



Kids CAN PLAY!

ENCOURAGING CHILDREN TO BE ACTIVE AT HOME, AT SCHOOL, AND IN THEIR COMMUNITIES

Physical activity levels of children and youth in Yukon

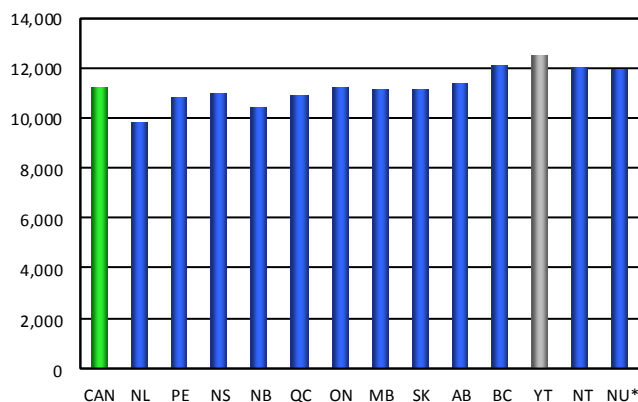
The Canadian Fitness and Lifestyle Research Institute's CANPLAY (Canadian Physical activity Levels Among Youth) study measures physical activity levels of children and youth using pedometers to count daily steps. The study has collected data between 2005 and 2016. Although most of the analyses in this bulletin focuses on combined data collected in years 9 and 10 (2014-2016), some analyses reflects trends over time, where otherwise stated.

Canada and regions

Based on the latest data (years 2014 to 2016), the CANPLAY study show that Canadian children (ages 5 to 19) take approximately 11,300 daily steps on average. Children and youth residing in the Yukon take a higher number of steps when compared to the national average, at roughly 12,500 steps. When compared to other regions in the country during this time period, children and youth in the Yukon take more steps than children and youth living in the Atlantic provinces, Quebec, Ontario, Manitoba, Saskatchewan, and Alberta.

FIGURE 1

Average daily steps taken by children and youth by province and territory



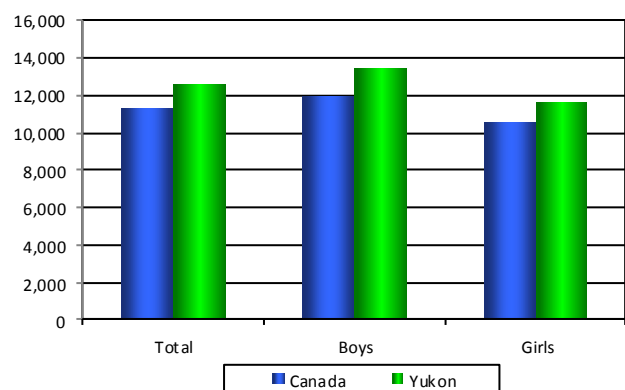
*Based on 2011-2014 due to sample size in 2014-2016
CANPLAY study, 2014-2016, CFLRI

Child and parent characteristics

Based on the latest data, boys take significantly more steps on average than girls in Canada. Similarly, boys take more steps than girls on average during this time period in the Yukon as well. In Canada, average daily steps decrease with increasing age of the child. In the most recent study period in the Yukon, however, there is no significant difference related to age in the territory.

FIGURE 2

Average daily steps taken by children and youth by child's gender, Canada and Yukon



CANPLAY study, 2014-2016, CFLRI

In Canada and in the Yukon, children and youth who participate in organized physical activity and sport take more steps on average than those who do not. Although there are relationships between average steps taken and parent's activity level, education level, and household income at a national level, these relationships are not significant in the territory between 2014 and 2016.

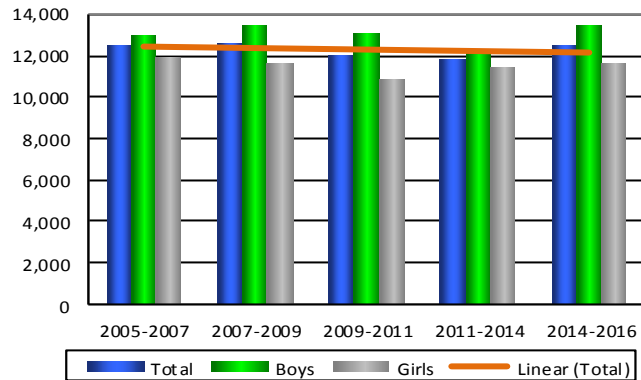


Trends over time

In the Yukon, there are no significant differences overall in the number of steps taken in 2014-2016 compared to the number of steps taken in each study period over the previous decade.

FIGURE 3

Average daily steps taken by children and youth over time, Yukon

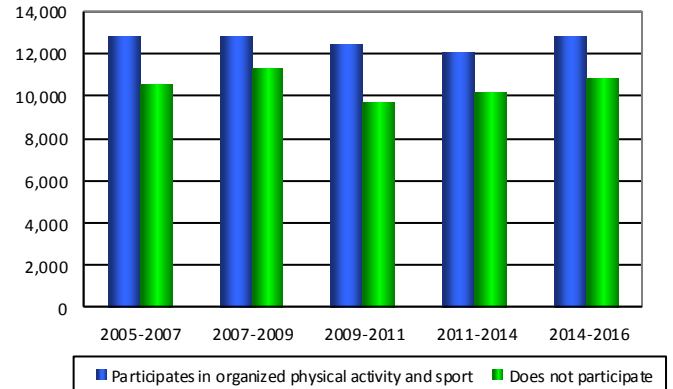


CANPLAY study, 2005-2016, CFLRI

In Canada, the relationship between steps taken and gender has persisted over time. Nationally, the inverse relationship of decreasing steps with increasing age has persisted over time. In the Yukon, the relationships with gender and with age have been significant in three of the five study periods. The association between steps taken and organized physical activity and sport, whereby those who participate in organized physical activity and sport take more steps on average than those who do not, has persisted over time both nationally and within the territory.

FIGURE 4

Average daily steps taken by participation in organized physical activity and sport over time, Yukon



CANPLAY study, 2005-2016, CFLRI

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