

Table 2 Rates and types of after-school hours physical activities among boys and girls

After-school hours activities	Boys		Girls		OR	95% CI
	No.	%	No.	%		
Participation in after-school activities	(n = 214)		(n = 225)			
No	4	1.9	14	6.2		
Yes	210	98.1	211	93.8	3.48	1.05–12.75
Types of activities <sup>a</sup>	(n = 210)		(n = 225)			
Walking	117	55.7	168	79.6	0.32	0.20–0.51
Climbing stairs	140	66.7	179	84.8	0.36	0.22–0.59
Ball games <sup>b</sup>	165	78.6	117	55.5	2.95	1.88–4.62
Running	143	68.1	111	52.6	1.92	1.27–2.92
Jogging	119	56.7	88	41.7	1.83	1.22–2.74
Aerobics	72	34.3	57	27.0	1.41	0.91–2.18
Swimming	81	38.6	38	18.0	2.86	1.78–4.59
Weight lifting	85	40.5	16	7.6	8.29	4.50–15.5
Cycling	61	29.1	115	54.5	0.34	0.22–0.52
Rope jumping	27	12.9	41	19.4	0.61	0.35–1.08
Martial arts	14	6.7	8	3.8	1.81	0.69–4.88
Racket games <sup>c</sup>	17	8.1	14	6.6	1.24	0.56–2.74
Table tennis	6	2.9	1	0.5	6.18	0.73–137.33

<sup>a</sup>Categories are not mutually exclusive.

<sup>b</sup>Includes football, basketball and volleyball.

<sup>c</sup>Includes tennis and squash.

OR = odds ratio; CI = confidence interval.