1.2	1.4	6.7	1	0.2	0.7	1.4
Don't know	0.1	0.1	0	0.6	0.4	0.1	0.2	0.6
Child already does enough physical activity	0.9	0.4	0.4	2.2	4.4	0.6	3.4	5.7
No barriers for child	28.1	3.4	21.9	35.1	58.6	1.1	56.3	60.8
Weather	0.7	0.3	0.3	1.7	0.7	0.1	0.5	0.9

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 children with a disability doing or undertaking physical activity over the past 12 months

Parent/carer related barriers for children with a disability are detailed in Figure 85 and Table 94.

The top barriers for parents/carers of children with a disability were:

- ☒ Lack of time (36.3%)
- ☒ Too expensive/high cost (32.3%)
- ☒ Work commitments (27%)
- ☒ Caring for children (13.7%)
- ☒ No car/poor public transport/can't get there/too far (9.1%)

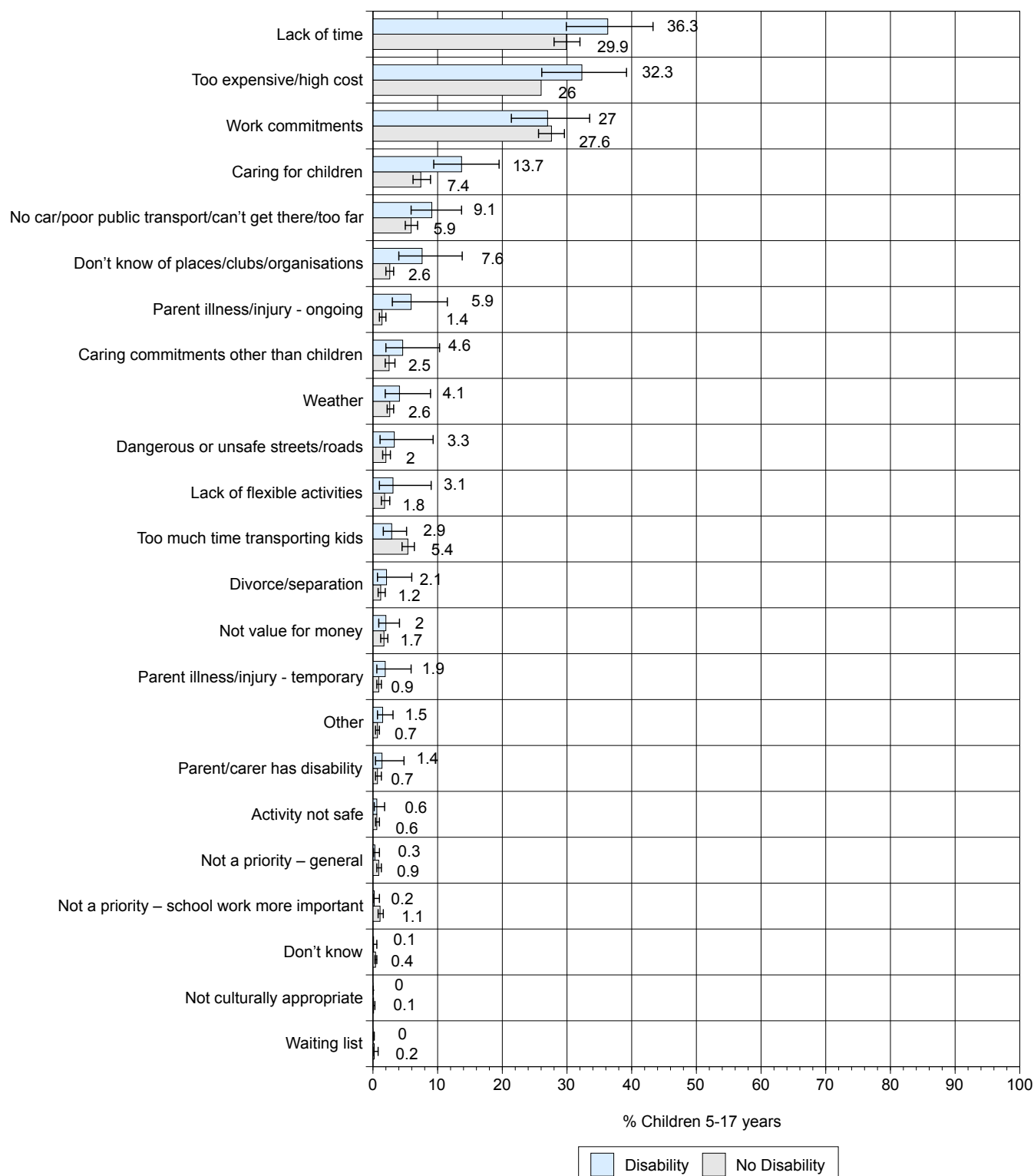
The top barriers for parents/carers of children without a disability were:

