Appendix

1. Table 1: GEPI time-use variables from ATUS

GEPI time-use variable	ATUS activities	ATUS codes
Household work	• Housework (such as cleaning, laundry, and taking out the trash) • Food and drink preparation, presentation, and clean-up • Grocery shopping	• 020100 • 020200 • 070101
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	• (030100) • (030200) • (030300) • (040100) • (040200) • (040300)
Secondary childcare	• Captures time spent on secondary childcare during other activities	N/A†
Free time	• Socializing, Relaxing, and Free time (such as watching television, checking personal social media accounts, and talking to friends). • Sports, Exercise, and Recreation	• (120000) • (130000)

† Secondary childcare takes place concurrently with a primary activity that is unrelated to childcare. As such, it does not have its own ATUS code.

Source: *American Time Use Survey 2022*

2. Multivariable Regression Output Tables

The following output tables only report variables that were significant or almost significant in explaining variation in time spent on the dependent variable. Tables are on the following pages.

TABLE 2.1: REGRESSION ESTIMATES PREDICTING VARIATION IN TIME SPENT ON PRIMARY CHILDCARE (IN MINUTES PER DAY), CONTROLLING FOR VARIOUS COVARIATES.

Dependent Variable: Time spent on childcare (minutes per day)
Sample: Weighted data from the American Time Use Survey
Main Results:

Estimate	**Estimate**	**Std.Error**	**t value**	**Pr(>|t|)**	
(Intercept)	-23.279	12.081	-1.927	0.054	.
Gender (Women)	16.84	2.526	6.667	2.78E-11	***
Education (High School or Less)	-6.782	2.3239	-2.918	0.0035	**
Employment Status (Unemployed)	14.371	2.6294	5.465	4.76E-08	***
Marital Status (Single)	-9.667	2.4001	-4.028	5.68E-05	***
Race (Latino)	-17.649	10.684	-1.652	0.0986	.
Age Group 18-24	37.616	4.3757	8.597	2.00E-16	***
Age Group 25-34	65.074	4.3101	15.098	2.00E-16	***
Age Group 35-44	64.686	4.2907	15.076	2.00E-16	***
Age Group 45-54	41.57	4.4389	9.365	2.00E-16	***
Age Group 55-64	38.049	4.5053	8.445	2.00E-16	***
Age Group 65-74	33.443	4.6537	7.186	7.25E-13	***
Age Group 75+	26.008	4.8862	5.323	1.05E-07	***
Number of Children in Household	20.715	0.8283	25.01	2.00E-16	***
Interactions					
Women:Single	-10.734	3.0724	-3.494	0.0005	***

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Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

Model Fit:
R-squared: 0.19 (indicating 19% of the variation in childcare time is explained by the model)
F-statistic: 76.29, p-value < 0.001 (The model is statistically significant)

Source: *GEPI Analysis of ATUS 2022*

TABLE 2.2: REGRESSION ESTIMATES PREDICTING VARIATION IN TIME SPENT ON HOUSEHOLD WORK (IN MINUTES PER DAY), CONTROLLING FOR VARIOUS CHARACTERISTICS.

Dependent Variable: Time spent on household work (minutes per day)
Sample: Weighted data from the American Time Use Survey
Main Results:

Estimate	**Estimate**	**Std.Error**	**t value**	**Pr(>|t|)**	
(Intercept)	-23.806	17.852	-1.334	0.1824	
Gender (Women)	55.013	3.733	14.738	2.00E-16	***
Education (High School or Less)	-7.52	3.434	-2.19	0.0286	*
Employment Status (Unemploye	21.669	3.885	5.577	2.53E-08	***
Number of Children in Household	5.418	1.224	4.427	9.68E-06	***
Age Group 18-24	44.448	6.466	6.874	6.70E-12	***
Age Group 25-34	70.159	6.369	11.015	2.00E-16	***
Age Group 35-44	69.995	6.34	11.04	2.00E-16	***
Age Group 45-54	79.12	6.559	12.062	2.00E-16	***
Age Group 55-64	72.499	6.658	10.89	2.00E-16	***
Age Group 65-74	74.662	6.877	10.857	2.00E-16	***
Age Group 75+	67.053	7.22	9.287	2.00E-16	***
Interactions					
Women:High School Education c	14.974	4.656	3.216	0.0013	**
Women:Unemployed	26.743	4.766	5.611	2.08E-08	***
Women:Single	-33.366	4.54	-7.349	2.19E-13	***

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Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

Model Fit:
R-squared: 0.15 (indicating 15% of the variation in household work time is explained by the model)

Source: *GEPI Analysis of ATUS 2022*

TABLE 2.3: REGRESSION ESTIMATES PREDICTING VARIATION IN TIME SPENT ON LEISURE ACTIVITIES (IN MINUTES PER DAY), CONTROLLING FOR VARIOUS CHARACTERISTICS.

