



Kids CAN PLAY!

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

Physical activity levels of children and youth in the Yukon

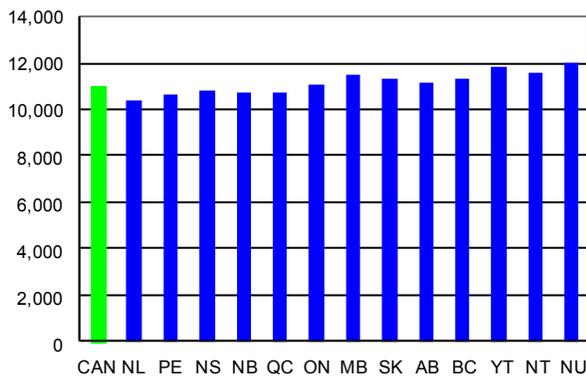
The Canadian Fitness and Lifestyle Research Institute's CANPLAY study (Canadian Physical activity Levels Among Youth study) has been used to measure physical activity levels of children and youth using pedometers to count daily steps. Although the majority of the analyses in this bulletin focus on combined data collected in years 7 and 8 (2011-2014), some analyses reflect 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 Yukon took a higher number of daily steps as the national average, at roughly 11,800 steps.

Canada and regions

Children and youth residing in the Yukon took more steps than children and youth living in Newfoundland and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, and Quebec in 2011-2014. There were, otherwise, no significant differences between children and youth residing in the Yukon and other provinces and territories in Canada.

FIGURE 1

Average steps, Canada and regions



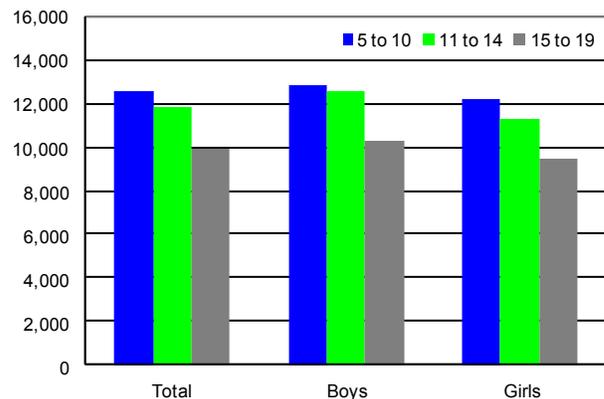
CANPLAY studies, 2011-2014, CFLRI

Child characteristics

In 2011-2014, boys took a similar number of steps on average than girls did in the Yukon. This was different to the national pattern, where boys took more daily steps. Nationally and provincially, daily steps decreased with increasing age. In the Yukon, this was particularly evident when comparing younger children with older teens. Similar to the overall territorial pattern, there were no gender differences within each of the age groups. This differed, however, from the national findings where gender differences appeared by age.

FIGURE 2

Average steps by age and gender of child, Yukon



CANPLAY studies, 2011-2014, CFLRI



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

Parent and household characteristics

In the Yukon, there were no significant differences in average daily steps taken by parental education, parental activity level, and household income during the 2011-2014 study period. This differs from the national findings. Nationally, children whose parents had a university education took more steps than children whose parents had a college education; children living in the highest income households took more steps than those living in lower income households; and, children whose parents said that they were substantially more active than other parents, took more daily steps than children whose parents say 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 differences in the average steps taken by children and youth living in the Yukon in 2011-2014. This section looks at trends over time in this territory.

Child characteristics

Generally, boys took more daily steps on average than girls did in the Yukon in 2007-2009 and 2009-2011, however, this relationship was not significant in 2011-2014 and was not significant in 2005-2007. The age-related decrease in steps appears for most study years (with the exception of 2009-2011), including the most recent years. Nationally, gender and age differences have been significant during all study years.

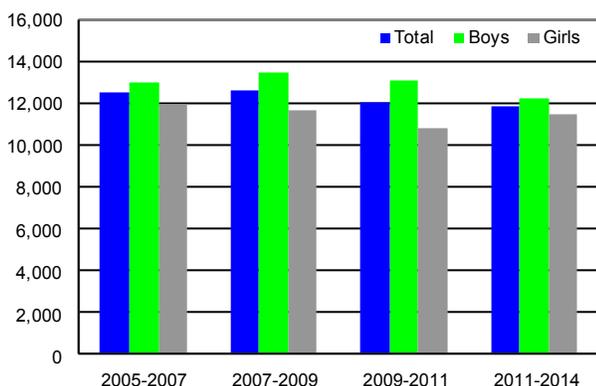
In the Yukon, there has been a relationship between a child’s participation in organized sport and physical activity and a greater number of steps taken during all study years. This is a consistent pattern with the national findings.

Parent and household characteristics

The relationship between average steps taken and parental education, activity level and household income has not been significant in most years in the territory, and this persists into 2011-2014. This differs from the national findings, which has generally shown significant relationships over time.

FIGURE 3

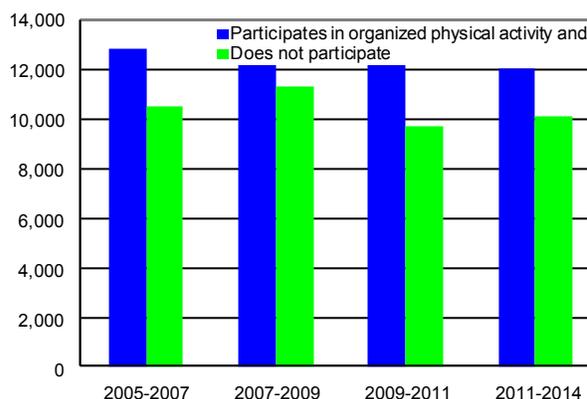
Trends in average steps over time by gender in the Yukon



CANPLAY studies, 2005-2014, CFLRI

FIGURE 4

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



CANPLAY studies, 2005-2014, CFLRI

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