



# 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 Northwest Territories

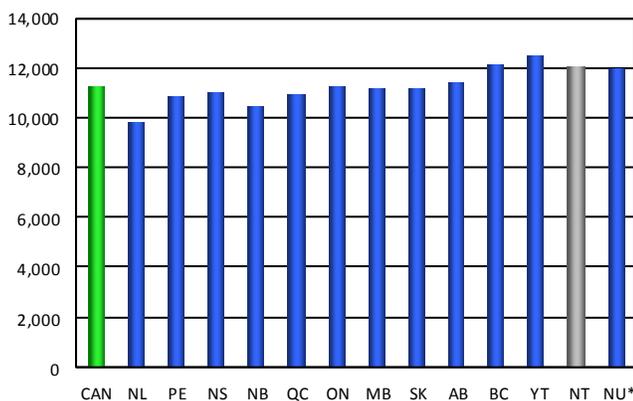
The Canadian Fitness and Lifestyle Research Institute's CANPLAY (Canadian Physical activity Levels Among Youth) study measures physical activity levels of children and youth using pedometers to count daily steps. The study has collected data between 2005 and 2016. Although most of the analyses in this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

### Canada and regions

Based on the latest data (years 2014 to 2016), the CANPLAY study shows that Canadian children (ages 5 to 19) take approximately 11,300 daily steps on average. Children and youth residing in the Northwest Territories take a statistically similar number of steps when compared to the national average, at roughly 12,000 steps. When compared to other regions in the country during this time period, children and youth residing in the Northwest Territories take more steps than children and youth living in Newfoundland and Labrador and New Brunswick.

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

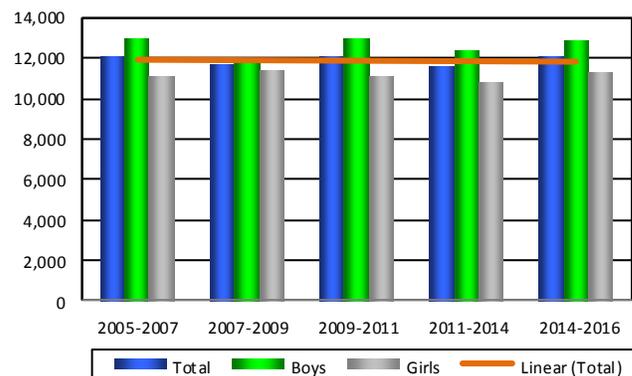
Based on the latest data, boys take significantly more steps on average than girls in Canada. In the Northwest Territories, however, boys and girls did not differ significantly in their average number of steps during this time period. In Canada, average daily steps decrease with increasing age of the child. In the most recent study period in the Northwest Territories, however, there is no significant difference related to age in the territory.

### Trends over time

In the Northwest Territories, there have been 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 2

Average daily steps taken by children and youth over time, Northwest Territories



CANPLAY study, 2005-2016, CFLRI

In Canada, the relationship between steps taken and gender has persisted over time. In the Northwest Territories the relationships with gender has been significant in three of the five study periods.

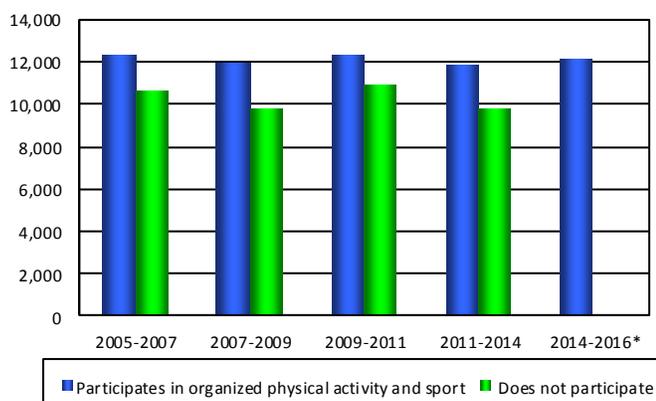


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The inverse relationship of decreasing steps with increasing age has persisted nationally over the decade. In the Northwest Territories, however, this relationship with age has been significant in only one of the five study periods. The association 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 nationally, yet has only been significant in three out of five time periods within the territory.

**FIGURE 3**  
Average daily steps taken by participation in organized physical activity and sport over time, Northwest Territories



CANPLAY study, 2005-2016, CFLRI

\*Sample size limits individual release of data in this category

**CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE**

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • info@cflri.ca

<http://www.cflri.ca/>



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