



Kids CAN PLAY!

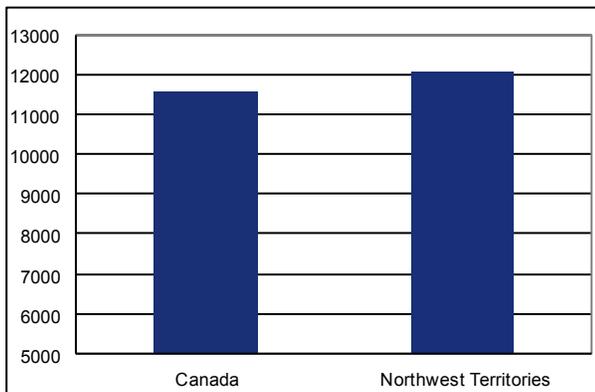
Encouraging children to be active at home, at school, and in their communities

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 measured physical activity levels of children and youth using pedometers to measure daily steps. Although the majority of the analyses in this bulletin focus on combined data collected in years five and six of collection (2009-2011), some analyses also reflects trends over time, if otherwise stated. Combining years 5 and 6 of data collection, the CANPLAY study shows that Canadian children, aged 5 to 19, take approximately 11,600 daily steps on average. Children and youth in the Northwest Territories take a similar number of steps as the national average, at roughly 12,100 steps.

FIGURE 1

Average daily steps of children and youth, Canada and the Northwest Territories, 2009-2011



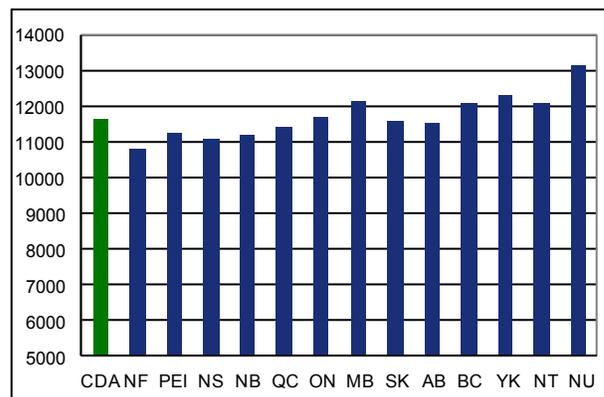
CANPLAY 2009/11, CFLRI

Province and Territory

Children and youth in the Northwest Territories take roughly the same number of steps as children living elsewhere in Canada, with the exception that they take more steps than children and youth living in Newfoundland and Labrador.

FIGURE 2

Average daily steps of children and youth by province/territory, 2009-2011



CANPLAY 2009/11, CFLRI

Child characteristics

Boys in the Northwest Territories take an equivalent number of steps on average than girls do, which differs from relationship found nationally (whereby boys take more steps than girls). This lack of a gender difference appears at every age group. In the Northwest Territories, there are no significant differences in daily



steps taken with age; this pattern differs from that a national level, where younger children take more steps per day than older teens.

In the Northwest Territories, children who participate in organized physical activities and sport take an equivalent number of daily steps on average compared to children who do not participate in these types of activities. This relationship differs from that found nationally, whereby children who participate in organized activities take significantly more steps. The lack of relationships may be due, in part to sample size.

Parent and household characteristics

Children from higher income households (\$100,000 or more per year) take more steps than those from slightly lower incomes (\$80,000 to \$99,999 per year) in the Northwest Territories. In Northwest Territories, there is generally no significant difference in steps for children and youth by parent’s activity level and education level. This differs from the population as a whole, where nationally: children whose parents have a university education take slightly more steps than those with a college education and children whose parents consider themselves *substantially less* active than their peers take fewer steps on average than those who parents consider themselves *slightly more* active than their peers.

Trends in activity level over time

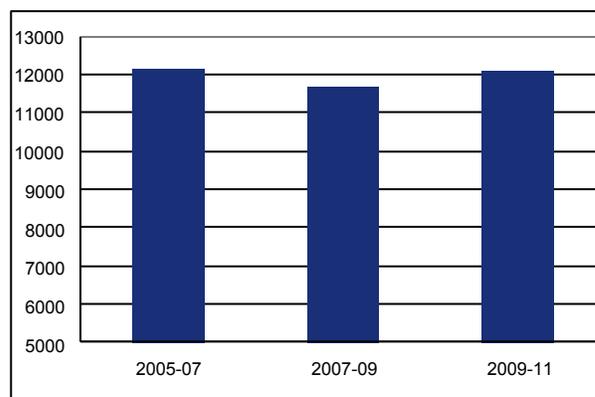
There have been no significant changes over time in the number of steps taken by children and youth residing in the Northwest Territories. This section looks at trends over time in this territory.

Child characteristics

Although significant in the first couple of years of the CANPLAY study (year 1 and 2 combined), there have been no gender differences in steps in later years of the study in the Northwest Territories. The lack of a relationship in the Northwest Territories between daily steps and child’s age has persisted over time, however, this finding may be due in part to sample size. Although

FIGURE 3

Average daily steps of children and youth in the Northwest Territories, trends, 2005-2011

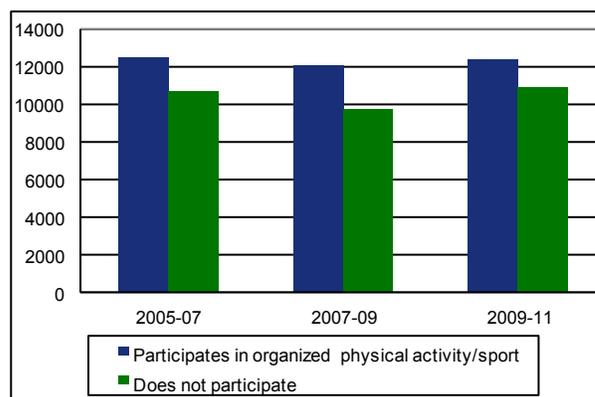


CANPLAY 2005/11, CFLRI

in previous study years a relationship between steps and participation in organized sport and physical activity existed, it is no longer significant in more recent years (years 5 and 6 combined).

FIGURE 4

Average daily steps of children and youth in the Northwest Territories by child’s participation in organized sport and physical activity, 2005-2011



CANPLAY 2005/11, CFLRI

Parent and household characteristics

The lack of a relationship between a child’s daily steps and parent’s activity level or education level exists across all three time periods in the Northwest Territories. Although there has been a general lack of a relationship between daily steps and household income in earlier years, there was a significant relationship in more recent years (years 5 and 6 combined).

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Production of this bulletin has been made possible through a financial contribution from the Public Health Agency of Canada and the Interprovincial Sport and Recreation Council. The views expressed herein do not necessarily represent the views of these agencies.