



Study of Nutrition and Activity in Child Care Settings



Appendix C. Opportunities for Physical Activity

October 2021

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Appendix C. Opportunities for Physical Activity

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Table C.1 Frequency and Amount of Time Participants are Provided with Opportunities for Physical Activities Reported in Early Child Care Programs (*Panel I*)

	Percentage of Full Day Early Child Care Programs ^a							
	Child Care Centers		Head Start Programs		Family Day Care Homes		All	
	12-23 Months	2-5 Years	12-23 Months	2-5 Years	12-23 Months	2-5 Years	12-23 Months	2-5 Years
Total Number of Physical Activity Sessions in Full Day Centers								
Percent with one session	5.9 [^]	2.5 [^]	15.9 [^]	5.4 ^{+^}	2.6 [^]	0.0 [^]	4.2 [^]	1.6 [^]
Percent with two sessions	35.1	39.5	31.0 [^]	45.9	31.5	30.3	32.5	35.6
Percent with three sessions	23.1	30.8 [*]	10.1 [^]	17.4	12.1 [^]	16.5 [^]	15.3	21.3
Percent with four sessions	18.8	11.8 [^]	32.0 [^]	23.5	32.4	35.1 ^{##}	28.3	25.7
Percent with five sessions	7.0 [^]	6.6 [^]	2.4 [^]	2.9 [^]	9.2 [^]	8.9 [^]	8.2 [^]	7.3 [^]
Percent with six or more sessions	8.0 [^]	5.5 [^]	5.6 [^]	4.9 [^]	9.8 [^]	9.3 [^]	9.0 [^]	7.4 [^]
None or missing response	2.1 [^]	3.3 [^]	3.1 [^]	0.0 [^]	2.5 [^]	0.0 [^]	2.4 [^]	1.1 [^]
Mean number of sessions	3.0 [^]	2.9 [^]	2.8 [^]	2.9 ^{++^}	3.4 [^]	3.5 [^]	3.2 [^]	3.2 [^]
Mean total time for all sessions (minutes)	96.0 [^]	99.2 [^]	85.3 ^{+^}	88.1 ⁺⁺⁺	114.1 [^]	131.0 ^{##^}	107.4 [^]	114.3 [^]
Number of Full Day Early Child Care Programs	59	84	29	115	40	42	128	241

Notes at the end of Panel II.

Table C.1 Frequency and Amount of Time Participants are Provided with Opportunities for Physical Activities Reported in Early Child Care Programs (Panel II)

	Percentage of Full and Half-Day Early Child Care Programs ^a							
	Child Care Centers		Head Start Programs		Family Day Care Homes		All	
	12-23 Months	2-5 Years	12-23 Months	2-5 Years	12-23 Months	2-5 Years	12-23 Months	2-5 Years
Total Number of Physical Activity Sessions in Full and Half-day Centers								
Percent with one session	0.6 [^]	1.3 [^]	0.0 [^]	6.2 [^]	1.8 [^]	1.8 [^]	1.4 [^]	1.9 [^]
Percent with two sessions	38.9	35.6	34.7 [^]	30.4	31.7	35.9	33.7	35.7
Percent with three sessions	24.6	28.6	20.1 [^]	30.4	28.1	24.4	27.0	25.5
Percent with four sessions	22.7	21.8	31.3 [^]	21.7	22.2	21.7	22.5	21.7
Percent with five sessions	10.3	9.9	10.3 [^]	10.1 [^]	6.4 [^]	6.4 [^]	7.5	7.3
Percent with six or more sessions	2.2 [^]	2.8 [^]	0.0 ^{+^}	1.1 ^{+^}	9.0 [^]	9.1	6.9 [^]	7.4
None or missing response	0.7 [^]	0.0 [^]	3.5 [^]	0.0 [^]	1.0 [^]	0.6 [^]	0.9 [^]	0.5 [^]
Mean number of sessions	3.1 [^]	3.1 [^]	3.1 [^]	3.0 [^]	3.2 [^]	3.2 [^]	3.2 [^]	3.2 [^]
Mean total time for all sessions (minutes)	103.0 [^]	110.7 [^]	109.8 [^]	105.4 ^{+^}	122.5 ^{#^}	135.0 ^{#^}	116.6 [^]	128.3 [^]
Number of Full and Half-Day Early Child Care Programs	122	141	25	66	97	142	244	349

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Provider Survey, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Child Care Centers and Head Start Programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference between Child Care Centers and Family Day Care Homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level.

Difference between Head Start Programs and Family Day Care Homes is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

A “[^]” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers, Head Start, and Family Day Care Home Programs.

Early child care programs may also provide care to older children.

Estimates in this table are from a subset of the analysis sample due to survey skip patterns where some respondents were not offered questions in this section of the survey based on previous answers provided. Estimates are based on provider responses for duration and number of opportunities for physical activity on a typical day during the week of survey administration; estimates are not adjusted to account for differences in length of care day.

^aFull day; half-day; and full and half-day providers are defined as the provider’s response to survey questions M1.8 and M1.9 which ask “Does your program offer (full day/half-day) care for at least nine months out of the year?” Each provider was also allowed to respond that they offer full day as well as half-day care.

Table C.2 Frequency and Amount of Time Participants are Provided with Opportunities for Physical Activities Reported in Before and After School Programs

	Percentage of Before and After School Programs		
	Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
	5-12 Years	5-12 Years	5-12 Years
Total Number of Physical Activity Sessions			
Percent with one session	34.3	28.4	29.1
Percent with two sessions	43.0	35.5	36.4
Percent with three sessions	8.3 [^]	19.2	17.9
Percent with four sessions	4.2 [^]	3.9 [^]	3.9 [^]
Percent with five sessions	3.9 [^]	6.2 [^]	5.9 [^]
Percent with six or more sessions	2.1 [^]	2.8 [^]	2.8 [^]
None or missing response	4.1 [^]	4.0 [^]	4.0 [^]
Mean number of sessions	1.9 [^]	2.2 [^]	2.2 [^]
Mean total time for all sessions (minutes)	78.4 [*]	65.3	66.9
Number of Before and After School Programs	160	143	303

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Provider Survey, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Outside-of-School Hours Programs and At-Risk Afterschool Programs is significantly different from zero

***0.001 level, **0.01 level, or *0.05 level.

A “[^]” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours, and At-Risk Afterschool Programs.

Estimates in this table are from a subset of the analysis sample due to survey skip patterns where some respondents were not offered questions in this section of the survey based on previous answers provided. Estimates are based on provider responses for duration and number of opportunities for physical activity on a typical day during the week of survey administration; estimates are not adjusted to account for differences in length of care day.

Table C.3 Observed Policies and Practices on Frequency and Amount of Time Participants are Provided with Opportunities for Physical Activities in Early Child Care Programs

	Child Care Centers	Head Start Programs	All
Programs with Physical Activity	Percentage of Programs		
Programs with any physical activity	99.1 [^]	98.9 [^]	99.1 [^]
Programs with outdoor physical activity	91.1 ^{**}	76.9	87.4
Programs with indoor physical activity	93.0 [^]	93.6 [^]	93.2
Physical Activity Minutes Among Programs with Some Activity	Mean Minutes of Programs		
Physical activity among programs with some physical activity (total min unadjusted)	109.3 ^{***}	65.8	97.9
Physical activity among programs with some physical activity (total min adjusted to an 8 hour day)	97.3	97.0	97.2
Physical activity outdoors among programs with outdoor physical activity (total min adjusted to an 8 hour day)	68.9	68.7	68.9
Physical activity indoors among programs with indoor physical activity (total min adjusted to an 8 hour day)	36.2	46.0	38.8
Physical Activity Minutes per Hour Among Programs with Some Activity	Mean Minutes per Hour of Programs		
Physical activity among programs with some physical activity (min/hr)	12.2	12.1	12.2
Physical activity outdoors among programs with outdoor physical activity (min/hr)	8.6	8.6	8.6
Physical activity indoors among programs with indoor physical activity (min/hr)	4.5	5.8	4.8
Physical Activity Minutes Among All Programs	Mean Minutes of Programs		
Physical activity (total min unadjusted)	108.3 ^{***}	65.1	97.0
Physical activity (total min adjusted to an 8 hour day)	96.4	95.9	96.3
Physical activity outdoors (total min adjusted to an 8 hour day)	62.8	52.8	60.2
Physical activity indoors (total min adjusted to an 8 hour day)	33.7	43.1	36.1
Physical Activity Minutes per Hour Among All Programs	Mean Minutes per Hour of Programs		
Physical activity (min/hr)	12.1	12.0	12.0
Physical activity outdoors (min/hr)	7.8	6.6	7.5
Physical activity indoors (min/hr)	4.2	5.4	4.5
Number of Physical Activity Occurrences Among All Programs	Mean N of Occurrences of Programs		
Physical activity (n of occurrences unadjusted)	5.1 ^{**}	4.0	4.8
Physical activity (n of occurrences adjusted to an 8 hour day)	4.6 ^{**}	6.1	5.0
Physical activity outdoors (n of occurrences adjusted to an 8 hour day)	1.6	1.8	1.6
Physical activity indoors (n of occurrences adjusted to an 8 hour day)	3.0 ^{**}	4.3	3.3
Number of Early Child Care Programs	96	131	227

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Child Care Centers and Head Start programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A “A” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Early child care programs may also provide care to older children.

Number of physical activity occurrences: consecutively observed physical activities of the same type (outdoor or indoor) were collapsed and considered one event.

Total physical activity duration and number of occurrences is adjusted to an 8 hour day based on the duration of assessment observation.

Table C.4 Observed Policies and Practices on Frequency and Amount of Time Participants are Provided with Opportunities for Physical Activities in Before and After School Programs

	Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
Programs with Physical Activity	Percentage of Programs		
Programs with any physical activity	93.9 [^]	87.3 [^]	88.4 [^]
Programs with outdoor physical activity	57.4	65.1 [^]	63.9
Programs with indoor physical activity	76.0	57.9 [^]	60.7
Physical Activity Minutes Among Programs with Some Activity	Mean Minutes of Programs		
Physical activity among programs with some physical activity (total min unadjusted)	68.6	63.2 [^]	64.1 [^]
Physical activity among programs with some physical activity (total min adjusted to an 8 hour day)	187.1	161.5 [^]	165.7 [^]
Physical activity outdoors among programs with outdoor physical activity (total min adjusted to an 8 hour day)	163.9 [^]	113.1 [^]	120.2 [^]
Physical activity indoors among programs with indoor physical activity (total min adjusted to an 8 hour day)	107.3 [^]	116.5 [^]	114.7 [^]
Physical Activity Minutes per Hour Among Programs with Some Activity	Mean Minutes per Hour of Programs		
Physical activity among programs with some physical activity (min/hr)	23.4	20.2 [^]	20.7 [^]
Physical activity outdoors among programs with outdoor physical activity (min/hr)	20.5 [^]	14.1 [^]	15.0 [^]
Physical activity indoors among programs with indoor physical activity (min/hr)	13.4 [^]	14.6 [^]	14.3 [^]
Physical Activity Minutes Among All Programs	Mean Minutes of Programs		
Physical activity (total min unadjusted)	64.4	55.2 [^]	56.6
Physical activity (total min adjusted to an 8 hour day)	175.7	141.0 [^]	146.4
Physical activity outdoors (total min adjusted to an 8 hour day)	94.1	73.6 [^]	76.8
Physical activity indoors (total min adjusted to an 8 hour day)	81.5	67.4 [^]	69.6 [^]
Physical Activity Minutes per Hour Among All Programs	Mean Minutes per Hour of Programs		
Physical activity (min/hr)	22.0	17.6 [^]	18.3
Physical activity outdoors (min/hr)	11.8	9.2 [^]	9.6
Physical activity indoors (min/hr)	10.2	8.4 [^]	8.7 [^]
Number of Physical Activity Occurrences Among All Programs	Mean N of Occurrences of Programs		
Physical activity (n of occurrences unadjusted)	2.7 [*]	2.1 [^]	2.2
Physical activity (n of occurrences adjusted to an 8 hour day)	7.3 [*]	5.6 [^]	5.9
Physical activity outdoors (n of occurrences adjusted to an 8 hour day)	3.0	2.8 [^]	2.8
Physical activity indoors (n of occurrences adjusted to an 8 hour day)	4.3	2.8 [^]	3.1
Number of Before and After School Programs	46	42	88

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Outside-of-School Hours programs and At-Risk Afterschool Programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A “A” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours and At-Risk Afterschool Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Number of physical activity occurrences: consecutively observed physical activities of the same type (outdoor or indoor) were collapsed and considered one event.

Total physical activity duration and number of occurrences is adjusted to an 8 hour day based on the duration of assessment observation.

Table C.5 **Types of Physical Activities and Equipment Available Reported in Early Child Care Programs**

	Percentage of Early Child Care Programs			
	Child Care Centers	Head Start Programs	Family Day Care Homes	All
Available Physical Activity and Equipment				
Organized group games or activities ^a	96.5 [^]	98.3 [^]	97.7 [^]	97.4
Free play	96.9 [^]	97.1 [^]	98.6 [^]	98.1 [^]
Ball play and striking equipment ^b	93.9	93.7	92.0	92.6
Floor play equipment ^c	88.9	88.8	89.1	89.0
Jumping play equipment ^d	88.3	88.3 ⁺	80.3 [#]	83.0
Parachute	86.3	84.2 ⁺⁺⁺	49.2 ^{###}	61.5
Push-pull toys ^e	91.6	90.9	95.2	93.9
Riding toys ^f	88.3	89.7	92.1	91.0
Rocking and twisting toys ^g	66.8 [*]	56.5 ⁺⁺	73.0	70.1
Sand or water play toys ^h	94.2	95.4 ⁺	89.4	91.1
Twirling play equipment ⁱ	86.0	86.6 ⁺⁺⁺	70.9 [#]	76.0
Balancing surfaces ^j	78.9	78.1 ⁺⁺⁺	55.7 ^{###}	63.4
Basketball hoop	76.0	75.7	71.2	72.8
Climbing structures ^k	83.0	89.3 ⁺⁺	77.9	80.1
Dramatic play structure ^l	86.2	76.7	85.8	85.1
Merry-go-round	20.5	12.9	20.6	19.9
Pool	14.4 [*]	6.3 ^{++^}	23.3	19.6
Sand box	65.5	64.4	54.7 [#]	58.2
See-saw	30.7 [*]	19.6 ⁺⁺	33.5	31.6
Slides	86.9	82.8 ⁺	74.8 ^{###}	78.5
Swinging equipment ^m	47.5	43.1 ⁺	54.9	52.0
Tricycle track	62.0	64.6 ⁺⁺	43.7 [#]	50.1
Tunnels	71.1	68.2 ⁺⁺⁺	52.5 ^{###}	58.5
Other activities ⁿ	8.0	10.9	10.3	9.8
Other equipment ^o	6.7	5.3 [^]	9.3	8.3
Number of Early Child Care Programs	246	291	207	744

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Provider Survey, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Child Care Centers and Head Start Programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference between Child Care Centers and Family Day Care Homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level.