- ☒ Lack of time (29.9%)
- ☒ Work commitments (27.6%)
- ☒ Too expensive/high cost (26%)
- ☒ Caring for children (7.4%)
- ☒ No car/poor public transport/can't get there/too far (5.9%)

Relative to parents/carers of children without a disability, parents/carers of children with a disability were less or more likely to report parent/carer related barriers as follows:

They were less likely to report the following barriers...	They were more likely to report the following barriers...
<ul style="list-style-type: none"> ☒ Not a priority – school work more important (OR=0.2, p<.05) ☒ Too much time transporting kids (OR=0.5, p<.05) 	<ul style="list-style-type: none"> ☒ Caring for children (OR=2.0, p<.01) ☒ Don't know of places/clubs/organisations (OR=3.1, p<.01) ☒ Parent illness/injury – ongoing (OR=4.4, p<.001)

Figure 85. Parent/carer barriers to children doing or increasing physical activity over the past 12 months – Results for children with a disability (N=510 for children with a disability and N=4714 for children without a disability, 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 94. Parent/carer barriers to children doing or increasing physical activity over the past 12 months –
Results for children with a disability (N=510 for children with a disability and
N=4714 for children without a disability, December 2018 to April 2019)

Barriers	Whether child has a disability							
	Has a disability (N=510)				Does not have a disability (N=4754)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
Lack of time	36.3	3.4	29.9	43.3	29.9	1	27.9	32
Not a priority – school work more important	0.2	0.2	0.1	1	1.1	0.2	0.8	1.6
Not a priority – general	0.3	0.2	0.1	1	0.9	0.2	0.6	1.3
Work commitments	27	3.1	21.4	33.5	27.6	1	25.6	29.6
Caring for children	13.7	2.6	9.4	19.5	7.4	0.7	6.2	8.9
Caring commitments other than children	4.6	1.9	2	10.3	2.5	0.4	1.9	3.4
No car/poor public transport/can't get there/too far	9.1	2	5.9	13.7	5.9	0.5	5	6.9
Too much time transporting kids	2.9	0.9	1.6	5.2	5.4	0.5	4.5	6.4
Too expensive/high cost	32.3	3.3	26.1	39.2	26	1	24.1	28.1
Not value for money	2	0.8	0.9	4.1	1.7	0.3	1.2	2.3
Don't know of places/clubs/organisations	7.6	2.4	4	13.8	2.6	0.3	2	3.2
Waiting list	0	0	0	0.2	0.2	0.1	0.1	0.8
Lack of flexible activities	3.1	1.7	1	9	1.8	0.3	1.3	2.6
Dangerous or unsafe streets/roads	3.3	1.8	1.1	9.3	2	0.3	1.5	2.7
Weather	4.1	1.7	1.9	8.9	2.6	0.3	2.2	3.2
Activity not safe	0.6	0.3	0.2	1.8	0.6	0.2	0.4	1
Parent/carer has disability	1.4	0.9	0.4	4.8	0.7	0.2	0.4	1.3
Parent illness/injury – Temporary	1.9	1.1	0.6	5.9	0.9	0.2	0.6	1.3
Parent illness/injury – Ongoing	5.9	2.1	3	11.5	1.4	0.2	1	2
Other (specify)	1.5	0.6	0.7	3.1	0.7	0.2	0.4	1
Don't know	0.1	0.1	0	0.6	0.4	0.1	0.3	0.6
Not culturally appropriate	0	0	0	0	0.1	0.1	0	0.3
No barriers for parent	31	3.5	24.6	38.3	38	1.1	35.9	40.2
Divorce/separation	2.1	6	1.1	0.7	1.2	0.3	0.8	1.9

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)

