

## Methodology

Gender Equity Policy Institute analyzed California adults' time use on household work, childcare, and leisure using individual-level microdata from the American Time Use Survey (ATUS) accessed via IPUMS ATUS.

ATUS respondents are drawn from the Current Population Survey sample, with households selected to ensure representation over a range of demographic characteristics. One household member age 15 or older is randomly selected to complete a time diary detailing how they spent the 24 hours leading up to their survey interview. The data used for this analysis was restricted to residents of California aged 18 and older. To increase the reliability of estimates for California, GEPI aggregated four years of ATUS data (2021-2024). This aggregation ensured a larger sample size, which enabled the reporting of more meaningful findings across various demographic groups.

ATUS data only contains information about respondents' individual time use and does not include information about the time use of other people living in the household. As a result, GEPI could not analyze how responsibilities were shared within households, or the distribution of time use between couples or cohabitating adults.

### *Demographics estimates*

GEPI analyzed gender disparities across racial and ethnic groups and by parental status and employment status. Individuals categorized as Latino can be of any race, and all other groups are non-Latino. Parents were defined as individuals living with their own biological, adopted, or stepchild under age 18. Analysis focused solely on respondents' reported behaviors and characteristics. All estimates were weighted and account for the ATUS' complex sampling design. Confidence intervals (95%) were calculated using replicate weights to assess the precision of the estimates. To compare time use across groups GEPI conducted t-tests to confirm statistical significance, and all reported comparisons were statistically significant at the 0.05 level, unless otherwise noted.

GEPI calculated:

1. Average hours per day spent on select activities across all adults, including those who did not report engaging in the activity.
2. Average hours per day restricted to adults who engaged in the activity.
3. Participation rates, defined as the percentage of adults who engaged in the activity per day.

## GEPI time-use variables

The table below details the variables GEPI analyzed, the aggregated ATUS activities, and their corresponding codes.

GEPI time-use variable	ATUS activities	ATUS codes
Household work	Household activities (housework; food and drink preparation, presentation, and clean-up; interior and exterior home maintenance, repair, and decoration; lawn, garden, and houseplants; animals and pets; vehicles; appliances, tools, and toys; household management (excluding household and personal mail and messages (except e-mail) and household and personal e-mail and messages); household activities, n.e.c.); Grocery shopping; Household services household services not done by self; home maintenance, repair, decoration, and construction not done by self; pet services not done by self and not veterinary care; lawn and garden services not done by self; vehicle maintenance and repair not done by self; household services n.e.c.); Travel related to all included activities	020100-029902, 020905-029900, 090000, 070101, 180200, 180701, 180900
Childcare (primary childcare)	Caring for and helping household children; Activities related to household children's education; Activities related to household children's health; Caring for and helping non-household children; Activities related to non-household children's education; Activities related to non-household children's health; Childcare services; Travel related to all included activities	030100-030300, 040100-040300, 080100, 180302-180304, 180402-180404, 180801
Secondary childcare	Time spent during activities on secondary child care of all children	N/A
Free time	Socializing, relaxing, and leisure; sports, exercise, and recreation; travel related to leisure and sports	120000, 130000, 181200, 181300
Work	Work and work-related activities; travel related to work	050000, 180500
Sleep	Sleeping, including sleeplessness	010100

GEPI time-use variable	ATUS activities	ATUS codes
Caregiving (includes childcare)	Caring for and helping household members; travel related Caring for and helping non-household members; travel related	030000, 040000, 180300, 180400
All other activities	Personal care (excluding sleeping); Education; Consumer purchases (excluding grocery shopping); Professional and personal care services (excluding childcare services); Government services and civic obligations; Eating and drinking; Religious and spiritual activities; Volunteer activities; Telephone calls; Travel related to all included activities; Security procedures related to traveling, Traveling n.e.c.	010200-019900, 060000, 070102-079900, 080200-089900, 100000, 110000, 140000, 150000, 160000, 180100-180199, 180600, 180703- 180799, 180802- 180899, 181000, 181100, 181400, 181500, 181600, 181800, 189900

### ***Notes on childcare variables***

This report distinguishes between primary childcare and secondary childcare.

- Primary childcare refers to time directly caring for and helping children (both household and non-household), including activities related to children’s education, health, accessing childcare services, and all related travel.
- Secondary childcare refers to time spent caring for children under age 13 (both household and non-household) while engaged in another activity. Secondary childcare cannot occur concurrently with primary childcare and is only recorded for household children when at least one child is awake.