Difference between Head Start Programs and Family Day Care Homes is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

A “^” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers, and so they may double-count providers with more than one early child care program.

Early Child Care Programs include Child Care Centers, Head Start, and Family Day Care Home Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Early child care programs may also provide care to older children.

Estimates in this table are from a subset of the analysis sample due to survey skip patterns where some respondents were not offered questions in this section of the survey based on previous answers provided.

This table does not include programs that only serve infants.

^a Includes dance, ball games, parachute games, running games, aiming games, sports play, jumping games, and balance games.

^b Includes balls, bean bags, noodles, and rackets.

^c Examples include mats and portable tunnels.

^d Includes jump ropes, hula hoops, and a trampoline.

^e Examples include wagons, wheelbarrows, big dump trucks, shopping carts, and doll strollers.

^f Examples include tricycles and cars.

^g Examples include rocking horse, and sit-n-spin.

^h Includes buckets, scoops, and shovels.

ⁱ Examples include ribbons, scarves, and batons.

^j Examples include balance beams, and boards.

^k Examples include jungle gyms, and ladders.

^l Includes playhouses.

^m Examples include swings, and ropes.

ⁿ Other activities includes walking, field trips and gardening.

^o Other equipment includes bowling equipment, building blocks, gardening tools and a variety of other equipment that supports physical activity.

Table C.6 Types of Physical Activities and Equipment Available Reported in Before and After School Programs

	Percentage of Before and After School Programs		
	Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
Available Physical Activity and Equipment			
Organized group games or activities ^a	96.3 [^]	91.3	91.9
Free play	95.8 [^]	86.7	87.8
Ball play and striking equipment ^b	94.3 [^]	84.4	85.6
Floor play equipment ^c	78.8 [*]	60.8	62.9
Jumping play equipment ^d	92.9 [^]	78.7	80.4
Parachute	74.1	56.8	58.8
Push-pull toys ^e	40.2	40.6	40.6
Riding toys ^f	31.7	33.7	33.5
Rocking and twisting toys ^g	22.2	27.5	26.9
Sand or water play toys ^h	46.7	41.9	42.5
Twirling play equipment ⁱ	55.8	48.3	49.2
Balancing surfaces ^j	43.7	31.3	32.8
Basketball hoop	85.7	77.0	78.0
Climbing structures ^k	72.0	69.2	69.6
Dramatic play structure ^l	56.1	38.5	40.6
Merry-go-round	13.8 [^]	11.0	11.3
Pool	18.9	18.9	18.9
Sand box	23.5	24.5	24.4
See-saw	19.3	13.7	14.4
Slides	74.7	64.7	65.8
Swinging equipment ^m	50.9	40.8	42.0
Tricycle track	12.1 [^]	20.7	19.7
Tunnels	28.9	28.7	28.7
Basketball Court	76.0	67.9	68.9
Volleyball net	45.1	44.5	44.6
Soccer fields or goals	61.0	53.7	54.5
Baseball, Softball, or Kickball diamond	61.7	53.5	54.5
Running track	28.6	39.8	38.5
Other activities ⁿ	12.3 [^]	12.0	12.0
Other equipment ^o	3.9 [^]	4.0 [^]	4.0 [^]
Number of Before and After School Programs	157	129	286

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Provider Survey, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Outside-of-School Hours Programs and At-Risk Afterschool Programs is significantly different from zero

***0.001 level, **0.01 level, or *0.05 level.

A “^” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours, and At-Risk Afterschool Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Estimates in this table are from a subset of the analysis sample due to survey skip patterns where some respondents were not offered questions in this section of the survey based on previous answers provided.

This table does not include programs that only serve infants.

^a Includes dance, ball games, parachute games, running games, aiming games, sports play, jumping games, and balance games.

^b Includes balls, bean bags, noodles, and rackets.

^c Examples include mats and portable tunnels.

^d Includes jump ropes, hula hoops, and a trampoline.

^e Examples include wagons, wheelbarrows, big dump trucks, shopping carts, and doll strollers.

^f Examples include tricycles and cars.

^g Examples include rocking horse, and sit-n-spin.

^h Includes buckets, scoops, and shovels.

ⁱ Examples include ribbons, scarves, and batons.

^j Examples include balance beams, and boards.

^k Examples include jungle gyms, and ladders.

^l Includes playhouses.

^m Examples include swings, and ropes.

ⁿ Other includes walking, field trips and gardening.

^o Other equipment includes bowling equipment, building blocks, gardening tools and a variety of other equipment that supports physical activity.

Table C.7 **Observed Policies and Practices about Types of Teacher-Led (Structured) Physical Activities Offered in Early Child Care Programs during Outdoor and Indoor Active Playtime**

	Child Care Centers	Head Start Programs	All
Observed teacher led structured physical activity with one or more children	Percentage among programs with observed outdoor physical activity		
Yes	40.5	39.7	40.3
No	59.5	60.3	59.7
Types of teacher led or structured outdoor activities (n=71)	Percentage among programs with observed teacher led outdoor physical activity		
Musical games and dancing	15.4 [^]	10.0 [^]	14.2 [^]
Ball games (throwing or catching skills with another person)	11.9 [^]	18.9 [^]	13.5 [^]
Aiming games (bowling or bean bag toss at an object)	2.6 [^]	7.6 [^]	3.7 [^]
Parachute	6.9 [^]	6.6 [^]	6.8 [^]
Climbing games	2.5 [^]	4.8 [^]	3.0 [^]
Balancing games	0.0 [^]	0.0 [^]	0.0 [^]
Jumping games (hop like a bunny)	10.2 [^]	18.1 [^]	12.0 [^]
Running games (tag, Red Rover)	26.4	27.7 [^]	26.7
Instruction games (Mother May I; Red Light Green Light)	21.3 [^]	15.4 [^]	20.0 [^]
Calisthenics	16.1 [^]	18.5 [^]	16.7 [^]
Walking	14.4 [^]	20.9 [^]	15.8 [^]
Other	32.6	23.6 [^]	30.5
Observed teacher led structured physical activity with one or more children	Percentage among programs with observed indoor physical activity		
Yes	77.5 [*]	90.3	80.9
No	22.5 [*]	9.7	19.1
Types of teacher led or structured indoor activities (n=178)	Percentage among programs with observed teacher led indoor active playtime		
Musical games and dancing	79.7	88.7	82.4
Ball games (throwing or catching skills with another person)	4.2 [^]	5.7 [^]	4.6 [^]
Aiming games (bowling or bean bag toss at an object)	2.8 [^]	4.0 [^]	3.1 [^]
Parachute	0.0 [^]	5.5 [^]	1.6 [^]
Climbing games	1.2 [^]	1.3 [^]	1.2 [^]
Balancing games	0.0 [^]	5.4 [^]	1.6 [^]
Jumping games (hop like a bunny)	22.6	31.7	25.3
Running games (tag, Red Rover)	2.4 [^]	8.2 [^]	4.1 [^]
Instruction games (Mother May I; Red Light Green Light)	18.0	21.6	19.1
Calisthenics	24.2	21.7	23.5
Walking	4.8 [^]	15.7	8.0
Other	13.9 [^]	14.0	13.9
Number of Early Child Care Programs	95	130	225

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Child Care Centers and Head Start programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A “A” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Early child care programs may also provide care to older children.

Table C.8 Observed Policies and Practices about Types of Teacher-Led (Structured) Physical Activities Offered in Before and After School Programs during Outdoor and Indoor Active Playtime

	Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
Observed teacher led structured physical activity with one or more children	Percentage among programs with observed <i>outdoor</i> physical activity		
Yes	50.7 ^a	55.5 ^a	54.8 ^a
No	49.3 ^a	44.5 ^a	45.2 ^a
Types of teacher led or structured outdoor activities (n=23)	Percentage among programs with observed teacher led <i>outdoor</i> physical activity		
Musical games and dancing	5.7 ^a	7.4 ^a	7.2 ^a
Ball games (throwing or catching skills with another person)	23.1 ^a	39.7 ^a	37.5 ^a
Aiming games (bowling or bean bag toss at an object)	12.9 ^a	0.0 ^a	1.7 ^a
Parachute	0.0 ^a	0.0 ^a	0.0 ^a
Climbing games	0.0 ^a	0.0 ^a	0.0 ^a
Balancing games	0.0 ^a	0.0 ^a	0.0 ^a
Jumping games (hop like a bunny)	9.7 ^a	38.5 ^a	34.8 ^a
Running games (tag, Red Rover)	71.2 ^{aa}	17.6 ^a	24.6 ^a
Instruction games (Mother May I; Red Light Green Light)	0.0 ^a	16.2 ^a	14.1 ^a
Calisthenics	5.8 ^a	8.8 ^a	8.4 ^a
Walking	21.3 ^a	11.4 ^a	12.7 ^a
Other	9.1 ^a	51.5 ^a	46.0 ^a
Observed teacher led structured physical activity with one or more children	Percentage among programs with observed <i>indoor</i> physical activity		
Yes	63.8 ^a	49.1 ^a	52.0 ^a
No	36.2 ^a	50.9 ^a	48.0 ^a
Types of teacher led or structured indoor activities (n=31)	Percentage among programs with observed teacher led <i>indoor</i> active playtime		
Musical games and dancing	18.3 ^a	17.2 ^a	17.5 ^a
Ball games (throwing or catching skills with another person)	32.4 ^a	17.1 ^a	21.1 ^a
Aiming games (bowling or bean bag toss at an object)	6.1 ^a	6.8 ^a	6.6 ^a
Parachute	0.0 ^a	0.0 ^a	0.0 ^a
Climbing games	0.0 ^a	0.0 ^a	0.0 ^a
Balancing games	9.6 ^a	6.9 ^a	7.6 ^a
Jumping games (hop like a bunny)	5.6 ^a	14.1 ^a	11.9 ^a
Running games (tag, Red Rover)	66.8 ^a	31.3 ^a	40.5 ^a
Instruction games (Mother May I; Red Light Green Light)	5.0 ^a	18.6 ^a	15.1 ^a
Calisthenics	13.3 ^a	0.0 ^a	3.4 ^a
Walking	22.8 ^a	0.0 ^a	5.9 ^a
Other	30.1 ^a	58.7 ^a	51.3 ^a
Number of Before and After School Programs	44	36	80

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Outside-of-School Hours programs and At-Risk Afterschool programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A “A” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours and At-Risk Afterschool Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Table C.9 Observed Indoor and Outdoor Playspaces in Early Child Care Programs

	Child Care Centers	Head Start Programs	All
Available on-site outdoor play space	Percentage of Programs		
Yes	97.5 ^a	97.3 ^a	97.4 ^a
No	2.5 ^a	2.7 ^a	2.6 ^a
Type of play space available (n=219)	Percentage among programs that indicated they have outdoor play space		
Main playground	96.7 ^a	97.4 ^a	96.9 ^a
Alternate playground	16.7	13.6 ^a	15.9
Field, grassy area or open space	19.3	28.7	21.8
Parking lot used by children for play	4.5 ^a	4.3 ^a	4.5 ^a
Other	7.3 ^a	1.4 ^a	5.8 ^a
If no, other play space available (n=6)	Percentage among programs that indicated they do not have outdoor play space		
Public park	0.0 ^{***}	71.4 ^a	19.7 ^a
A walk around the block	100.0 ^a	71.4 ^a	92.1 ^a
Shared space with some other entity (e.g. school)	0.0 ^a	28.6 ^a	7.9 ^a
Dedicated area for child care site, but off-site	0.0 ^a	0.0 ^a	0.0 ^a
Other	0.0 ^a	0.0 ^a	0.0 ^a
Indoor play space available at this child care site other than the classroom (separate room or gym for active play)	Percentage of Programs		
Yes	36.0	27.8	33.8
No	64.0	72.2	66.2
More than one indoor play space available at this child care site (n=73)	Percentage among programs that indicated they have indoor play space		
Yes	39.1	19.5 ^a	34.9
No	60.9	80.5 ^a	65.1
If no, other play space available (n=154)	Percentage among programs that indicated they do not have indoor play space		
Classroom	100.0 ^a	99.2 ^a	99.8 ^a
Cafeteria	0.0 ^a	0.0 ^a	0.0 ^a
Shared space with some other entity (e.g. school)	0.0 ^a	0.8 ^a	0.2 ^a
Dedicated area for child care site, but off-site	0.0 ^a	0.0 ^a	0.0 ^a
Other	0.0 ^a	1.0 ^a	0.3 ^a
Number of Early Child Care Programs	96	131	227

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Child Care Centers and Head Start programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A "A" identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate's statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Early child care programs may also provide care to older children.