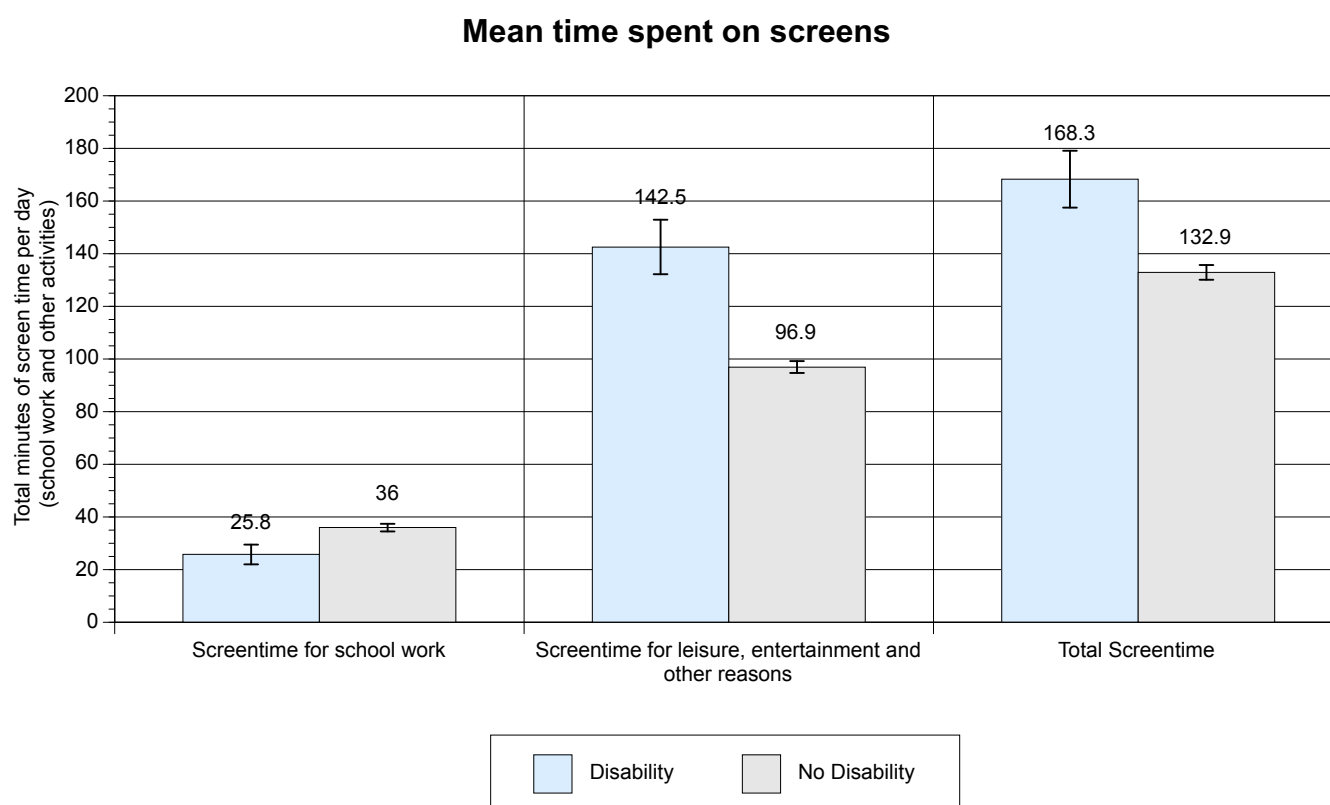
Time spent on screens for school work, leisure, entertainment and other reasons – Children with a disability

The amount of time children with a disability spent on screens is in Figure 86, with detailed results in Table 95.