Both primary and secondary childcare averages were estimated, but throughout the report, “childcare” refers specifically to primary childcare unless otherwise noted.

## Appendix

Table 1: Average time spent on household labor and childcare per day and participation rates, by gender, race/ethnicity, parental status, and employment status, California 2021 - 2024

Group	Average daily minutes			Percent engaged in the activity	
	Household labor	Childcare	Combined	Household labor	Childcare
Women	167.7	44.2	211.9	88.3%	25.9%
Men	106.0	23.0	129.0	74.6%	16.6%
Working women	139.5	37.7	177.2	87.3%	26.4%
Working men	84.2	22.4	106.6	72.3%	18.7%
Mothers	185.6	131.1	316.7	94.1%	73.6%
Fathers	94.5	75.1	169.6	73.4%	55.4%
Working mothers	146.6	101.5	248.1	92.8%	69.4%
Working fathers	89.4	62.6	152.0	71.6%	52.4%
White women	170.7	37.0	207.7	93.3%	18.6%
Black women	-	-	-	-	-
API women	129.7	-	178.1	82.0%	-
Latina women	184.8	50.9	235.7	88.3%	32.5%
White men	126.8	16.9	143.7	82.8%	13.1%
Black men	-	-	-	-	-
API men	98.7	-	127.2	71.8%	-
Latino men	86.8	-	112.6	65.7%	-
Work day women	99.0	33.9	132.9	85.7%	26.5%
Work day men	57.4	19.9	77.4	67.8%	18.8%
Work day mothers	115.3	93.7	209.0	92.0%	72.7%
Work day fathers	63.6	57.8	121.4	66.5%	53.1%

*Note: Population includes Californians aged 18 and older. Estimates for some groups are not included due to small sample sizes. Workers are defined as employed and having worked in the preceding week. Parents are defined as living with at least one biological, adopted, or stepchild under 18. Individuals categorized as Latino can be of any race; all other groups are non-Latino. Work days are days when time was spent doing the specific tasks required of one's main or other job, regardless of location, and includes self employed workers. Only time spent on childcare as a main activity is included; time spent on childcare while participating in another activity is excluded.*

*Source: Gender Equity Policy Institute analysis of IPUMS ATUS, 2021-2024.*

Table 2. Average time spent in different activities per day, by gender, race/ethnicity, parental status, and employment status, California 2021 - 2024

Group	Sleep	Work	Caregiving	Free time		All other activities	
				Total	While caring for children	Total	While caring for children
Women	548.2	169.8	50.1	271.3	35.9	234.0	31.3
Men	543.2	241.7	28.8	330.6	35.8	190.2	20.4
Working women	521.7	308.5	42.9	222.7	35.9	205.1	28.8
Working men	529.0	351.9	26.2	277.6	42.1	171.3	22.6
Mothers	534.9	194.9	134.0	186.8	108.3	204.1	91.1
Fathers	527.1	291.8	79.2	255.5	122.5	191.9	71.7
Working mothers	518.9	312.3	104.2	175.2	95.0	183.1	69.5
Working fathers	522.6	358.7	66.5	240.0	119.7	162.8	64.6
White women	539.6	143.1	44.3	311.0	22.5	233.1	20.1
Black women	-	-	-	-	-	-	-
API women	541.9	-	-	232.7	-	266.9	-
Latina women	557.5	172.4	54.6	247.5	52.3	223.9	38.9
White men	535.2	220.2	23.2	352.1	-	182.9	15.7
Black men	-	-	-	-	-	-	-
API men	545.5	-	-	318.8	-	216.2	-
Latino men	555.1	287.0	17.1	298.0	-	183.6	-
Work day women	487.1	465.6	38.0	167.3	24.2	183.3	18.9
Work day men	496.1	494.5	22.3	211.6	24.6	158.2	16.6
Work day mothers	484.9	454.6	95.4	126.2	66.4	164.2	49.6
Work day fathers	490.5	498.9	61.9	179.8	72.6	145.5	47.4

*Note: Population includes Californians aged 18 and older. Estimates for some groups are not included due to small sample sizes. Workers are defined as employed and having worked in the preceding week. Parents are defined as living with at least one biological, adopted, or stepchild under 18. Individuals categorized as Latino can be of any race; all other groups are non-Latino. Work days are days when time was spent doing the specific tasks required of one's main or other job, regardless of location, and includes self employed workers. Caregiving includes childcare and care for adults. Time while caring for children during different activities refers to time spent with at least one child in the individual's care while participating in activity.*

*Source: Gender Equity Policy Institute analysis of IPUMS ATUS, 2021-2024.*