Table C.10 Observed Indoor and Outdoor Playspaces in Before and After School Programs

	Outside-of-School Hours Programs	At-Risk Afterschool Programs	All Before and After School Programs
Available on-site outdoor play space	Percentage of Programs		
Yes	93.9 ^a	93.9 ^a	93.9 ^a
No	6.1 ^a	6.1 ^a	6.1 ^a
Type of play space available (n=82)	Percentage among programs that indicated they have outdoor play space		
Main playground	94.7 ^a	87.4 ^a	88.5 ^a
Alternate playground	5.4 ^a	10.1 ^a	9.4 ^a
Field, grassy area or open space	47.9	43.3 ^a	44.0
Parking lot used by children for play	9.5 ^a	9.1 ^a	9.2 ^a
Other	5.5 ^a	11.7 ^a	10.7 ^a
If no, other play space available (n=5)	Percentage among programs that indicated they do not have outdoor play space		
Public park	75.7 ^a	29.7 ^a	37.0 ^a
A walk around the block	0.0 ^a	0.0 ^a	0.0 ^a
Shared space with some other entity (e.g. school)	0.0 ^a	16.1 ^a	13.6 ^a
Dedicated area for child care site, but off-site	0.0 ^a	0.0 ^a	0.0 ^a
Other	24.3 ^a	54.2 ^a	49.5 ^a
Indoor play space available at this child care site other than the classroom (separate room or gym for active play)	Percentage of Programs		
Yes	65.4	67.4 ^a	67.1
No	34.6	32.6 ^a	32.9
More than one indoor play space available at this child care site (n=60)	Percentage among programs that indicated they have indoor play space		
Yes	47.5 ^a	41.3 ^a	42.3 ^a
No	52.5 ^a	58.7 ^a	57.7 ^a
If no, other play space available (n=27)	Percentage among programs that indicated they do not have indoor play space		
Classroom	82.3 ^a	37.9 ^a	45.3 ^a
Cafeteria	0.0 ^a	19.9 ^a	16.6 ^a
Shared space with some other entity (e.g. school)	4.3 ^a	0.0 ^a	0.7 ^a
Dedicated area for child care site, but off-site	0.0 ^a	0.0 ^a	0.0 ^a
Other	13.4 ^a	42.2 ^a	37.4 ^a
Number of Before and After School Programs	46	41	87

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Outside-of-School Hours programs and At-Risk Afterschool programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A "A" identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate's statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers, and so they may double-count providers with more than one before and after school program.

Before and After School Programs include Outside-of-School Hours and At-Risk Afterschool Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Table C.11 Amount of Sedentary Activities and Screen Time Reported in Early Child Care Programs (Panel I)

	Percentage of Full Day Early Child Care Programs ^a							
	Child Care Centers		Head Start Programs		Family Day Care Homes		All	
	12-23 Months	2-5 Years	12-23 Months	2-5 Years	12-23 Months	2-5 Years	12-23 Months	2-5 Years
Longest Children are Asked to Remain Seated at One Time^b								
30 minutes or more	0.0 [^]	3.0 [^]	3.1 [^]	0.8 [^]	5.2 [^]	9.3 [^]	3.6 [^]	6.0 [^]
20 to 29 minutes	2.4 [^]	7.6 [^]	3.7 [^]	5.6 [^]	8.2 [^]	20.1 [^]	6.3 [^]	13.9 [^]
15 to 19 minutes	20.5 [^]	32.8	7.2 [^]	38.5	12.1 [^]	31.8	14.3	33.1
Less than 15 minutes	77.1	56.5	86.0	55.1	74.5	38.8	75.8	47.0
Time Spent Watching Television^c								
Daily, 2 hours or more per day	0.0 [^]	0.0 [^]	0.0 [^]	0.0 [^]	4.4 [^]	6.5 [^]	2.9 [^]	3.4 [^]
Daily, 1 to 2 hours per day	2.1 [^]	2.9 [^]	0.0 [^]	1.1 ^{+^}	11.0 [^]	17.7 [^]	7.9 [^]	10.4 [^]
Daily, less than 1 hour per day	0.0 [^]	4.4 [^]	0.0 ^{++^}	2.0 ^{+++^}	15.2 ^{##^}	21.1 ^{##^}	10.0 [^]	12.8 [^]
Daily, less than 30 minutes per day	5.0 [^]	9.6 [^]	0.0 [^]	1.3 [^]	9.1 [^]	8.6 [^]	7.4 [^]	7.9 [^]
A few times a week	0.0 [^]	8.9 [^]	4.9 ^{+^}	5.7 [^]	16.2 ^{#^}	18.3 [^]	10.9 [^]	13.4 [^]
A few times a month	9.7 [^]	19.0 [^]	6.9 [^]	7.7 [^]	20.7 [^]	19.1 [^]	16.8 [^]	17.5 [^]
Once a month	4.2 [^]	11.6 [^]	0.0 [^]	14.5 ^{+++^}	2.5 [^]	0.0 ^{#^}	2.9 [^]	5.9 [^]
Never	79.0	43.6 ^{***}	88.2 ⁺⁺⁺	67.7 ⁺⁺⁺	20.8 ^{####^}	8.8 ^{####^}	41.2	28.8
Time Spent on a Computer Tablet, Smart Phone, or Video Game^d								
Daily, 2 hours or more per day	0.0 [^]	0.0 [^]	0.0 [^]	0.0 [^]	0.0 [^]	2.2 [^]	0.0 [^]	1.2 [^]
Daily, 1 to 2 hours per day	0.0 [^]	0.0 [^]	0.0 [^]	3.9 [^]	4.5 [^]	4.4 [^]	3.0 [^]	2.8 [^]
Daily, less than 1 hour per day	0.0 [^]	3.2 [^]	0.0 [^]	3.4 [^]	2.5 [^]	4.6 [^]	1.6 [^]	4.0 [^]
Daily, less than 30 minutes per day	1.7 [^]	16.4 ^{**^}	0.0 [^]	37.0 ⁺⁺⁺	2.3 [^]	8.3 [^]	2.0 [^]	15.1 [^]
A few times a week	3.3 [^]	21.2 [^]	3.5 [^]	24.0 [^]	7.2 [^]	10.2 [^]	5.9 [^]	15.8 [^]
A few times a month	7.0 [^]	13.2 [^]	6.2 [^]	13.0 [^]	2.5 [^]	13.7 [^]	4.0 [^]	13.4 [^]
Once a month	1.4 [^]	6.9 [^]	0.0 [^]	3.0 [^]	0.0 [^]	0.0 ^{#^}	0.4 [^]	2.7 [^]
Never	86.6	39.1 ^{**}	90.3 [^]	15.6 ^{+++^}	81.1 [^]	56.8	83.1	45.0
Number of Full Day Early Child Care Programs	60	85	29	115	41	42	130	242

Notes at the end of Panel II.

Table C.11 Amount of Sedentary Activities and Screen Time Reported in Early Child Care Programs (Panel II)

	Percentage of Full and Half-Day Early Child Care Programs ^a							
	Child Care Centers		Head Start Programs		Family Day Care Homes		All	
	12-23 Months	2-5 Years	12-23 Months	2-5 Years	12-23 Months	2-5 Years	12-23 Months	2-5 Years
Longest Children are Asked to Remain Seated at One Time^b								
30 minutes or more	0.0 [^]	1.5 [^]	0.0 [^]	0.0 ^{+^}	1.8 [^]	5.7 [^]	1.3 [^]	4.5 [^]
20 to 29 minutes	3.6 [^]	16.6 [^]	0.0 [^]	12.9 [^]	2.8 [^]	14.3 [^]	3.0 [^]	14.8 [^]
15 to 19 minutes	7.2 [^]	34.0	10.0 [^]	36.9	18.7 [#]	25.6	15.4	27.9
Less than 15 minutes	89.3	47.9	90.0 [^]	50.2	76.7 [#]	54.4	80.4	52.8
Time Spent Watching Television^c								
Daily, 2 hours or more per day	0.0 [^]	0.0 [^]	0.0 [^]	0.0 [^]	0.0 [^]	2.6 [^]	0.0 [^]	1.9 [^]
Daily, 1 to 2 hours per day	0.0 [^]	2.0 [^]	0.0 ^{+^}	0.0 ^{+++^}	6.1 ^{#^}	18.3 ^{###^}	4.3 [^]	13.9 [^]
Daily, less than 1 hour per day	1.4 [^]	3.5 [^]	2.9 ^{++^}	1.0 ^{+++^}	15.1 ^{###}	18.7 ^{###^}	11.2	14.7 [^]
Daily, less than 30 minutes per day	4.2 [^]	11.3 [^]	0.0 ^{+++^}	4.4 ^{+++^}	29.3 ^{###}	19.9 ^{#^}	22.0	17.5 [^]
A few times a week	3.9 [^]	9.2 [^]	18.6 [^]	9.1 [^]	12.9 [#]	14.1 [^]	10.5	12.8 [^]
A few times a month	6.9 ^{**^}	14.0 [^]	0.0 ^{++^}	6.3 [^]	8.4 [^]	9.7 [^]	7.8	10.6 [^]
Once a month	7.1 ^{**^}	15.7 [^]	0.0 ^{+^}	14.3 [^]	5.7 [^]	7.2 [^]	6.0	9.4 [^]
Never	76.4	44.3 [*]	78.5 ⁺⁺⁺	64.7 ⁺⁺⁺	22.5 ^{###}	9.5 ^{###^}	38.2	19.3 [^]
Time spent On a Computer Tablet, Smart Phone, or Video Game^d								
Daily, 2 hours or more per day	0.0 [^]	0.0 [^]	0.0 [^]	0.0 [^]	0.0 [^]	0.7 [^]	0.0 [^]	0.5 [^]
Daily, 1 to 2 hours per day	0.0 [^]	0.0 [^]	0.0 [^]	2.2 [^]	3.5 [^]	6.2 ^{###^}	2.5 [^]	4.6 [^]
Daily, less than 1 hour per day	0.0 [^]	2.2 [^]	0.0 [^]	5.5 [^]	0.0 [^]	5.9 [^]	0.0 [^]	5.0 [^]
Daily, less than 30 minutes per day	0.9 [^]	10.5 ^{****^}	8.6 [^]	34.6 ⁺	8.7 ^{###^}	14.6 [^]	6.6 [^]	14.3 [^]
A few times a week	4.2 ^{**^}	19.4 [^]	0.0 ^{++^}	29.5	8.7	16.7 [^]	7.4	17.7 [^]
A few times a month	6.7 [^]	15.0 ^{****^}	7.8 [^]	2.7 ^{+^}	11.4 [^]	9.4 [^]	10.0	10.5 [^]
Once a month	3.0 [^]	4.8 [^]	0.0 [^]	0.0 ^{+^}	2.6 [^]	4.0 [^]	2.7 [^]	4.0 [^]
Never	85.3	48.1 ^{**}	83.5 [^]	25.5 ⁺	65.0 [#]	42.5	70.8	43.3
Number of Full and Half-Day Early Child Care Programs	122	141	24	66	100	143	246	350

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Provider Survey, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Child Care Centers and Head Start Programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference between Child Care Centers and Family Day Care Homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level.

Difference between Head Start Programs and Family Day Care Homes is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

A "A" identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate's statistical precision. Specific details of these criteria are presented in the description of study methods.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers, Head Start, and Family Day Care Home Programs.

Early child care programs may also provide care to older children.

Estimates in this table are from a subset of the analysis sample due to survey skip patterns where some respondents were not offered questions in this section of the survey based on previous answers provided.

^a Full day; half-day; and full and half-day providers are defined as the provider's response to survey questions M1.8 and M1.9 which ask "Does your program offer (full day/half-day) care for at least nine months out of the year?" Each provider was also allowed to respond that they offer full day as well as half-day care.

^b Does not include meal or nap time.

^c includes educational programs and videos.

^d Includes educational games, programs, and videos.

Table C.12 Amount of Sedentary Activities and Screen Time Reported in Before and After School Programs

	Percentage of Before and After School Programs ^a		
	Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
	5-12 Years	5-12 Years	5-12 Years
Longest Children are Asked to Remain Seated at One Time^b			
30 minutes or more	22.6*	34.9	33.5
20 to 29 minutes	29.5	24.4	25.0
15 to 19 minutes	18.6	16.9	17.1
Less than 15 minutes	29.3	23.7	24.4
Time Spent Watching Television^c			
Daily, 2 hours or more per day	0.6 [^]	1.3 [^]	1.2 [^]
Daily, 1 to 2 hours per day	0.0 [^]	0.6 [^]	0.5 [^]
Daily, less than 1 hour per day	1.0 [^]	5.2 [^]	4.7 [^]
Daily, less than 30 minutes per day	4.4 [^]	3.1 [^]	3.3 [^]
A few times a week	6.1 [^]	7.6 [^]	7.4
A few times a month	16.1	22.5	21.8
Once a month	30.4*	14.2	16.1
Never	41.4	45.4	44.9
Time Spent on a Computer Tablet, Smart Phone, or Video Game^d			
Daily, 2 hours or more per day	0.6 [^]	2.8 [^]	2.5 [^]
Daily, 1 to 2 hours per day	0.4 [^]	4.4 [^]	3.9 [^]
Daily, less than 1 hour per day	3.3 ^{***^}	16.0	14.5
Daily, less than 30 minutes per day	8.0 [^]	15.4	14.5
A few times a week	37.3	22.2	23.9
A few times a month	21.5	17.8	18.3
Once a month	6.7 [^]	2.7 [^]	3.1 [^]
Never	22.1	18.8	19.2
Number of Before and After School Programs	159	140	299

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Provider Survey, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Outside-of-School Hours Programs and At-Risk Afterschool Programs is significantly different from zero ***0.001 level, **0.01 level, or *0.05 level.

A “[^]” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours, and At-Risk Afterschool Programs.

Estimates in this table are from a subset of the analysis sample due to survey skip patterns where some respondents were not offered questions in this section of the survey based on previous answers provided.

