



# Kids CAN PLAY!

Encouraging children to be active at home, at school, and in their communities

## Physical activity levels of Canadian children and youth in the Northwest Territories

The Canadian Fitness and Lifestyle Research Institute’s CANPLAY study (Canadian Physical activity Levels Among Youth study) has been used to measure physical activity levels of children and youth using pedometers to count daily steps. Although the majority of the analyses in this bulletin focus on combined data collected in years 7 and 8 (2011-2014), some analyses also reflects trends over time, where otherwise stated. Combining years 7 and 8 of data collection, the CANPLAY study showed that Canadian children, ages 5 to 19, took approximately 11,000 daily steps on average. Children and youth in the Northwest Territories took a similar number of daily steps as the national average, at roughly 11,600 steps.

### Canada and regions

Children and youth residing in the Northwest Territories took more steps than children and youth living in Newfoundland and Labrador in 2011-2014. There were, otherwise, no significant differences between children and youth who live in the Northwest Territories and other provinces and territories.

### Child characteristics

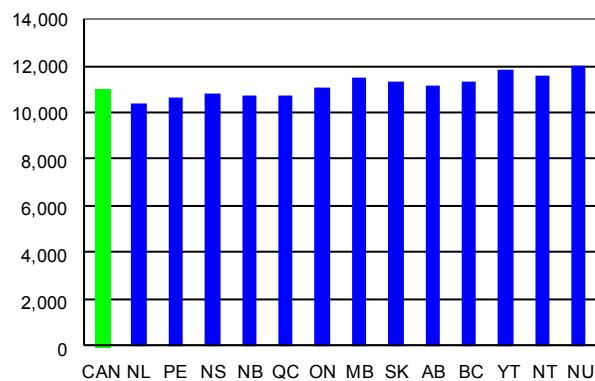
In 2011-2014, boys took a greater number of steps on average than girls did in the Northwest Territories. This pattern was similar to the national findings during the same time period.

Nationally and provincially, daily steps decreased with increasing age. In the Northwest Territories, this is particularly evident when comparing younger children with older teens. Taking the age and gender into consideration, the gender differences that appeared overall was only significant among 5 to 10 year olds in the territory. Nationally, gender differences were apparent across all age groups.

In the Northwest Territories, children and youth who participated in organized physical activity and sport took more steps than those who did not. This general pattern was similar to that found nationally.

**FIGURE 1**

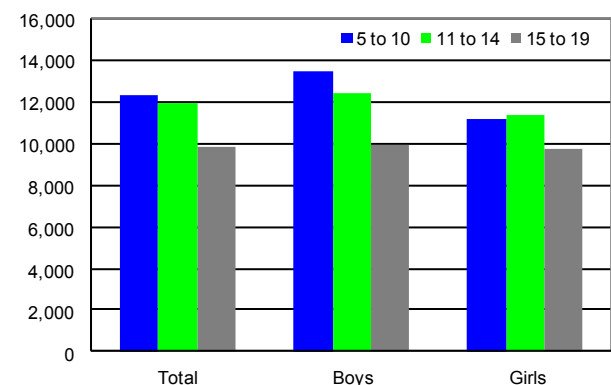
Average steps, Canada and regions



CANPLAY studies, 2011-2014, CFLRI

**FIGURE 2**

Average steps by age and gender of child, Northwest Territories



CANPLAY studies, 2011-2014, CFLRI



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Physical activity levels of children and youth in the Northwest Territories

**Parent and household characteristics**

In the Northwest Territories, there were no differences in average daily steps with parental education and household income. This differed from the national pattern in 2011-2014. Nationally, children whose parents had a university education took more steps than those with a college education, and, children living in the highest income households took more steps than those living in lower income households.

There were no significant differences between a child’s average daily steps and perceived activity level of parents in the Northwest Territories. Nationally, children whose parents said that they were substantially more active than other parents took more daily steps than children whose parents said that they were slightly less active than other parents.

**Trends in activity level over time**

Compared to the baseline year (2005-2007), there have been no significant changes in the average steps taken by children and youth living in the Northwest Territories in 2011-2014. This section looks at trends over time in this territory.

**Child characteristics**

Boys took more daily steps on average than girls did in the Northwest Territories in 2011-2014. This relationship was also evident in previous study years, with the exception of 2007-2009. The age-related decrease in steps which appeared in 2011-2014 in the territory was not significant in earlier study years. These age and gender relationships with steps appeared at the national level during all time periods.

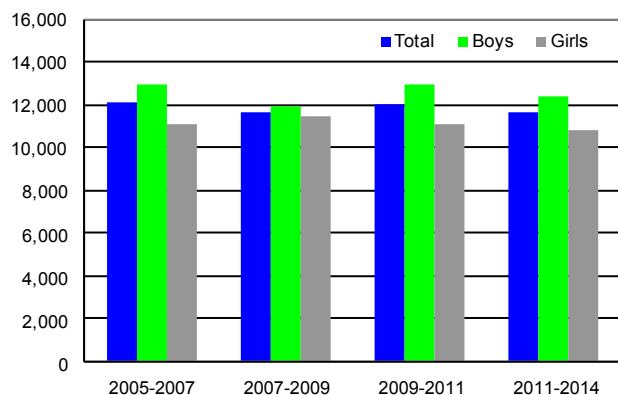
In past years in the Northwest Territories (with the exception of 2009-2011), there has been a relationship between a child’s participation in organized sport and physical activity and a greater number of steps taken, and this relationship persisted in 2011-2014. The relationship between higher steps and participation in organized sport and physical activity was seen at the national level over time.

**Parent and household characteristics**

The relationship between average steps taken and parental education, activity level and household income has not generally been significant in all years in the territory. Nationally, these relationships have persisted over time.

**FIGURE 3**

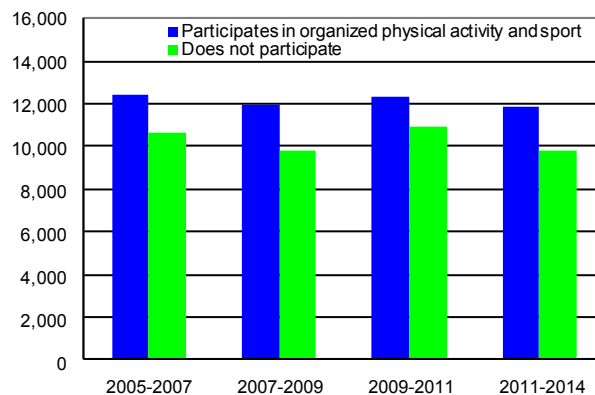
Trends in average steps over time by gender in the Northwest Territories



CANPLAY studies, 2005-2014, CFLRI

**FIGURE 4**

Trends in average steps by participation in organized physical activity and sport, Northwest Territories



CANPLAY studies, 2005-2014, CFLRI

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