Dependent Variable: Time spent on leisure activities (minutes per day)
Sample: Weighted data from the American Time Use Survey
Main Results:

Estimate	Estimate	Std.Error	t value	Pr(>|t|)	
(Intercept)	281.03	34.512	8.143	4.44E-16	***
Gender (Women)	-13.349	7.216	-1.85	0.0644	.
Education (High School or Less)	35.389	6.639	5.33	1.01E-07	***
Employment Status (Unemployed)	167.88	7.512	22.349	7.71E-06	***
Race (Black)	-9.38	30.721	-0.305	0.0642	.
Race (White)	-19.297	30.266	-0.638	0.0271	*
Age Group 18-24	27.633	12.501	2.21	0.0271	*
Age Group 65-74	66.266	13.295	4.984	6.35E-07	***
Age Group 75+	77.46	13.959	5.549	2.96E-08	***
Number of Children in Household	-20.903	2.366	-8.834	2.00E-16	***
Household Income ($15,000 to $39999)	-21.339	9.773	-2.183	0.029	*
Household Income ($40,000 to $74999)	-17.019	9.613	-1.77	0.0767	.
Household Income ($150,000 and over)	-22.483	10.526	-2.136	0.0327	*
Interactions					
Women:Unemployed	-82.053	9.215	-8.904	2.00E-16	***
Women:Single	-22.448	8.777	-2.557	0.0106	*

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Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

Model Fit:
R-squared: 0.21 (indicating 21% of the variation in leisure time is explained by the model)
F-statistic: 85.38 p-value < 0.001 (The model is highly statistically significant)

Source: *GEPI Analysis of ATUS 2022*

Methodology

The Gender Equity Policy Institute analyzed individual-level microdata from the American Time Use Survey (ATUS) 2022, accessed through IPUMS ATUS, University of Minnesota, www.ipums.org, to estimate the average time spent on childcare, household work, and free time and identify gender disparities.

The ATUS aims to measure the amount of time that people spend on different activities, including childcare, household work, and leisure. The ATUS sample is drawn from the Current Population Survey sample. Respondents are asked to report how much time they allocated to various activities in the 24 hours leading up to their interview.

The Institute's analysis was conducted on a rectangular dataset that only contains information about respondents' individual time use. This dataset does not include information about the composition of the respondents' household or the time use of other people living in the household. As a result, the Institute could not analyze how responsibilities were shared within households.

The Institute analyzed gender disparities across various demographic characteristics, including marital status, parental status, employment status, age, and racial/ethnic groups. To estimate disparities in time spent on household work, childcare, and free time, the Institute calculated the average daily time spent by gender across the demographic groups. Time spent was scaled from minutes to hours per week to provide more interpretable estimates.

Calculating the free-time gender gap

The Institute estimated the free-time gender gap to explore disparities in free time between women and men. This gap was calculated as a percentage using the following formula:

$$1 - \left(\frac{\text{women's average free time}}{\text{men's average free time}}\right) * 100$$

In some instances, the number of minutes spent on free time was scaled to hours per week or month to provide examples.

T-tests

The Institute conducted t-tests to confirm that comparisons between various groups were statistically significant—for example, for the differences in time spent on household work between men and women within a specific age range. T-tests evaluated whether the mean differences observed between groups were statistically significant, helping to ensure that reported differences were not due to random variation. All comparisons reported within this publication were statistically significant at the 0.05 level, unless otherwise noted.

Regressions

The Institute conducted multivariable linear regression analyses to explore further time spent on household work, childcare, and free time. Specifically, three separate regression models were run—one for each activity (childcare, household work, and free time)—using predictors such as gender, educational

attainment, employment status, marital status, race, age group, number of children under 18 in the household, and family income group. See appendix for regression output.

All analyses described here were weighted using the ATUS weight variable WT06 to ensure the estimates were representative of the U.S. population.

Primary childcare and secondary childcare

This report focuses on primary childcare, defined as caring for household and non-household children as a primary activity. See the table above for a description of primary childcare. Throughout the report, "childcare" refers to primary childcare, unless otherwise noted.

Secondary childcare is defined as care for children under age 13 provided while doing an activity other than primary childcare, such as cooking dinner. Secondary childcare cannot occur concurrently with primary childcare.

Throughout the report, the Institute specifies when combined primary and secondary childcare is reported to provide a comprehensive estimate of the total time spent looking after children. This approach helps avoid underestimating childcare. Household work and secondary childcare are not combined to prevent double-counting respondents' time use.

Race and ethnicity

The Institute conducted analysis by race/ethnicity by classifying individuals as White, Black, Native American, Asian American, Pacific Islander or Native Hawaiian (PINH), or Multiracial. Additionally, respondents identified as Hispanic were categorized as Latino, regardless of their racial classification. The Institute generally aggregates Asian Americans and PINH when the sample sizes of either group are too small. Due to significant differences in average times between these groups, they were analyzed separately. Ultimately, reports on estimates for Native American, PINH, and Multiracial were not included due to small sample sizes.

Marital status and cohabitating households

The Institute used the MARST variable, categorizing respondents as "married" or "single" solely based on their marital status. This coding was selected for simplicity and clarity. However, the MARST variable cannot distinguish between individuals who are single and those who are living with a domestic partner.