^a Full day; half-day; and full and half-day providers are defined as the provider’s response to survey questions M1.8 and M1.9 which ask “Does your program offer (full day/half-day) care for at least nine months out of the year?” Each provider was also allowed to respond that they offer full day as well as half-day care.

^b Does not include meal or nap time.

^c Includes educational programs and videos.

^d Includes educational games, programs, and videos.

Table C.13 Observed Time Spent on Sedentary Activities in Early Child Care Programs

	Child Care Centers	Head Start Programs	All
Programs with Sedentary Time	Percentage of Programs		
Programs with any sedentary time	100.0 [^]	100.0 [^]	100.0 [^]
Programs with sedentary time excluding time asleep	100.0 [^]	100.0 [^]	100.0 [^]
Programs with sedentary time excluding meals, snacks, and sleep	100.0 [^]	100.0 [^]	100.0 [^]
Sedentary Time Among All Programs	Mean Minutes of Programs		
Sedentary time (total min unadjusted)	313.2 ^{***}	204.9	284.9
Sedentary time (total min adjusted to an 8 hour day)	270.8	268.9	270.3
Sedentary time excluding time asleep (total min adjusted to an 8 hour day)	178.2 [*]	207.4	185.8
Sedentary time excluding meals, snacks, and sleep (total min adjusted to an 8 hour day)	123.5	126.7	124.3
Sedentary Time Minutes Per Hour Among All Programs	Mean Minutes per Hour of Programs		
Sedentary time (min/hr.)	33.9	33.6	33.8
Sedentary time excluding time asleep (min/hr.)	22.3 [*]	25.9	23.2
Sedentary time excluding meals/snacks and time asleep (min/hr.)	15.4	15.8	15.5
Number of Early Child Care Programs	96	131	227

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Child Care Centers and Head Start programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A "A" identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate's statistical precision. Specific details of these criteria are presented in the description of study methods.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Early child care programs may also provide care to older children.

Totals are adjusted to an 8 hour day based on the duration of assessment observation

Sedentary time indicated when children were sitting or lying down.

Table C.14 Observed Screen Time in Early Child Care Programs

	Child Care Centers	Head Start Programs	All
Programs With And Without Screen Time	Percentage of Programs		
Programs with no screen time	59.7	48.5	56.7
Programs with any screen time greater than zero	40.3	51.5	43.3
Programs where children are mostly active during some or all of their screen time among programs with screen time	24.5 ^{***A}	49.8	32.4
Programs where children are mostly sedentary during some or all of their screen time among programs with screen time	92.0 ^{SA}	76.9	87.3
Programs with 1-60 minutes of screen time per day among programs with screen time (time adjusted to an 8 hour day)	52.7	63.2	56.0
Programs with 61-120 minutes of screen time per day among programs with screen time (time adjusted to an 8 hour day)	39.9	32.0	37.5
Programs with 121 or more minutes of screen time per day among programs with screen time (time adjusted to an 8 hour day)	7.3 ^A	4.8 ^A	6.5 ^A
Programs with screen time, no restrictions observed	57.1	47.3	54.1
Programs with screen time, with restrictions observed	42.9	52.7	45.9
Total Minutes of Screen Time Among Programs with Screen Time	Mean Minutes of Programs		
Minutes of screen time among programs with screen time (total min unadjusted)	80.4 ^{**}	38.8	67.5
Minutes of screen time among programs with screen time (total min adjusted to an 8 hour day)	64.5	55.8	61.8
Minutes of screen time where children are mostly active among programs with screen time (total min adjusted to an 8 hour day)	27.3 ^A	39.2 ^A	33.0 ^A
Minutes of screen time where children are mostly sedentary among programs with screen time (total min adjusted to an 8 hour day)	62.8	47.2	58.5
Screen Time Minutes Per Hour Among Programs with Screen Time	Mean Minutes per Hour of Programs		
Screen time among programs with screen time (min/hr)	8.1	7.0	7.7
Screen time where children are mostly active among programs with screen time (min/hr)	3.4 ^A	4.9 ^A	4.1 ^A
Screen time where children are mostly sedentary among programs with screen time (min/hr)	7.9	5.9	7.3
Screen Time Among All Programs	Mean Minutes of Programs		
Screen time (total min unadjusted)	32.5	20.0	29.2
Screen time (total min adjusted to an 8 hour day)	26.0	28.8	26.7
Screen time where children are mostly active (total min adjusted to an 8 hour day)	2.7 ^{****A}	10.1	4.6
Screen time where children are mostly sedentary (total min adjusted to an 8 hour day)	23.3	18.7	22.1
Screen Time Minutes Per Hour Among All Programs	Mean Minutes per Hour of Programs		
Screen time (min/hr)	3.3	3.6	3.3
Screen time where children are mostly active (min/hr)	0.3 ^{****A}	1.3	0.6
Screen time where children are mostly sedentary (min/hr)	2.9	2.3	2.8
Number of Early Child Care Programs	96	131	227

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Child Care Centers and Head Start programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A “A” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Early child care programs may also provide care to older children.

Totals are adjusted to an 8 hour day based on the duration of assessment observation

Screen time observations included all occasions where a screen was turned on for children. Devices included but were not limited to televisions, VCR/DVDs, video game consoles, computers, iPad/tablets, or smart phones.

Programs can have both active and sedentary screen time. Sedentary screen time is defined as any observed screened time where children were not mostly active.

Sedentary time indicated when children were sitting or lying down.

Screen time measures include zeroes.

Table C.15 Observed Time Spent on Sedentary Activities in Before and After School Programs

	Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
Programs with Sedentary Time	Percentage of Programs		
Programs with any sedentary time	100.0 ^a	100.0 ^a	100.0 ^a
Programs with sedentary time excluding time asleep	100.0 ^a	100.0 ^a	100.0 ^a
Programs with sedentary time excluding meals, snacks, and sleep	88.8 ^a	89.1 ^a	89.1 ^a
Minutes of Sedentary Time Among Programs with Sedentary Time	Mean of Programs		
Sedentary time among programs with sedentary time (total min unadjusted)	93.0	98.8 ^a	97.9
Sedentary time among programs with sedentary time (total min adjusted to an 8 hour day)	223.7	268.4 ^a	261.4
Sedentary time excluding time asleep among programs with sedentary time excluding time asleep (total min adjusted to an 8 hour day)	221.4	268.4 ^a	261.0
Sedentary time excluding meals, snacks, and sleep among programs with sedentary time excluding meals, snacks, and sleep (total min adjusted to an 8 hour day)	167.5 [*]	228.2 ^a	218.8
Sedentary Minutes Per Hour Among Programs with Sedentary Time	Mean of Programs		
Sedentary time among programs with sedentary time (min/hr)	28.0	33.5 ^a	32.7
Sedentary time excluding time asleep among programs with sedentary time excluding time asleep (min/hr)	27.7	33.5 ^a	32.6
Sedentary time excluding meals, snacks, and sleep among programs with sedentary time excluding meals, snacks, and sleep (min/hr)	20.9 [*]	28.5 ^a	27.3
Sedentary Time Among All Programs	Mean Minutes of Programs		
Sedentary time (total min unadjusted)	93.0	98.8 ^a	97.9
Sedentary time (total min adjusted to an 8 hour day)	223.7	268.4 ^a	261.4
Sedentary time excluding time asleep (total min adjusted to an 8 hour day)	221.4	268.4 ^a	261.0
Sedentary time excluding meals, snacks, and sleep (total min adjusted to an 8 hour day)	148.8	203.4 ^a	194.8
Sedentary Time Minutes Per Hour Among All Programs	Mean Minutes per Hour of Programs		
Sedentary time (min/hr.)	28.0	33.5 ^a	32.7
Sedentary time excluding time asleep (min/hr.)	27.7	33.5 ^a	32.6
Sedentary time excluding meals/snacks and time asleep (min/hr.)	18.6	25.4 ^a	24.4
Number of Before and After School Programs	46	42	88

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Outside-of-School Hours programs and At-Risk Afterschool programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A “^a” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours and At-Risk Afterschool Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Totals are adjusted to an 8 hour day based on the duration of assessment observation

Sedentary time indicated when children were sitting or lying down.

Table C.16 Observed Screen Time in Before and After School Programs

	Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
Programs With And Without Screen Time	Percentage of Programs		
Programs with no screen time	53.4	42.1 [^]	43.9
Programs with any screen time greater than zero	46.6	57.9 [^]	56.1
Programs where children are mostly active during some or all of their screen time among programs with screen time	31.4 [^]	36.6 [^]	35.9 [^]
Programs where children are mostly sedentary during some or all of their screen time among programs with screen time	73.8 [^]	90.1 [^]	87.9 [^]
Programs with 1-60 minutes of screen time per day among programs with screen time (time adjusted to an 8 hour day)	11.7 [^]	8.3 [^]	8.8 [^]
Programs with 61-120 minutes of screen time per day among programs with screen time (time adjusted to an 8 hour day)	42.0 [^]	17.9 [^]	21.1 [^]
Programs with 121 or more minutes of screen time per day among programs with screen time (time adjusted to an 8 hour day)	46.4 [^]	73.8 [^]	70.1 [^]
Programs with screen time, no restrictions observed	21.4 [^]	28.1 [^]	27.2 [^]
Programs with screen time, with restrictions observed	78.6 [^]	71.9 [^]	72.8 [^]
Total Minutes of Screen Time Among Programs with Screen Time	Mean Minutes of Programs		
Minutes of screen time among programs with screen time (total min unadjusted)	61.3 [^]	77.8 [^]	75.6 [^]
Minutes of screen time among programs with screen time (total min adjusted to an 8 hour day)	140.0 [^]	202.3 [^]	194.0 [^]
Minutes of screen time where children are mostly active among programs with screen time (total min adjusted to an 8 hour day)	162.7 [^]	81.7 [^]	91.2 [^]
Minutes of screen time where children are mostly sedentary among programs with screen time (total min adjusted to an 8 hour day)	120.5 ^{^^}	191.3 [^]	183.3 [^]
Screen Time Minutes Per Hour Among Programs with Screen Time	Mean Minutes per Hour of Programs		
Screen time among programs with screen time (min/hr)	17.5 [^]	25.3 [^]	24.2 [^]
Screen time where children are mostly active among programs with screen time (min/hr)	20.3 [^]	10.2 [^]	11.4 [^]
Screen time where children are mostly sedentary among programs with screen time (min/hr)	15.1 ^{^^}	23.9 [^]	22.9 [^]
Screen Time Among All Programs	Mean Minutes of Programs		
Screen time (total min unadjusted)	28.5	45.0 [^]	42.4
Screen time (total min adjusted to an 8 hour day)	65.2	117.1 [^]	108.7
Screen time where children are mostly active (total min adjusted to an 8 hour day)	23.8 [^]	17.3 [^]	18.4 [^]
Screen time where children are mostly sedentary (total min adjusted to an 8 hour day)	41.4 [^]	99.8 [^]	90.4
Screen Time Minutes Per Hour Among All Programs	Mean Minutes per Hour of Programs		
Screen time (min/hr)	8.2	14.6 [^]	13.6
Screen time where children are mostly active (min/hr)	3.0 [^]	2.2 [^]	2.3 [^]
Screen time where children are mostly sedentary (min/hr)	5.2 [^]	12.5 [^]	11.3
Number of Before and After School Programs	46	40	86

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Outside-of-School Hours programs and At-Risk Afterschool programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A "A" identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate's statistical precision. Specific details of these criteria are presented in the description of study methods.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours and At-Risk Afterschool Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Totals are adjusted to an 8 hour day based on the duration of assessment observation

Screen time observations included all occasions where a screen was turned on for children. Devices included but were not limited to televisions, VCR/DVDs, video game consoles, computers, iPad/tablets, or smart phones.

Programs can have both active and sedentary screen time. Sedentary screen time is defined as any observed screened time where children were not mostly active.

Sedentary time indicated when children were sitting or lying down.

Screen time measures include zeroes.

Table C.17 Observed Policies and Practices on Frequency and Amount of Time Participants are Provided with Opportunities for Physical Activities in Early Child Care Programs, by Age Group

	Child Care Centers			Head Start Programs			All		
	12 to 35 months	36 to 71 months	12 to 71 months	12 to 35 months	36 to 71 months	12 to 71 months	12 to 35 months	36 to 71 months	12 to 71 months
Physical Activity Occurrences in Programs with Physical Activity	Percentage of Programs								
Programs with 2 or more outdoor physical activity occurrences adjusted to an 8 hour day	21.7 ^a	34.7	32.6	53.6 ^a	46.1	45.0	25.2 ^a	37.6	35.8
Physical Activity Occurrences in All Programs	Percentage of Programs								
Programs with 2 or more outdoor physical activity occurrences adjusted to an 8 hour day	21.7 ^a	34.3	32.4	50.9 ^a	45.4	44.4	25.0 ^a	37.2	35.5
Physical Activity Minutes in Programs with Physical Activity	Mean Minutes of Programs								
Physical activity minutes among programs with physical activity (total min adjusted to an 8 hour day)	82.7 ^a	101.8	99.2	113.0 ^a	100.7	98.5	86.0 ^a	101.5	99.1
Outdoor physical activity minutes among programs with outdoor physical activity (total min adjusted to an 8 hour day)	51.6 ^a	72.5	70.4	72.6 ^a	67.9	67.6	54.1 ^a	71.4	69.8
Indoor physical activity minutes among programs with indoor physical activity (total min adjusted to an 8 hour day)	39.2 ^a	34.7	34.9	40.4 ^a	47.5	46.4	39.3 ^a	38.0	37.9
Physical Activity Minutes in All Programs	Mean Minutes of Programs								
Physical activity minutes (total min adjusted to an 8 hour day)	82.7 ^a	100.8	98.5	107.2 ^a	99.2	97.1	85.5 ^a	100.4	98.2
Outdoor physical activity minutes (total min adjusted to an 8 hour day)	45.8 ^a	68.6	66.0	68.8 ^a	54.4	53.4	48.4 ^a	65.0	62.7
Indoor physical activity minutes (total min adjusted to an 8 hour day)	36.9 ^a	32.2	32.5	38.3 ^a	44.8	43.7	37.1 ^a	35.4	35.4
Number of Early Child Care Programs	25	89	96	9	128	131	34	217	227

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Child Care Centers and Head Start programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A “^a” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Early child care programs may also provide care to older children.