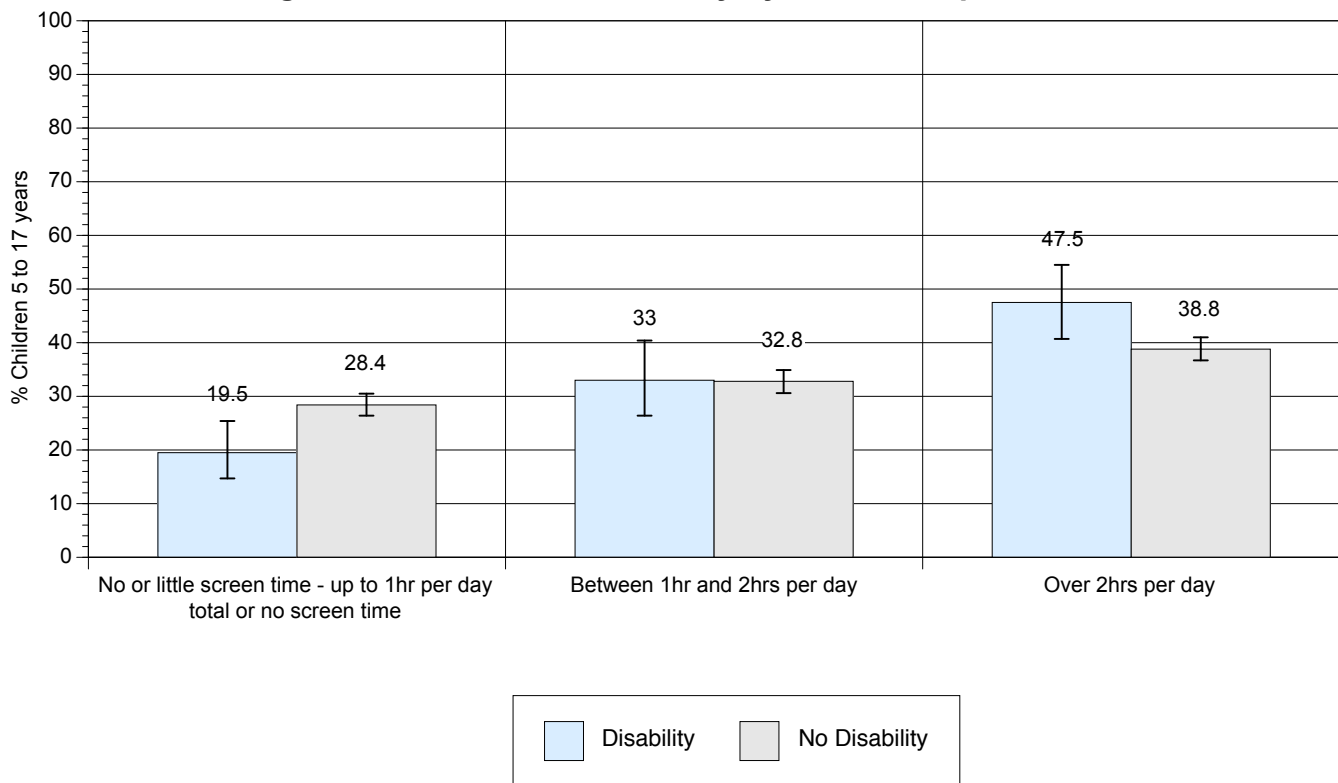
Parents/carers of children with a disability reported that their child spent an average of 168.3 minutes on screens per day, which was a significantly larger amount of time than that reported by parents/carers of children without a disability ($p < .001$).

Children with a disability were reported to spend a larger amount of daily screen time for leisure, entertainment and other reasons ($p < .001$) and a smaller amount of screen time for school work ($p < .001$) than children without a disability.

Figure 86. 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 children with a disability (N=510) for children with a disability and N=4714 for children without a disability, December 2018–April 2019)



Percentage of children with a disability 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 95. 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 children with a disability (N=510 for children with a disability and N=4714 for children without a disability, December 2018–April 2019)

Measure	Whether child has a disability							
	Has a disability (N=510)				Does not have a disability (N=4754)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
Screen time for school work								
No screen time on school work	52.5	3.6	45.5	59.3	36.9	1.1	34.8	39.1
Up to 1hr per day screen time on school work	39.8	3.5	33.2	46.7	50.6	1.1	48.4	52.9
More than 1hr per day screen time on school work	7.8	1.4	5.4	11.1	12.4	0.7	11.1	14
Screen time for leisure, entertainment and other reasons								
No screen time on other activities	1.4	0.5	0.6	3	2.8	0.4	2.2	3.7
Up to 1hr per day screen time on other activities	31.3	3.2	25.4	37.9	48.4	1.1	46.1	50.6
Between 1 and 2 hrs of screen time on other activities	35.4	3.6	28.7	42.8	30.9	1.1	28.9	33
More than 2hrs of screen time on other activities	31.9	3.2	26	38.6	17.9	0.8	16.3	19.6
Total Screen time								
No or little screen time – up to 1hr per day total or no screen time	19.5	2.7	14.7	25.4	28.4	1	26.4	30.5
Between 1hr and 2hrs per day	33	3.6	26.4	40.4	32.8	1.1	30.6	34.9
Over 2hrs per day	47.5	3.5	40.7	54.5	38.8	1.1	36.7	41
Measure	Mean minutes	SE	LCL	UCL	Mean minutes	SE	LCL	UCL
Screen time for school work	25.8	1.9	22	29.5	36	0.8	34.5	37.4
Screen time for leisure, entertainment and other reasons	142.5	5.3	132.2	152.9	96.9	1.2	94.7	99.2
Total Screen time	168.3	5.5	157.5	179.1	132.9	1.4	130.1	135.7

