

Implications of race and ethnicity for child physical activity and social connections at summer care programs

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Introduction



Physical activity (PA) levels decline during summer vacation

Racial and ethnic disparities have been noted in child PA attainment

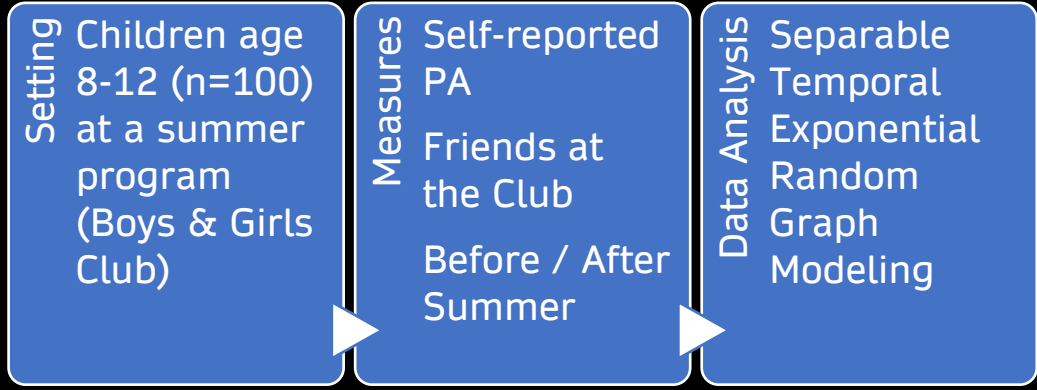


PA is associated with friendship selection and influence

Objective

Examine how race/ethnicity relate to social connections and PA at a summer care program

Methods



Results



PA did not significantly differ based on race/ethnicity or time.



PA was also related to a child's social connections at the end of summer regardless of race/ethnicity



Children were more likely to make friends with and remain friends with those of the same race/ethnicity



African American children reported significantly more same race friends and more friends who helped them to be active.



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Conclusions



PA might serve as a mechanism for connecting children within a summer care program regardless of race or ethnicity



Using active play to connect children may promote diverse friend networks at these programs.