Physical activity durations and the number of occurrences are adjusted to an 8 hr day.

Table C.18 Barriers to Physical Activity Reported in Early Child Care Programs

	Percentage of Early Child Care Programs			
	Child Care Centers	Head Start Programs	Family Day Care Homes	All
Is Active Play Ever Restricted as Discipline? (1 to 12 Year Olds Only) (n=727)				
Yes	8.6	3.9 ^{++^}	15.3 [#]	12.7
No	91.4	96.1 ^{++^}	84.7 [#]	87.3
Frequency That Physical Activity is Incorporated Into Routines, Transitions, and Planned Activities^a (1 to 12 Year Olds Only) (n=764)				
Each time they see an opportunity	47.2	55.6	54.4	52.7
Often	40.8	36.1	34.2	36.0
Sometimes	11.3	8.0	10.2	10.3
Rarely or never	0.7 [^]	0.3 [^]	1.2 [^]	1.0 [^]
Things That Make It Hard for Children to Get Physical Activity^b (n=766)				
Not enough outdoor play area	5.0	8.0	7.5	6.9
Not enough indoor play area	16.0	15.9 ⁺⁺	5.8 ^{###}	9.2
Not enough play equipment	14.0	10.9	9.9	11.0
No policy that requires physical activity	1.4 [^]	0.9 [^]	2.0 [^]	1.8 [^]
Concerned about liability ^c	4.3	4.7 [^]	7.6 [^]	6.5
Live in a neighborhood where safety is a concern	2.8 [^]	4.5 [^]	4.4 [^]	4.0 [^]
Weather is too hot to go outside	33.8 ^{***}	20.5 ⁺⁺⁺	45.0 [#]	40.1
Weather is too cold to go outside	34.4	30.6 ⁺⁺	46.1 [#]	41.8
Weather is too rainy or snowy to go outside	35.7	30.5 ⁺⁺	44.6	41.1
Other weather conditions prevent going outside ^d	30.0	23.8 ⁺	35.5	33.1
Not enough time in the day for children to be physically active	2.3 [^]	2.1 [^]	3.4 [^]	3.0
Children not interested in physical activity	4.3 ^{**}	0.8 ^{++^}	5.6	4.9
Not sure how to get children to participate in physical activity	1.1 [^]	0.6 [^]	2.9 [^]	2.3 [^]
Not sure how much physical activity children should get each day	0.7 [^]	1.0 [^]	2.7 [^]	2.1 [^]
Not enough staff to supervise the children during physical activity	1.1 [^]	2.3 [^]	3.8 [^]	3.0
Staff not interested in participating in physical activity with the children	5.1	4.0 [^]	2.5 [^]	3.3
Other ^e	0.9 [^]	0.8 [^]	0.9 [^]	0.9 [^]
It is not hard	44.9	50.9	38.7	41.3
Number of Early Child Care Programs	256	299	212	767

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Provider Survey, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Child Care Centers and Head Start Programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference between Child Care Centers and Family Day Care Homes is significantly different from zero at the ###0.001 level, ##0.01 level, or #0.05 level.

Difference between Head Start Programs and Family Day Care Homes is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

A “A” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers, and so they may double-count providers with more than one early child care program.

Early Child Care Programs include Child Care Centers, Head Start, and Family Day Care Home Programs.

Early child care programs may also provide care to older children.

^a Examples include playing Simon Says or other movement games while children wait in line or transition between activities, or using movement during circle time or story time.

^b Responses may total more than 100 percent because variables are not mutually exclusive.

^c Children getting hurt.

^d Examples include thunderstorms or air quality advisory.

^e Other includes no outdoor play due to child allergies or air quality, and a program focus on academics or homework rather than physical activity.

Table C.19 Barriers to Physical Activity Reported in Before and After School Programs

	Percentage of Before and After School Programs		
	Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
Is Active Play Ever Restricted as Discipline? (n=305)			
Yes	24.9	28.9	28.4
No	75.1	71.1	71.6
Frequency That Physical Activity is Incorporated Into Routines, Transitions, and Planned Activities^a (n=304)			
Each time they see an opportunity	39.3	32.0	32.9
Often	46.1	40.3	41.0
Sometimes	11.4**	21.8	20.6
Rarely or never	3.3 [^]	5.9 [^]	5.6 [^]
Things That Make It Hard for Children to Get Physical Activity^b (n=306)			
Not enough outdoor play area	9.0 [^]	14.0	13.4
Not enough indoor play area	21.5	16.3	16.9
Not enough play equipment	18.8	13.8	14.4
No policy that requires physical activity	3.4 [^]	3.8 [^]	3.7 [^]
Concerned about liability ^c	3.8 [^]	8.5 [^]	8.0 [^]
Live in a neighborhood where safety is a concern	6.0 [^]	6.9 [^]	6.8 [^]
Weather is too hot to go outside	18.8	27.0	26.0
Weather is too cold to go outside	36.8	32.4	32.9
Weather is too rainy or snowy to go outside	32.6	25.9	26.7
Other weather conditions prevent going outside ^d	27.8	20.3	21.2
Not enough time in the day for children to be physically active	6.5 [^]	16.4	15.3
Children not interested in physical activity	1.6 [^]	9.2	8.4
Not sure how to get children to participate in physical activity	0.5 [^]	3.2 [^]	2.8 [^]
Not sure how much physical activity children should get each day	0.0 [^]	4.5 [^]	3.9 [^]
Not enough staff to supervise the children during physical activity	1.6 [^]	5.2 [^]	4.8 [^]
Staff not interested in participating in physical activity with the children	1.0 [^]	4.6 [^]	4.2 [^]
Other ^e	4.2 [^]	1.3 [^]	1.6 [^]
It is not hard	44.0	48.4	47.9
Number of Before and After School Programs	161	149	310

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Provider Survey, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference between Outside-of-School Hours Programs and At-Risk Afterschool Programs is significantly different from zero ***0.001 level, **0.01 level, or *0.05 level.

A “[^]” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours, and At-Risk Afterschool Programs.

^a Examples include playing Simon Says or other movement games while children wait in line or transition between activities, or using movement during circle time or story time.

^b Responses may total more than 100 percent because variables are not mutually exclusive.

^c Children getting hurt.

^d Examples include thunderstorms or air quality advisory.

^e Other includes no outdoor play due to child allergies or air quality, and a program focus on academics or homework rather than physical activity.

Table C.20 Relationship of Potential Barriers to Physical Activity Minutes in Observed Early Child Care Programs (Regression Adjusted Means)

	Barrier Type	Yes/No	Percentage of All Early Child Care Programs with Barrier	Adjusted Mean of Physical Activity Minutes in Early Child Care Programs		
				Child Care Centers	Head Start Programs	All
Potential Outdoor Barriers						
Staff did not join in active play while outdoors	Transient	Y N	61.1	86.7** 117.6	92.7 108.4	83.2** 110.0
Staff restricted active play as a disciplinary action for misbehavior for one or more children while outdoors	Transient	Y N	24.0	108.0 94.6	97.1 103.3	98.8 90.6
No outdoor active play due to weather	Transient	Y N	12.2	26.6****† 102.9	71.0*** 107.9	34.2*** 100.0
No on-site outdoor play space at this child care site	Permanent	Y N	2.6	113.8 97.4	74.6* 109.6	96.3 93.5
Potential Indoor Barriers						
Staff did not join in active play while indoors	Transient	Y N	37.0	88.1 100.0	100.0 105.0	86.3 96.3
Staff restricted active play as a disciplinary action for misbehavior for one or more children while indoors	Transient	Y N	18.5	117.6 89.4	99.3 104.8	107.6 88.5
No indoor play space (separate room or gym for active play) at this child care site other than the classroom	Permanent	Y N	66.2	96.7 99.8	99.5 117.5	91.5 98.6
Number of Early Child Care Programs				92	130	222

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference in the adjusted means between absence and presence of barrier is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference in the adjusted means between Child Care Centers and Head Start programs is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

N/A indicates the regression adjusted mean could not be estimated because the program type by barrier interaction could not be estimated due to the small sample size.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Early child care programs may also provide care to older children.

Physical activity minutes within each program has been adjusted to an 8 hour day and includes indoor and outdoor physical activity minutes.

Table C.21 Relationship of Potential Barriers to Physical Activity Minutes in Observed Early Child Care Programs (Differences in Adjusted Means and Standard Errors)

	Barrier Type	Difference in Adjusted Means between Absence and Presence of Barrier (and its Standard Error) in Early Child Care Programs		
		Child Care Centers	Head Start Programs	All
Potential Outdoor Barriers				
Staff did not join in active play while outdoors	Transient	-30.9** (10.2)	-15.6 (9.4)	-26.8** (7.6)
Staff restricted active play as a disciplinary action for misbehavior for one or more children while outdoors	Transient	13.4 (12.3)	-6.2 (11.6)	8.2 (9.5)
No outdoor active play due to weather	Transient	-76.2****†† (9.1)	-36.9*** (8.7)	-65.8*** (7.7)
No on-site outdoor play space at this child care site	Permanent	16.4 (28.8)	-34.9* (15.0)	2.9 (20.4)
Potential Indoor Barriers				
Staff did not join in active play while indoors	Transient	-11.9 (12.0)	-4.9 (14.5)	-10.0 (10.0)
Staff restricted active play as a disciplinary action for misbehavior for one or more children while indoors	Transient	28.2 (15.4)	-5.5 (16.0)	19.1 (12.2)
No indoor play space (separate room or gym for active play) at this child care site other than the classroom	Permanent	-3.1 (11.8)	-18.0 (14.2)	-7.1 (10.0)
Number of Early Child Care Programs		92	130	222

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference in the adjusted means between absence and presence of barrier is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference in the adjusted mean differences between Child Care Centers and Head Start programs is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

N/A indicates the regression adjusted mean could not be estimated because the program type by barrier interaction could not be estimated due to the small sample size.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Early child care programs may also provide care to older children.

Physical activity minutes within each program has been adjusted to an 8 hour day and includes indoor and outdoor physical activity minutes.

Table C.22 Relationship of Potential Barriers to Physical Activity Minutes in Observed Before and After School Programs (Regression Adjusted Means)

	Barrier Type	Yes/No	Adjusted Mean of Physical Activity Minutes in Before and After School Programs		
			Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
Potential Outdoor Barriers					
Staff did not join in active play while outdoors	Transient	Y	155.3	108.3*	114.8*
		N	153.6	207.8	197.9
Staff restricted active play as a disciplinary action for misbehavior for one or more children while outdoors	Transient	Y	154.0	127.9	130.9
		N	155.0	143.8	144.5
No outdoor active play due to weather	Transient	Y	113.4*	122.3	119.9
		N	172.8	149.7	152.3
No on-site outdoor play space at this child care site	Permanent	Y	127.7	64.3	73.7
		N	156.4	146.8	147.7
Potential Indoor Barriers					
Staff did not join in active play while indoors	Transient	Y	170.9	101.3**	113.2**
		N	156.5	315.5	285.2
Staff restricted active play as a disciplinary action for misbehavior for one or more children while indoors	Transient	Y	120.9*	359.2	313.3
		N	178.4	137.9	142.6
No indoor play space (separate room or gym for active play) at this child care site other than the classroom	Permanent	Y	172.3	96.1	107.2
		N	140.4	165.3	160.4
Number of Before and After School Programs			46	42	88

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference in the adjusted means between absence and presence of barrier is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference in the adjusted means between Outside-of-School Hours programs and At-Risk Afterschool programs is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

N/A indicates the regression adjusted mean could not be estimated because the program type by barrier interaction could not be estimated due to the small sample size.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours and At-Risk Afterschool Programs.

Physical activity minutes within each program has been adjusted to an 8 hour day and includes indoor and outdoor physical activity minutes.

Table C.23 Relationship of Potential Barriers to Physical Activity Minutes in Observed Before and After School Programs (Difference in Adjusted Means and Standard Errors)

	Barrier Type	Difference in Adjusted Means between Absence and Presence of Barrier (and its Standard Error) in Before and After School Programs		
		Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
Potential Outdoor Barriers				
Staff did not join in active play while outdoors	Transient	1.7† (24.6)	-99.6* (40.0)	-83.1* (35.2)
Staff restricted active play as a disciplinary action for misbehavior for one or more children while outdoors	Transient	-1.1 (13.2)	-16.0 (40.9)	-13.6 (34.9)
No outdoor active play due to weather	Transient	-59.4* (21.9)	-27.4 (62.9)	-32.4 (52.9)
No on-site outdoor play space at this child care site	Permanent	-28.6 (54.6)	-82.5 (46.3)	-73.9 (39.5)
Potential Indoor Barriers				
Staff did not join in active play while indoors	Transient	14.5† (30.4)	-214.1** (73.1)	-172.0** (60.0)
Staff restricted active play as a disciplinary action for misbehavior for one or more children while indoors	Transient	-57.5* (27.2)	221.2 (148.5)	170.7 (126.5)
No indoor play space (separate room or gym for active play) at this child care site other than the classroom	Permanent	31.9 (24.7)	-69.1 (38.8)	-53.1 (31.0)
Number of Before and After School Programs		46	42	88

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference in the adjusted means between absence and presence of barrier is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference in the adjusted mean differences between Outside-of-School Hours programs and At-Risk Afterschool programs is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

N/A indicates the regression adjusted mean could not be estimated because the program type by barrier interaction could not be estimated due to the small sample size.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours and At-Risk Afterschool Programs.

