

Table 6 Determinants of recommended level of physical activity in after-school hours

Determinants of recommended level of physical activity	Inactive (n = 334)		Active (n = 105)		OR	95% CI
	No.	%	No.	%		
Sex						
Male	203	60.8	22	20.9	1	
Female	131	39.2	83	79.1	5.85	3.48–9.82
Age group (years)						
15–16	79	23.6	37	35.2	1.63	0.36–7.46
17–18	243	72.8	66	62.9	2.81	0.59–13.20
19–20	12	3.6	2	1.9	1	
Education grade						
Grade 11	163	48.8	66	62.9	1.78	1.13–2.79
Grade 12	171	51.2	39	37.1	1	
Family income						
Sufficient	302	90.4	94	89.5	1	
Insufficient	32	9.6	11	10.5	1.10	0.54–2.28
Chronic health problems						
Yes	72	21.6	18	17.1	1	
No	262	78.4	87	82.9	1.33	0.75–2.35
Physical education in school						
Never	157	47.0	50	47.6	1	
Rarely or sometimes	74	22.2	21	20.0	0.89	0.50–1.59
Always	103	30.8	34	32.4	1.04	0.63–1.71
Daily time spent watching television (hours)						
< 0.5	69	20.6	28	26.7	1	
1–2	193	57.8	47	44.8	0.60	0.35–1.03
3–4	46	13.8	24	22.8	1.29	0.66–2.49
5+	26	7.8	6	5.7	0.57	0.21–1.53
Daily time spent on computer (hours)						
< 0.5	96	28.7	31	29.5	1	
1–2	143	42.8	41	39.1	0.89	0.52–1.51
3–4	47	14.1	13	12.4	0.86	0.41–1.79
5–7	48	14.4	20	19.0	1.29	0.67–2.50
Body weight classification ^a						
Overweight or obese	86	26.1	31	30.1	1	
Normal	168	50.9	53	51.5	0.90	0.36–1.33
Underweight	76	23.0	19	18.4	0.69	0.36–1.33
Attempt to control weight (in last 30 days)						
No	169	50.6	41	39.0	1	
Yes	165	49.4	64	61.0	1.60	1.02–2.50
Method of weight control						
None	169	50.6	41	39.0	1	
Other methods	75	22.5	17	16.2	0.93	0.49–3.52
Exercising	90	26.9	47	44.8	2.15	1.32–3.52
Motivation stage for adopting physical activity						
Pre-contemplation	18	5.4	5	4.8	1	
Contemplation	75	22.4	7	6.7	0.34	0.96–1.18
Preparation	146	43.7	25	23.8	0.62	0.21–1.81
Action	40	12.0	20	19.0	1.80	0.58–5.55
Maintenance	55	16.5	48	45.7	3.14	1.08–9.10
Barriers to physical activity						
	Mean (SD)		Mean (SD)			
Internal barriers	13.9 (3.7)		13.4 (4.4)		0.96	0.91–1.02
External barriers	15.8 (3.8)		14.8 (3.9)		0.93	0.88–0.98

^a6 cases excluded due to missing information.

SD = standard deviation; OR = odds ratio; CI = confidence interval.