



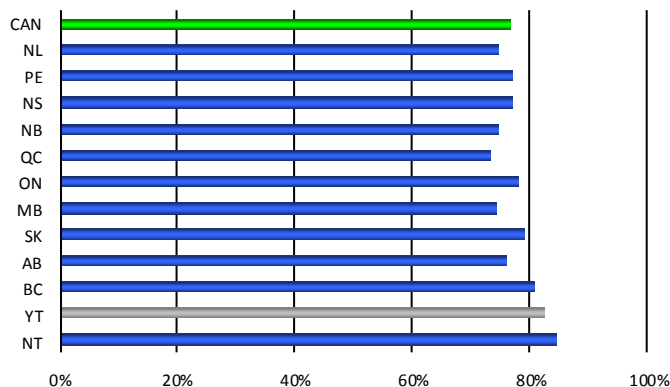
Kids CAN PLAY!

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

Participation in organized physical activity and sport in the Yukon

The Canadian Fitness and Lifestyle Research Institute examines the physical activity levels of children and youth through a study called CANPLAY (the *Canadian Physical Activity Levels Among Youth Study*). CANPLAY explores physical activity levels through the measurement of daily steps using pedometers, and also examines other factors associated with physical activity levels. Results from the 2014-2016 study indicates that 77% of Canadian children, between the ages of 5 and 19, participate in organized physical activity and sport. In the Yukon, the proportion of children and youth (83%) who participate in organized physical activity and sport does not differ significantly from the national average. Conversely, a higher proportion of children and youth living in Yukon participate in organized physical activity and sport compared to children living in Newfoundland and Labrador, New Brunswick and Manitoba.

FIGURE 1
Participation in organized physical activity and sport by region

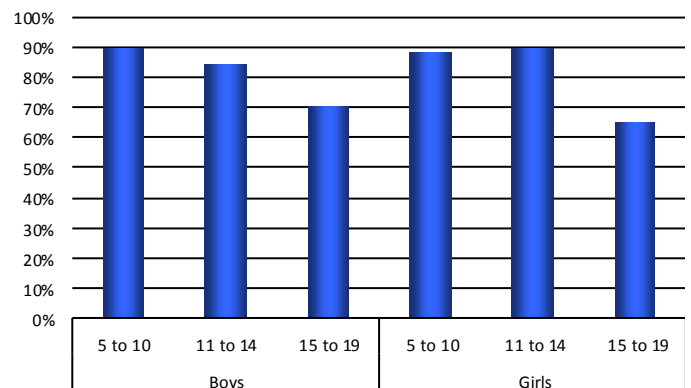


CANPLAY study, 2014-2016, CFLRI

Child characteristics

Based on the most recent data (2014-2016), there are no gender-related differences in participation rates in organized physical activity and sport, both nationally and in the Yukon. Nationally and in the Yukon, relatively more young children (aged 5 to 14) participate in organized physical activity and sport compared to older teens (aged 15 to 19). This pattern is generally significant among boys and girls both in the territory and nationally.

FIGURE 2
Participation in organized physical activity and sport by child's age and gender, Yukon Territory



CANPLAY study, 2014-2016, CFLRI

Parent and household characteristics

In Canada, a greater proportion of children and youth whose parents consider themselves to be *substantially more* active than others of the same age and sex participate in organized physical activity and sport compared to children whose parents consider themselves either *just as active* or *less active* than peers.



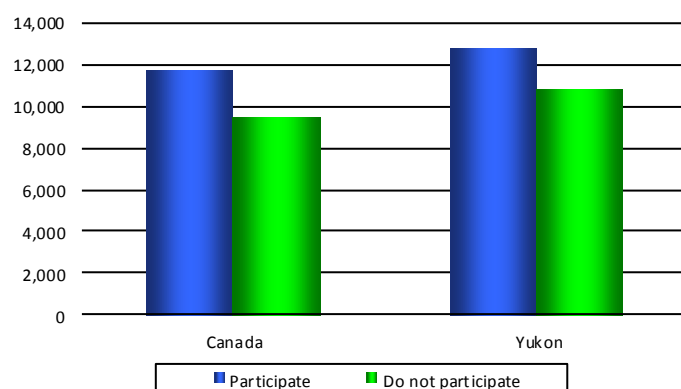
Moreover, nationally, a greater proportion of children and youth whose parents have a post-secondary education participate in organized physical activity and sport compared to those with a secondary school education level or less. Furthermore, participation in organized physical activity and sport generally increases with household income nationally. Conversely, there are no significant differences in participation rates in the Yukon by parental activity level, education, or household income.

Participation in organized physical activity and sport

Based on CANPLAY data collected from 2014-2016, Canadian children who participate in organized physical activity and sport take considerably more daily steps on average compared to those who do not (approximately 2,000 more steps). This difference in average daily steps between children and youth who participate in organized physical activity and sport and those who do not participate is also significant in the Yukon (also approximately 2,000 steps), in the most recent study year.

FIGURE 3

Average steps by participation in organized physical activity and sport, Canada and Yukon



CANPLAY study, 2014-2016, CFLRI

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