Physical activity minutes within each program has been adjusted to an 8 hour day and includes indoor and outdoor physical activity minutes.

Table C.24 Relationship of Potential Barriers to Absence or Presence of Moderate to Vigorous Types of Structured (Teacher-Led) Physical Activities in Observed Early Child Care Programs (Regression Adjusted Mean Percentages)

	Barrier Type	Yes/No	Adjusted Mean Percentage of Early Child Care Programs		
			Child Care Centers	Head Start Programs	All
Potential Outdoor Barriers					
Staff did not join in active play while outdoors	Transient	Y	68.8†	89.7	75.5
		N	79.0	95.4	84.4
Staff restricted active play as a disciplinary action for misbehavior for one or more children while outdoors	Transient	Y	70.3†	89.1	76.6
		N	73.1†	91.9	79.4
No outdoor active play due to weather	Transient	Y	73.5	95.9	80.8
		N	71.6†	89.7	77.6
No on-site outdoor play space at this child care site	Permanent	Y	N/A	N/A	N/A
		N	N/A	N/A	N/A
Potential Indoor Barriers					
Staff did not join in active play while indoors	Transient	Y	53.0***	69.9*	59.1***
		N	91.9	96.8	93.8
Staff restricted active play as a disciplinary action for misbehavior for one or more children while indoors	Transient	Y	76.5	73.8	76.9
		N	71.0††	93.3	78.4
No indoor play space (separate room or gym for active play) at this child care site other than the classroom	Permanent	Y	68.2†	90.3	75.3
		N	78.7†	94.5	84.0
Number of Early Child Care Programs			92	130	222

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference in the adjusted mean percentages between absence and presence of barrier is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference in the adjusted mean percentages between Child Care Centers and Head Start programs is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

N/A indicates the regression adjusted mean could not be estimated because the program type by barrier interaction could not be estimated due to the small sample size.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Early child care programs may also provide care to older children.

Activities in this table including running or walking, climbing, jumping, calisthenics, or dancing games.

Table C.25 Relationship of Potential Barriers to Absence or Presence of Moderate to Vigorous Types of Structured (Teacher-Led) Physical Activities in Observed Early Child Care Programs (Differences in Adjusted Means and Standard Errors)

	Barrier Type	Difference in Percentage of Programs with Moderate to Vigorous Activities between Absence and Presence of Barrier (Adjusted Means and Standard Errors) in Early Child Care Programs		
		Child Care Centers	Head Start Programs	All
Potential Outdoor Barriers				
Staff did not join in active play while outdoors	Transient	-10.2 (9.0)	-5.7 (6.0)	-8.9 (5.6)
Staff restricted active play as a disciplinary action for misbehavior for one or more children while outdoors	Transient	-2.9 (10.8)	-2.8 (7.7)	-2.8 (8.7)
No outdoor active play due to weather	Transient	1.9 (23.0)	6.2 (4.7)	3.1 (15.9)
No on-site outdoor play space at this child care site	Permanent	N/A	N/A	N/A
Potential Indoor Barriers				
Staff did not join in active play while indoors	Transient	-38.8*** (4.3)	-26.9* (10.3)	-34.7*** (3.5)
Staff restricted active play as a disciplinary action for misbehavior for one or more children while indoors	Transient	5.5† (13.2)	-19.6 (11.9)	-1.5 (11.8)
No indoor play space (separate room or gym for active play) at this child care site other than the classroom	Permanent	-10.5 (9.7)	-4.2 (4.2)	-8.7 (6.9)
Number of Early Child Care Programs		92	130	222

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference in the adjusted mean percentages between absence and presence of barrier is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference in the adjusted mean percentage differences between Child Care Centers and Head Start programs is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

N/A indicates the regression adjusted mean could not be estimated because the program type by barrier interaction could not be estimated due to the small sample size.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Early child care programs may also provide care to older children.

Activities in this table including running or walking, climbing, jumping, calisthenics, or dancing games.

Table C.26 Relationship of Potential Barriers to Absence or Presence of Moderate to Vigorous Types of Structured (Teacher-Led) Physical Activities in Observed Before and After School Programs (Regression Adjusted Mean Percentages)

	Barrier Type	Yes/No	Adjusted Mean Percentage of Before and After School Programs		
			Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
Potential Outdoor Barriers					
Staff did not join in active play while outdoors	Transient	Y N	63.9 ^{††} 53.6	19.5* 67.4	26.7* 65.8
Staff restricted active play as a disciplinary action for misbehavior for one or more children while outdoors	Transient	Y N	N/A N/A	N/A N/A	N/A N/A
No outdoor active play due to weather	Transient	Y N	81.9 [†] 51.7	36.6 34.8	43.5 37.6
No on-site outdoor play space at this child care site	Permanent	Y N	N/A N/A	N/A N/A	N/A N/A
Potential Indoor Barriers					
Staff did not join in active play while indoors	Transient	Y N	N/A N/A	N/A N/A	N/A N/A
Staff restricted active play as a disciplinary action for misbehavior for one or more children while indoors	Transient	Y N	N/A N/A	N/A N/A	N/A N/A
No indoor play space (separate room or gym for active play) at this child care site other than the classroom	Permanent	Y N	75.8 [†] 52.3	25.2 40.5	33.1 42.6
Number of Before and After School Programs			46	42	88

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference in the adjusted mean percentages between absence and presence of barrier is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference in the adjusted mean percentages between Outside-of-School Hours programs and At-Risk Afterschool programs is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

N/A indicates the regression adjusted mean could not be estimated because the program type by barrier interaction could not be estimated due to the small sample size.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include OSH and At-Risk Afterschool Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Activities in this table including running or walking, climbing, jumping, calisthenics, or dancing games.

Table C.27 Relationship of Potential Barriers to Absence or Presence of Moderate to Vigorous Types of Structured (Teacher-Led) Physical Activities in Observed Before and After School Programs (Differences in Adjusted Mean and Standard Errors)

	Barrier Type	Difference in Percentage of Programs with Moderate to Vigorous Activities between Absence and Presence of Barrier (Adjusted Means and Standard Errors) in Before and After School Programs		
		Outside-of-School Hours Programs	At-Risk Afterschool Programs	All
Potential Outdoor Barriers				
Staff did not join in active play while outdoors	Transient	10.3† (15.1)	-47.9* (18.3)	-39.1* (16.5)
Staff restricted active play as a disciplinary action for misbehavior for one or more children while outdoors	Transient	N/A	N/A	N/A
No outdoor active play due to weather	Transient	30.1* (12.4)	1.8 (15.7)	6.0 (13.2)
No on-site outdoor play space at this child care site	Permanent	N/A	N/A	N/A
Potential Indoor Barriers				
Staff did not join in active play while indoors	Transient	N/A	N/A	N/A
Staff restricted active play as a disciplinary action for misbehavior for one or more children while indoors	Transient	N/A	N/A	N/A
No indoor play space (separate room or gym for active play) at this child care site other than the classroom	Permanent	23.5 (14.0)	-15.3 (22.6)	-9.5 (19.7)
Number of Before and After School Programs		46	42	88

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all before and after school programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference in the adjusted mean percentages between absence and presence of barrier is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference in the adjusted mean percentage differences between Outside-of-School Hours programs and At-Risk Afterschool programs is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

N/A indicates the regression adjusted mean could not be estimated because the program type by barrier interaction could not be estimated due to the small sample size.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one before or after school program may be double-counted.

Before and After School Programs include Outside-of-School Hours and At-Risk Afterschool Programs.

Activities in this table including running or walking, climbing, jumping, calisthenics, or dancing games.

Table C.28 Relationship of Potential Barriers to Physical Activity Type: Instructional Games in Observed Early Child Care Programs (Regression Adjusted Mean Percentages)

	Barrier Type	Yes/No	Adjusted Mean Percentage of Early Child Care Programs		
			Child Care Centers	Head Start Programs	All
Potential Outdoor Barriers					
Staff did not join in active play while outdoors	Transient	Y	18.8	19.8*	18.8
		N	22.8	35.8	26.0
Staff restricted active play as a disciplinary action for misbehavior for one or more children while outdoors	Transient	Y	25.4	41.0	29.4*
		N	17.9	23.3	19.1
No outdoor active play due to weather	Transient	Y	20.0	35.3	22.9
		N	19.5	29.3	20.9
No on-site outdoor play space at this child care site	Permanent	Y	50.4	25.4	42.3
		N	18.7	31.4	20.7
Potential Indoor Barriers					
Staff did not join in active play while indoors	Transient	Y	15.2	21.1	15.6
		N	27.5	32.7	27.3
Staff restricted active play as a disciplinary action for misbehavior for one or more children while indoors	Transient	Y	38.3	38.4	36.4
		N	16.1	28.8	18.1
No indoor play space (separate room or gym for active play) at this child care site other than the classroom	Permanent	Y	23.2	31.6	25.0
		N	9.8	24.6	13.2
Number of Early Child Care Programs			92	130	222

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference in the adjusted mean percentages between absence and presence of barrier is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference in the adjusted mean percentages between Child Care Centers and Head Start programs is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

N/A indicates the regression adjusted mean could not be estimated because the program type by barrier interaction could not be estimated due to the small sample size.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Responses may total more than 100 percent because variables are not mutually exclusive.

Early child care programs may also provide care to older children.

Table C.29 Relationship of Potential Barriers to Physical Activity Type: Instructional Games in Observed Early Child Care Programs (Differences in Adjusted Means and Standard Errors)

	Barrier Type	Difference in Percentage of Programs with Instructional Games between Absence and Presence of Barrier (Adjusted Means and Standard Errors) in Early Child Care Programs		
		Child Care Centers	Head Start Programs	All
Potential Outdoor Barriers				
Staff did not join in active play while outdoors	Transient	-4.0 (9.0)	-16.0* (6.7)	-7.3 (7.5)
Staff restricted active play as a disciplinary action for misbehavior for one or more children while outdoors	Transient	7.5 (5.1)	17.7 (10.4)	10.3* (4.5)
No outdoor active play due to weather	Transient	0.5 (23.1)	6.1 (7.8)	1.9 (17.9)
No on-site outdoor play space at this child care site	Permanent	31.7 (39.9)	-6.0 (12.5)	21.6 (30.5)
Potential Indoor Barriers				
Staff did not join in active play while indoors	Transient	-12.3 (8.9)	-11.6 (15.4)	-11.7 (8.3)
Staff restricted active play as a disciplinary action for misbehavior for one or more children while indoors	Transient	22.2 (15.6)	9.6 (16.1)	18.3 (11.6)
No indoor play space (separate room or gym for active play) at this child care site other than the classroom	Permanent	13.4 (11.9)	7.1 (6.6)	11.8 (8.9)
Number of Early Child Care Programs		92	130	222

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Environmental Observation Form, Winter through Summer, 2017.

Notes:

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program (CACFP).

This table includes only those programs for which the analysis variables were available.

Difference in the adjusted mean percentages between absence and presence of barrier is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

Difference in the adjusted mean percentage differences between Child Care Centers and Head Start programs is significantly different from zero at the †††0.001 level, ††0.01 level, or †0.05 level.

N/A indicates the regression adjusted mean could not be estimated because the program type by barrier interaction could not be estimated due to the small sample size.

The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Early Child Care Programs include Child Care Centers and Head Start Programs.

Early child care programs may also provide care to older children.

Table C.30 Minutes of Child Physical Activity Outside of Care on a *Child Care Day*, as Reported by Parents of Children in Early Child Care Programs

	Percentage of Children										
	Child Care Centers				Head Start Programs			All			
	Age Group (in Years)										
	1-2	3-5	6-12	1-12	1-2	3-5	1-5	1-2	3-5	6-12	1-12
Minutes Playing at a Park or Outdoor Recreation Area											
Before child care											
0 minutes	97.3 ^a	95.4 ^{***}	73.2 ^a	91.3	89.3 ^a	85.8	86.2	96.5 ^a	92.9	73.2 ^a	90.4
1 to 60 minutes	2.7 ^a	4.1 ^{^a}	15.3 ^a	6.0	10.7 ^a	10.1	10.1 ^a	3.5 ^a	5.7	15.3 ^a	6.8
Greater than 60 minutes	0.0 ^a	0.3 ^a	0.0 ^a	0.1 ^a	0.0 ^a	1.0 ^a	0.9 ^a	0.0 ^a	0.4 ^a	0.0 ^a	0.3 ^a
Don't know or refused	0.0 ^a	0.2 ^{***}	11.5 ^a	2.5 ^a	0.0 ^a	3.2 ^a	2.8 ^a	0.0 ^a	1.0 ^a	11.5 ^a	2.6 ^a
After child care											
0 minutes	80.8 ^{**a}	53.5	57.8 ^a	61.5	56.8 ^a	50.7	51.5	78.4 ^a	52.8	57.8 ^a	59.7
1 to 60 minutes	10.6 ^a	19.5	30.5 ^a	19.5	22.2 ^a	20.5	20.7	11.7 ^a	19.8	30.5 ^a	19.7
Greater than 60 minutes	8.6 ^a	25.2	10.4 ^a	17.8	21.1 ^a	24.6	24.2	9.9 ^a	25.1	10.4 ^a	19.0
Don't know or refused	0.0 ^a	1.7 ^a	1.4 ^a	1.2 ^a	0.0 ^a	4.1 ^a	3.6 ^a	0.0 ^a	2.4 ^a	1.4 ^a	1.6 ^a
Minutes Playing in the Yard or Street											
Before child care											
0 minutes	90.6 ^a	90.3 [*]	78.6 ^a	87.9	85.2 ^a	81.6	82.0	90.1 ^a	88.0	78.6 ^a	86.9
1 to 60 minutes	8.1 ^a	7.5	20.1 ^a	10.3 ^a	14.8 ^a	12.8	13.0	8.8 ^a	8.9	20.1 ^a	10.8
Greater than 60 minutes	1.3 ^a	1.7 ^a	0.0 ^a	1.2 ^a	0.0 ^a	2.2 ^a	1.9 ^a	1.2 ^a	1.8 ^a	0.0 ^a	1.4 ^a
Don't know or refused	0.0 ^a	0.5 ^{^a}	1.4 ^a	0.6 ^a	0.0 ^a	3.4 ^a	3.0 ^a	0.0 ^a	1.3 ^a	1.4 ^a	1.0 ^a
After child care											
0 minutes	25.4 ^a	35.7 ^{**}	25.6 ^a	30.9	23.8 ^a	21.7	21.9	25.2 ^a	32.0	25.6 ^a	29.3
1 to 60 minutes	43.2	32.9	36.5 ^a	36.3	27.5 ^a	31.6	31.0	41.7	32.6	36.5 ^a	35.4
Greater than 60 minutes	31.4	29.5	36.0 ^a	31.3	48.7 ^a	41.5	42.4	33.1	32.7	36.0 ^a	33.3
Don't know or refused	0.0 ^a	1.9 ^{^a}	1.8 ^a	1.4 ^a	0.0 ^a	5.3	4.6	0.0 ^a	2.8	1.8 ^a	2.0 ^a