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 – Children with a disability

Parent/carer attitudes towards physical literacy for children with a disability is in with detailed results in Figure 87 and Table 96.

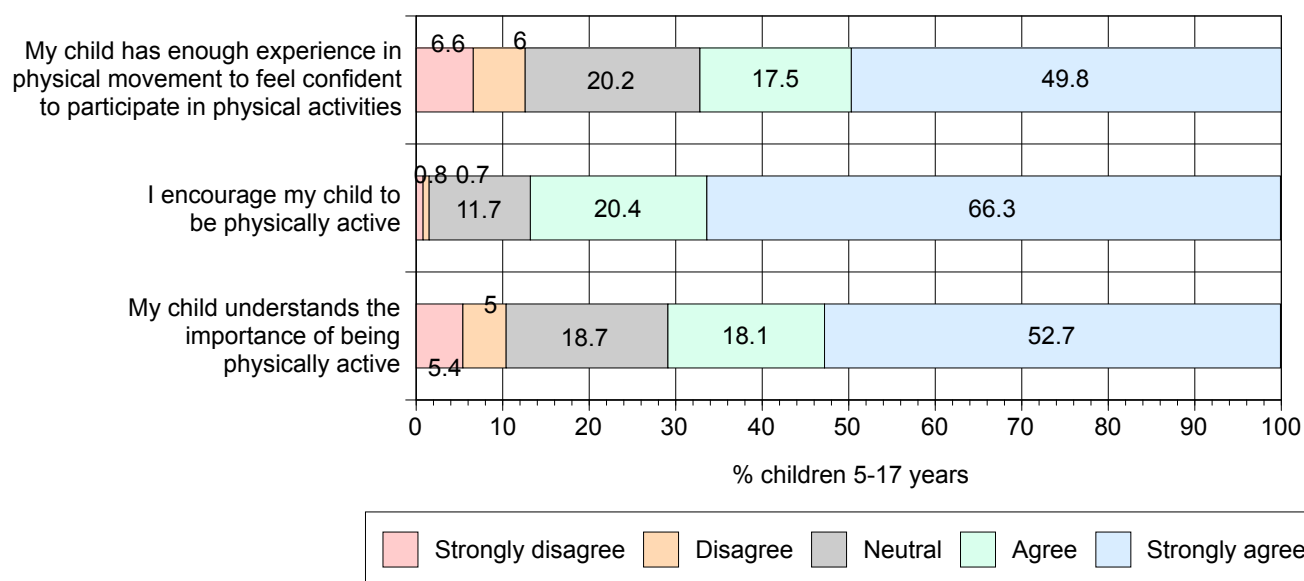
Results showed that 52.7% of parents/carers with a child with a disability strongly agreed that their child understands the importance of being physically active, 66.3% strongly agreed that they encourage their child to be physically active and 49.8% strongly agreed that their child had enough experience in physical movement to feel confident to participate in physical activities.

In addition, significance tests showed that compared to parents/carers of children without a disability, parents/carers of children with a disability were less likely to agree that:

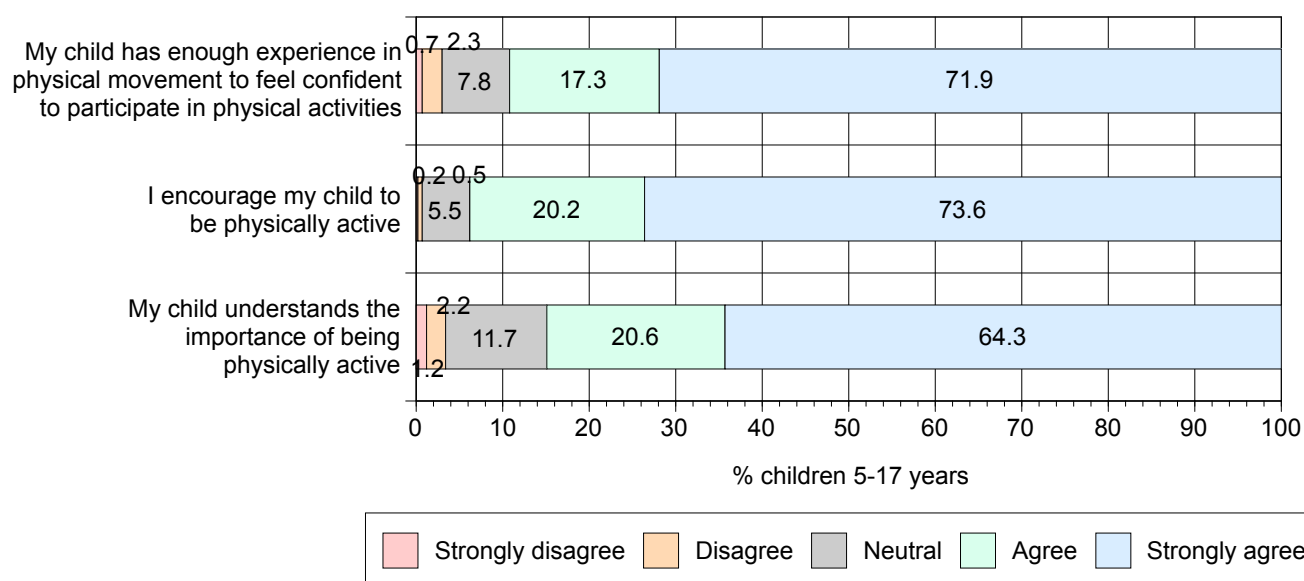
- ☹ Their child understands the importance of being physically active ($p < .001$)
- ☹ They encourage their child to be physically active ($p < .001$)
- ☹ Their child has enough experience in physical movement to feel confident to participate in physical activities ($p < .001$)

Figure 87. Indicators of physical literacy of Queensland children aged 5–17 years. Results for children with a disability (N=510 for children with a disability and N=4714 for children without a disability, December 2018–April 2019)

