

# The childcare environment and children's physical activity <sup>[1]</sup>

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**Source:** American Journal of Preventive Medicine

**Format:** Report

**Publication Date:** 1 Jan 2008

## AVAILABILITY

Abstract and ordering information <sup>[2]</sup>

### Abstract:

The purpose of this study was to examine the relationships between the childcare environment and physical activity behavior of preschool children. Aspects of the environment hypothesized to influence children's physical activity were assessed in 20 child care centers using the Environment and Policy Assessment and Observation (EPAO) instrument. Results indicate that children in centers with supportive environments achieved more moderate-to-vigorous physical activity, spent less time in sedentary activities, and had higher mean physical activity levels compared to centers with less supportive environments. Facets of the physical and social environment related to physical activity behavior included active opportunities, portable play equipment, fixed play equipment, sedentary environment, and physical activity training and education.

**Related link:** News article: Study spotlights 'exercise- friendly' day-care centers <sup>[3]</sup>

**Region:** United States <sup>[4]</sup>

**Tags:** health <sup>[5]</sup>

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