	Percentage of Children										
	Child Care Centers				Head Start Programs			All			
	Age Group (in Years)										
	1-2	3-5	6-12	1-12	1-2	3-5	1-5	1-2	3-5	6-12	1-12
Percentage of Children whose Parents Reported that Outdoor Physical Activity on this Day Was...											
Greater than a typical child care day	5.3^	10.9	13.6^	10.0	16.9^	9.2	10.2	6.5^	10.4	13.6^	10.0
Less than a typical child care day	20.1^	14.7	4.6^	14.0	15.2^	14.8	14.9	19.6^	14.7	4.6^	14.1
Similar to a typical child care day	74.6	73.3	80.0^	75.0	67.4^	70.6	70.2	73.9	72.6	80.0^	74.2
Don't know or refused	0.0^	1.1^^	1.8^	1.0^	0.5^	5.4^	4.8^	0.0^	2.2^	1.8^	1.6^
Number of Children	86	369	45	500	28	576	604	114	945	45	1,104
Number of Early Child Care Programs	28	81	16	94	10	123	125	38	204	16	219

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Parent Survey, Winter through Summer, 2017. Survey questions modified from Burdette, H.L., Whitaker, R.C., & Daniels, S.R. (2004). Parental Report of Outdoor Playtime as a Measure of Physical Activity in Preschool-aged Children. *Archives of Pediatrics & Adolescent Medicine*, 158(4), 353-357.

Notes: Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program (CACFP). Table includes only children for whom the analysis variables were available. Further, table includes only respondents who answered all five questions about physical activity outside of care on a child care day.

Difference between children in Child Care Centers and Head Start programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A “A” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

Minutes reported include any physical activity on the way to a destination as prompted by interviewers. The “Don’t know or refused” category consists primarily of “don’t know” responses but also includes two “refused” responses. Early child care programs include Child Care Centers and Head Start programs. Early child care programs may also provide care to older children. The “All” column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Table C.31 Minutes of Child Physical Activity Outside of Care on a *Child Care Day*, as Reported by Parents of Children in Early Child Care Programs, by Child's Full-Day versus Part-Day Status

	Percentage of Children		
	Full-Day Care	Part-Day Care	All
Minutes Playing at a Park or Outdoor Recreation Area			
Before child care			
0 minutes	92.9*	72.6	90.3
1 to 60 minutes	4.8	20.9^	6.8
Greater than 60 minutes	0.3^	0.3^	0.3^
Don't know or refused	2.1^	6.2^	2.6^
After child care			
0 minutes	59.5	63.7	60.0
1 to 60 minutes	20.4	15.6	19.8
Greater than 60 minutes	18.9	16.7	18.6
Don't know or refused	1.3^	4.0^	1.6^
Minutes Playing in the Yard or Street			
Before child care			
0 minutes	87.7	80.6	86.8
1 to 60 minutes	10.6	12.3	10.8
Greater than 60 minutes	1.1^	3.5^	1.4^
Don't know or refused	0.6^	3.6^	1.0^
After child care			
0 minutes	30.8*	15.8	28.9
1 to 60 minutes	36.7	27.7	35.6
Greater than 60 minutes	30.9**	51.8	33.5
Don't know or refused	1.6^	4.6^	2.0^
Percentage of Children whose Parents Reported that Outdoor Physical Activity on this Day Was...			
Greater than a typical child care day	10.4	7.8^	10.1
Less than a typical child care day	13.9	12.0	13.7
Similar to a typical child care day	74.5	74.9	74.6
Don't know or refused	1.1^	5.3^	1.7^
Number of Children	761	338	1,099
Number of Early Child Care Programs	160	87	218

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Parent Survey, Winter through Summer, 2017. Survey questions modified from Burdette, H.L., Whitaker, R.C., & Daniels, S.R. (2004). Parental Report of Outdoor Playtime as a Measure of Physical Activity in Preschool-aged Children. *Archives of Pediatrics & Adolescent Medicine*, 158(4), 353-357.

Notes: Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program (CACFP). Table includes only children for whom the analysis variables were available. Further, table includes only respondents who answered all five questions about physical activity outside of care on a child care day.

Difference between children in Full-Day Care and Part-Day Care is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A "A" identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate's statistical precision. Specific details of these criteria are presented in the description of study methods.

Children are considered full-day if parents reported children in care more than 5 hours. Children are considered part-day if parents reported children in care 5 hours or less. The counts of programs serving full-day children and programs serving part-day children do not sum to the count of all early child care programs because an individual program may serve children from both groups. Minutes reported include any physical activity on the way to a destination as prompted by interviewers. The "Don't know

or refused” category consists primarily of “don’t know” responses but also includes two “refused” responses. The 6-12 year olds in this analysis are exclusively in Child Care Centers because there are no 6-12 year olds in Head Start programs. All subgroup values include Child Care Centers and Head Start programs only. Early child care programs may also provide care to older children. Estimates are based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Table C.32 Minutes of Child Physical Activity Outside of Care on a *Child Care Day*, as Reported by Parents of Children in Before and After School Programs

	Percentage of Children								
	Outside-of-School Hours Programs			At-Risk Afterschool Programs			All		
	Age Group (in Years)								
	3-5	6-12	3-12	3-5	6-12	3-12	3-5	6-12	3-12
Minutes Playing at a Park or Outdoor Recreation Area									
Before child care									
0 minutes	69.1^	58.6	60.1	82.2^	72.4	73.6	81.3^	71.6	72.8
1 to 60 minutes	24.6^	33.2*	31.9*	17.1^	16.2^	16.3^	17.6^	17.2^	17.2^
Greater than 60 minutes	0.0^	3.5^	3.0^	0.0^	7.8^	6.8^	0.0^	7.6^	6.6^
Don't know or refused	6.3^	4.7^	4.9^	0.7^	3.6^	3.2^	1.0^	3.7^	3.3^
After child care									
0 minutes	51.9^	54.0	53.7	26.6^	53.8	50.3	28.2^	53.8	50.5
1 to 60 minutes	15.0^	18.0	17.6	38.4^	15.6^	18.5	36.9^	15.7^	18.5
Greater than 60 minutes	26.9^	26.7	26.7	34.3^	23.0	24.5	33.8^	23.2	24.6
Don't know or refused	6.3^	1.3^	2.0^	0.7^	7.6^	6.8^	1.0^	7.3^	6.5^
Minutes Playing in the Yard or Street									
Before child care									
0 minutes	78.1^	92.3^	90.3^	91.2^	94.7^	94.2^	90.3^	94.5^	94.0^
1 to 60 minutes	15.6^	5.3^	6.7^	6.5^	2.4^	2.9^	7.1^	2.6^	3.2^
Greater than 60 minutes	0.0^	1.9^	1.6^	1.6^	0.1^	0.3^	1.5^	0.2^	0.4^
Don't know or refused	6.3^	0.6^	1.4^	0.7^	2.8^	2.5^	1.0^	2.7^	2.5^
After child care									
0 minutes	31.3^a	34.7	34.2	78.7^	32.6	38.5	75.6^	32.7	38.3
1 to 60 minutes	53.7^a	31.2	34.4	16.9^	24.6	23.6	19.2^	25.0	24.2
Greater than 60 minutes	8.8^	32.3	28.9	3.8^	34.9	30.9	4.1^	34.8	30.8
Don't know or refused	6.3^	1.8^	2.5^	0.7^	7.9^	6.9^	1.0^	7.5^	6.7^

	Percentage of Children								
	Outside-of-School Hours Programs			At-Risk Afterschool Programs			All		
	Age Group (in Years)								
	3-5	6-12	3-12	3-5	6-12	3-12	3-5	6-12	3-12
Percentage of Children whose Parents Reported that Outdoor Physical Activity on this Day Was...									
Greater than a typical child care day	20.2^a	23.0	22.6	29.0^a	13.7^a	15.7^a	28.4^a	14.2^a	16.1^a
Less than a typical child care day	22.6^a	15.4	16.5	9.7^a	14.6^a	14.0^a	10.6^a	14.7	14.2
Similar to a typical child care day	50.9^a	56.5	55.7	33.5^a	59.5	56.1	34.6^a	59.3	56.1
Don't know or refused	6.3^a	5.0^a	5.2^a	27.8^a	12.2^a	14.2^a	26.4^a	11.8^a	13.7^a
Number of Children	14	174	188	24	185	209	38	359	397
Number of Before and After School Programs	12	44	45	11	38	39	23	82	84

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Parent Survey, Winter through Summer, 2017. Survey questions modified from Burdette, H.L., Whitaker, R.C., & Daniels, S.R. (2004). Parental Report of Outdoor Playtime as a Measure of Physical Activity in Preschool-aged Children. *Archives of Pediatrics & Adolescent Medicine*, 158(4), 353-357.

Notes: Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program (CACFP). Table includes only children for whom the analysis variables were available. Further, table includes only respondents who answered all five questions about physical activity outside of care on a child care day.

Difference between children in Outside-of-School Hours programs and At-Risk Afterschool programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A "A" identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate's statistical precision. Specific details of these criteria are presented in the description of study methods.

Minutes reported include any physical activity on the way to a destination as prompted by interviewers. The "Don't know or refused" category consists primarily of "don't know" responses but also includes two "refused" responses. The 6-12 year old age group includes six 13 year olds and three 14 year olds. Before and after school programs include Outside-of-School Hours programs and At-Risk Afterschool programs. The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one before and after school program may be double-counted.

Table C.33 Minutes of Child Physical Activity on a *Non-Child Care Day*, as Reported by Parents of Children in Early Child Care Programs

	Percentage of Children										
	Child Care Centers				Head Start Programs			All			
	Age Group (in Years)										
	1-2	3-5	6-12	1-12	1-2	3-5	1-5	1-2	3-5	6-12	1-12
Minutes Playing at a Park or Outdoor Recreation Area											
Between wake-up and noon											
0 minutes	61.7	58.4	42.9^	56.2	52.4^	61.3	60.2	60.8	59.2	42.9^	57.0
1 to 60 minutes	17.0^	16.8	29.5^	19.4	30.5^	16.7	18.3	18.3^	16.8	29.5^	19.2
Greater than 60 minutes	19.3^	22.2	17.6^	20.5	17.1^	18.1	18.0	19.0^	21.0	17.6^	20.0
Don't know or refused	2.1^	2.6^	10.0^	3.9^	0.0^	4.0^	3.5^	1.9^	3.0	10.0^	3.8^
Between noon and 6:00 pm											
0 minutes	49.3	40.8	30.2^	40.9	59.0^	43.1	44.9	50.2	41.4	30.2^	41.7
1 to 60 minutes	14.0^	15.4	11.4^	14.2	9.8^	19.6	18.4	13.6^	16.6	11.4^	15.1
Greater than 60 minutes	36.3	41.4	46.9^	41.2	31.2^	33.8	33.5	35.8	39.2	46.9^	39.7
Don't know or refused	0.5^	2.5^	11.4^	3.7^	0.0^	3.6^	3.2^	0.4^	2.8	11.4^	3.6^
Between 6:00 pm and bedtime											
0 minutes	80.9^	77.2	62.7^	75.3	91.4^	71.2	73.6	81.9^	75.5	62.7^	75.0
1 to 60 minutes	4.8^	9.4	24.4^	11.2^	6.0^	10.9	10.3^	4.9^	9.8	24.4^	11.0^
Greater than 60 minutes	13.9^	10.1	1.4^	9.4	2.6^	13.4	12.2	12.8^	11.1	1.4^	9.9
Don't know or refused	0.5^	3.2^	11.4^	4.2^	0.0^	4.5^	3.9^	0.4^	3.6	11.4^	4.1^
Minutes Playing in the Yard or Street											
Between wake-up and noon											
0 minutes	61.7	54.3*	50.4^	55.5	60.2^	42.4	44.5	61.6	50.9	50.4^	53.3
1 to 60 minutes	27.5	27.4	35.8^	29.1	13.7^	30.8	28.8	26.1	28.3	35.8^	29.0
Greater than 60 minutes	10.3^	16.0	3.8^	12.1	23.2^	22.7	22.7	11.6^	17.9	3.8^	14.2
Don't know or refused	0.5^	2.3^	10.0^	3.4^	2.9^	4.2^	4.0^	0.7^	2.8	10.0^	3.5^
Between noon and 6:00 pm											
0 minutes	38.8^	36.5	41.0^	38.0	34.6^	34.1	34.1	38.4^	35.8	41.0^	37.3
1 to 60 minutes	25.2	19.1	10.4^	19.0	19.8^	24.8	24.2	24.7	20.7	10.4^	20.0
Greater than 60 minutes	35.5	41.1	37.1^	38.8	42.6^	37.2	37.8	36.2	40.0	37.1^	38.6
Don't know or refused	0.5^	3.3^	11.4^	4.2^	2.9^	4.0^	3.8^	0.7^	3.5	11.4^	4.1^