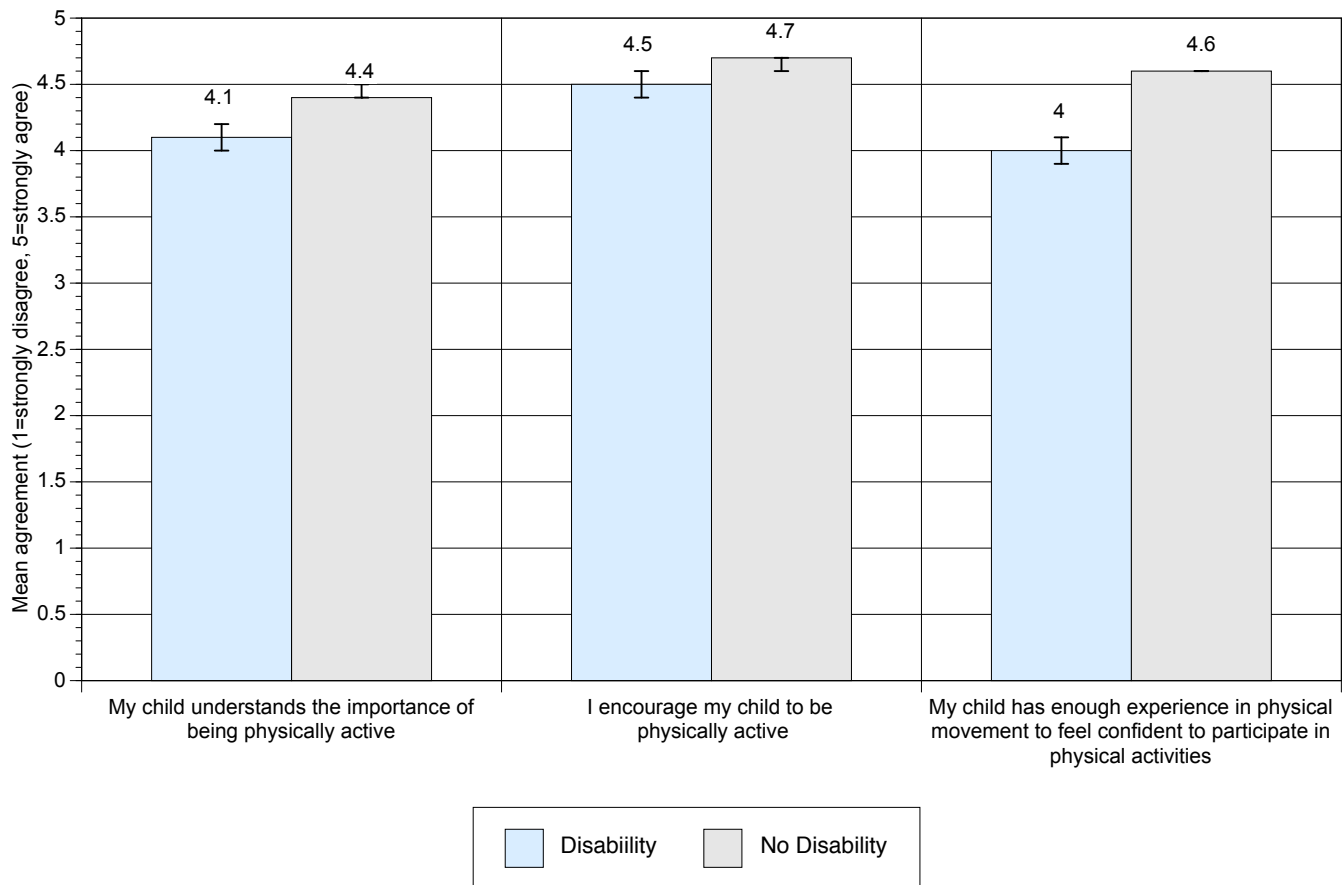
Children with a disability



Children without a disability



Mean results for children with and without a disability



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 96. Indicators of physical literacy of Queensland children aged 5–17 years. Results for children with a disability (N=510 for children with a disability and N=4714 for children without a disability, December 2018–April 2019)

Measure	Whether child has a disability							
	Has a disability (N=510)				Does not have a disability (N=4754)			
	%	SE	LCL	UCL	%	SE	LCL	UCL
My child understands the importance of being physically active								
Strongly disagree	5.4	1.4	3.2	9	1.2	0.3	0.8	1.8
Disagree	5	1.3	3.1	8.1	2.2	0.4	1.6	3
Neutral	18.7	2.8	13.9	24.8	11.7	0.7	10.4	13.3
Agree	18.1	2.8	13.3	24.2	20.6	0.9	18.8	22.4
Strongly agree	52.7	3.6	45.7	59.6	64.3	1.1	62.1	66.4
I encourage my child to be physically active								
Strongly disagree	0.8	0.4	0.3	2.1	0.2	0.1	0.1	0.4
Disagree	0.7	0.3	0.3	1.4	0.5	0.1	0.3	0.9
Neutral	11.7	2.2	8.1	16.7	5.5	0.5	4.6	6.5
Agree	20.4	2.7	15.6	26.2	20.2	0.9	18.4	22
Strongly agree	66.3	3.2	59.7	72.3	73.6	1	71.6	75.6
My child has enough experience in physical movement to feel confident to participate in physical activities								
Strongly disagree	6.6	1.9	3.8	11.4	0.7	0.1	0.4	1
Disagree	6	1.2	4	8.7	2.3	0.4	1.6	3.2
Neutral	20.2	2.6	15.5	25.8	7.8	0.5	6.8	8.9
Agree	17.5	2.7	12.8	23.4	17.3	0.8	15.7	19
Strongly agree	49.8	3.6	42.8	56.8	71.9	1	69.9	73.8
Measure	Mean	SE	LCL	UCL	Mean	SE	LCL	UCL
My child understands the importance of being physically active	4.1	0	4	4.2	4.4	0	4.4	4.5
I encourage my child to be physically active	4.5	0	4.4	4.6	4.7	0	4.6	4.7
My child has enough experience in physical movement to feel confident to participate in physical activities	4	0	3.9	4.1	4.6	0	4.6	4.6

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 children with a disability

Other results relating to children with a disability are presented in Table 117 in Appendix F. Table 124 also contains detailed frequency results of all major physical activities for children with a disability. Table 127 presents Daily, Weekly and Less than Weekly participation for children with a disability. Table 122 provides estimates on whether children with a disability participated in 60 minutes or more physical activity per day.