	Percentage of Children										
	Child Care Centers				Head Start Programs			All			
	Age Group (in Years)										
	1-2	3-5	6-12	1-12	1-2	3-5	1-5	1-2	3-5	6-12	1-12
Between 6:00 pm and bedtime											
0 minutes	71.5	63.7	65.0 ^a	66.0	77.6 ^a	61.4	63.3	72.0	63.1	65.0 ^a	65.5
1 to 60 minutes	20.3 ^a	19.2	21.0 ^a	19.8	11.2 ^a	16.9	16.3	19.4 ^a	18.5	21.0 ^a	19.1
Greater than 60 minutes	7.8 ^a	13.7	4.0 ^a	10.2	3.2 ^a	17.2	15.5	7.4 ^a	14.7	4.0 ^a	11.3
Don't know or refused	0.5 ^a	3.4 ^a	10.0 ^a	4.0 ^a	8.1 ^a	4.5 ^a	4.9	1.2 ^a	3.7 ^a	10.0 ^a	4.2 ^a
Percentage of Children whose Parents Reported that Outdoor Physical Activity on this Day Was...											
Greater than a typical non-child care day	20.8 ^a	20.0	11.4 ^a	18.5	55.3 ^a	13.7	18.6	24.2 ^a	18.2	11.4 ^a	18.5
Less than a typical non-child care day	20.4 ^a	13.5	23.4 ^a	17.3	9.4 ^a	15.8	15.1	19.4 ^a	14.2	23.4 ^a	16.9
Similar to a typical non-child care day	56.7 [*]	64.0	55.2 ^a	60.3	32.4 ^a	66.8	62.8	54.3	64.8	55.2 ^a	60.8
Don't know or refused	2.1 ^a	2.5 ^a	10.0 ^a	3.9 ^a	2.9 ^a	3.7 ^a	3.6 ^a	2.1 ^a	2.8 ^a	10.0 ^a	3.8 ^a
Number of Children	88	375	44	507	28	627	655	116	1,002	44	1,162
Number of Early Child Care Programs	29	81	15	94	10	126	128	39	207	15	222

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Parent Survey, Winter through Summer, 2017. Survey questions modified from Burdette, H.L., Whitaker, R.C., & Daniels, S.R. (2004). Parental Report of Outdoor Playtime as a Measure of Physical Activity in Preschool-aged Children. *Archives of Pediatrics & Adolescent Medicine*, 158(4), 353-357.

Notes: Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program (CACFP). Table includes only children for whom the analysis variables were available. Further, table includes only respondents who answered all seven questions about physical activity on a non-child care day.

Difference between children in Child Care Centers and Head Start programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A "A" identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate's statistical precision. Specific details of these criteria are presented in the description of study methods.

Minutes reported include any physical activity on the way to a destination as prompted by interviewers. The "Don't know or refused" category consists primarily of "don't know" responses but also includes three "refused" responses. Early child care programs include Child Care Centers and Head Start programs. Early child care programs may also provide care to older children. The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Table C.34 Minutes of Child Physical Activity on a *Non-Child Care Day*, as Reported by Parents of Children in Early Child Care Programs, by Child's Full-Day versus Part-Day Status

	Percentage of Children		
	Full-Day Care	Part-Day Care	All
Minutes Playing at a Park or Outdoor Recreation Area			
Between wake-up and noon			
0 minutes	56.3	59.9	56.8
1 to 60 minutes	19.7	16.6 [^]	19.3
Greater than 60 minutes	20.2	19.4	20.1
Don't know or refused	3.8 [^]	4.1 [^]	3.9 [^]
Between noon and 6:00 pm			
0 minutes	39.8	52.1	41.4
1 to 60 minutes	15.1	15.3	15.1
Greater than 60 minutes	41.8	26.8	39.8
Don't know or refused	3.3 [^]	5.8 [^]	3.6 [^]
Between 6:00 pm and bedtime			
0 minutes	75.0	74.1	74.8
1 to 60 minutes	11.4 [^]	9.1	11.1 [^]
Greater than 60 minutes	9.9	10.5	10.0
Don't know or refused	3.8 [^]	6.3 [^]	4.1 [^]
Minutes Playing in the Yard or Street			
Between wake-up and noon			
0 minutes	53.6	53.2	53.5
1 to 60 minutes	29.9	24.5	29.2
Greater than 60 minutes	13.2	17.5	13.7
Don't know or refused	3.3 [^]	4.8 [^]	3.5 [^]
Between noon and 6:00 pm			
0 minutes	37.1	39.9	37.4
1 to 60 minutes	20.7	15.7	20.1
Greater than 60 minutes	39.0	38.0	38.9
Don't know or refused	3.2 [^]	6.3 [^]	3.6 [^]
Between 6:00 pm and bedtime			
0 minutes	68.0 [*]	51.6	65.8
1 to 60 minutes	18.5	23.8	19.2
Greater than 60 minutes	10.0	19.5 [^]	11.3
Don't know or refused	3.4 [^]	5.1 [^]	3.6 [^]
Percentage of Children whose Parents Reported that Outdoor Physical Activity on this Day Was...			
Greater than a typical non-child care day	18.9	16.6	18.6
Less than a typical non-child care day	16.1	22.7 [^]	17.0
Similar to a typical non-child care day	61.8	56.6	61.1
Don't know or refused	3.2 [^]	4.1 [^]	3.3 [^]
Number of Children	786	370	1,156
Number of Early Child Care Programs	162	90	221

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Parent Survey, Winter through Summer, 2017. Survey questions modified from Burdette, H.L., Whitaker, R.C., & Daniels, S.R. (2004). Parental Report of Outdoor Playtime as a Measure of Physical Activity in Preschool-aged Children. *Archives of Pediatrics & Adolescent Medicine*, 158(4), 353-357.

Notes: Tabulations are weighted to be nationally representative of all children in early child care programs participating in the Child and Adult Care Food Program (CACFP). Table includes only children for whom the analysis variables were available. Further, table includes only respondents who answered all seven questions about physical activity on a non-child care day. Difference between children in Full-Day Care and Part-Day Care is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A “A” identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate’s statistical precision. Specific details of these criteria are presented in the description of study methods.

Children are considered full-day if parents reported children in care more than 5 hours. Children are considered part-day care if parents reported children in care 5 hours or less. The counts of programs serving full-day children and programs serving part-day children do not sum to the count of all early child care programs because an individual program may serve children from both groups. Minutes reported include any physical activity on the way to a destination as prompted by interviewers. The “Don’t know or refused” category consists primarily of “don’t know” responses but also includes three “refused” responses. The 6-12 year olds in this analysis are exclusively in Child Care Centers because there are no 6-12 year olds in Head Start programs. All subgroup values include Child Care Centers and Head Start programs only. Early child care programs may also provide care to older children. Estimates are based on counts of weighted programs, not providers. For this reason, providers with more than one early child care program may be double-counted.

Table C.35 Minutes of Child Physical Activity on a *Non-Child Care Day*, as Reported by Parents of Children in Before and After School Programs

	Percentage of Children								
	Outside-of-School Hours Programs			At-Risk Afterschool Programs			All		
	Age Group (in Years)								
	3-5	6-12	3-12	3-5	6-12	3-12	3-5	6-12	3-12
Minutes Playing at a Park or Outdoor Recreation Area									
Between wake-up and noon									
0 minutes	71.5 [^]	53.8	56.8	68.8 [^]	59.5	60.9	68.9 [^]	59.2	60.7
1 to 60 minutes	9.8 [^]	9.7 [^]	9.7 [^]	2.2 [^]	7.0 [^]	6.3 [^]	2.7 [^]	7.1 [^]	6.5 [^]
Greater than 60 minutes	18.7 [^]	36.2	33.3	27.9 [^]	26.0	26.3	27.4 [^]	26.6	26.7
Don't know or refused	0.0 [^]	0.3 [^]	0.2 [^]	1.1 [^]	7.5 [^]	6.5 [^]	1.0 [^]	7.1 [^]	6.2 [^]
Between noon and 6:00 pm									
0 minutes	20.2 ^{***}	30.9	29.1 [*]	82.2 [^]	45.8	51.3	78.5 [^]	45.1	50.1
1 to 60 minutes	0.4 [^]	18.4	15.3 [^]	8.8 [^]	7.1 [^]	7.3 [^]	8.3 [^]	7.6 [^]	7.7
Greater than 60 minutes	79.4 ^{****}	50.4	55.2 ^{**}	7.9 [^]	40.1	35.3	12.2 [^]	40.7	36.4
Don't know or refused	0.0 [^]	0.4 [^]	0.3 [^]	1.1 [^]	7.0 [^]	6.1 [^]	1.0 [^]	6.6 [^]	5.8 [^]
Between 6:00 pm and bedtime									
0 minutes	92.4 [^]	63.7	68.5	91.4 [^]	80.6	82.2	91.5 [^]	79.7	81.5
1 to 60 minutes	7.6 [^]	24.7 [^]	21.8 [^]	4.0 [^]	4.5 [^]	4.4 [^]	4.2 [^]	5.5 [^]	5.3 [^]
Greater than 60 minutes	0.0 [^]	11.4 [^]	9.5 [^]	3.5 [^]	8.6 [^]	7.8 [^]	3.3 [^]	8.7	7.9
Don't know or refused	0.0 [^]	0.2 [^]	0.1 [^]	1.1 [^]	6.4 [^]	5.6 [^]	1.0 [^]	6.1 [^]	5.3 [^]
Minutes Playing in the Yard or Street									
Between wake-up and noon									
0 minutes	65.8 [^]	57.5	58.9	75.3 [^]	44.1	48.7	74.7 [^]	44.8	49.3
1 to 60 minutes	13.1 [^]	16.0	15.5	21.3 [^]	19.2	19.5	20.8 [^]	19.0	19.3
Greater than 60 minutes	21.1 [^]	26.2	25.4	2.3 [^]	29.1	25.1	3.4 [^]	29.0	25.1
Don't know or refused	0.0 [^]	0.3 [^]	0.2 [^]	1.1 [^]	7.6 [^]	6.7 [^]	1.0 [^]	7.3 [^]	6.3 [^]
Between noon and 6:00 pm									
0 minutes	52.1 [^]	37.2	39.7	75.8 [^]	41.3	46.4	74.4 [^]	41.1	46.1
1 to 60 minutes	17.8 [^]	22.2 [^]	21.5 [^]	16.7 [^]	12.4	13.1 [^]	16.8 [^]	12.9	13.5 [^]
Greater than 60 minutes	30.0 [^]	40.2	38.5	6.4 [^]	38.3	33.6	7.8 [^]	38.4	33.8
Don't know or refused	0.0 [^]	0.4 ^{^*}	0.3 [^]	1.1 [^]	8.0 [^]	7.0 [^]	1.0 [^]	7.6 [^]	6.6 [^]

	Percentage of Children								
	Outside-of-School Hours Programs			At-Risk Afterschool Programs			All		
	Age Group (in Years)								
	3-5	6-12	3-12	3-5	6-12	3-12	3-5	6-12	3-12
Between 6:00 pm and bedtime									
0 minutes	80.7^a	62.1	65.2	51.0^a	64.9	62.8	52.8^a	64.8	63.0
1 to 60 minutes	4.5^a	16.9	14.8	26.4^a	11.8	14.0	25.1^a	12.1	14.0
Greater than 60 minutes	14.8^a	19.8	19.0	21.4^a	17.4	18.0	21.0^a	17.5	18.0
Don't know or refused	0.0^a	1.2^a	1.0^a	1.1^a	5.9^a	5.2^a	1.0^a	5.7^a	5.0^a
Percentage of Children whose Parents Reported that Outdoor Physical Activity on this Day Was...									
Greater than a typical non-child care day	41.7^a	29.9	31.9	16.0^a	26.7	25.1	17.5^a	26.8	25.4
Less than a typical non-child care day	6.4^a	16.3	14.7	5.6^a	13.4	12.3	5.6^a	13.6	12.4
Similar to a typical non-child care day	52.0^a	53.2	53.0	77.3^a	57.1	60.1	75.8^a	56.9	59.7
Don't know or refused	0.0^a	0.6^a	0.5^a	1.1^a	2.9^a	2.6^a	1.0^a	2.7^a	2.5^a
Number of Children	17	178	195	24	198	222	41	376	417
Number of Before and After School Programs	14	44	45	10	40	41	24	84	86

Source: Study of Nutrition and Activity in Child Care Settings (SNACS), Parent Survey, Winter through Summer, 2017. Survey questions modified from Burdette, H.L., Whitaker, R.C., & Daniels, S.R. (2004). Parental Report of Outdoor Playtime as a Measure of Physical Activity in Preschool-aged Children. *Archives of Pediatrics & Adolescent Medicine*, 158(4), 353-357.

Notes: Tabulations are weighted to be nationally representative of all children in before and after school programs participating in the Child and Adult Care Food Program (CACFP). Table includes only children for whom the analysis variables were available. Further, table includes only respondents who answered all seven questions about physical activity on a non-child care day.

Difference between children in Outside-of-School Hours programs and At-Risk Afterschool programs is significantly different from zero at the ***0.001 level, **0.01 level, or *0.05 level.

A "A" identifies estimates that are considered imprecise. The criteria used to determine whether an estimate is imprecise are based on the size of the sample used to create the estimate and the estimate's statistical precision. Specific details of these criteria are presented in the description of study methods.

Minutes reported include any physical activity on the way to a destination as prompted by interviewers. The "Don't know or refused" category consists primarily of "don't know" responses but also includes three "refused" responses. The 6-12 year old age group includes six 13 year olds and three 14 year olds. Before and after school programs include Outside-of-School Hours programs and At-Risk Afterschool programs. The "All" column is based on counts of weighted programs, not providers. For this reason, providers with more than one before and after school program may be double-counted.