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Notes:

All questions have been disaggregated by community size to reflect differences in access to recreation opportunities. This was guided by conversations with our advisory group.

Priority questions (activity types and volume, changes to activity levels, motivators, and barriers) have also been disaggregated by gender and age groups to support further analysis of trends across these demographics and identify changes over time.

Some questions specific to Youth (Q18 to Q23) have not been disaggregated by community size because the sample size is too small.

Appendix A. Focus on Rec Centers

Recreation center use was of particular interest to our partners in this work. This appendix includes detailed analysis of rates of recreation center use, types of services accessed and barriers to access focusing on data from questions 16 and 23 of the survey.

	Small		Medium		Large		All	
	n	%	n	%	n	%	n	%
Do you spend time at your local recreation center?								
Yes	54	50.5%	124	74.7%	313	72.5%	491	69.6%
No	41	38.3%	37	22.3%	99	22.9%	177	25.1%
Not sure or prefer not to answer	12	11.2%	5	3.0%	20	4.6%	37	5.2%
If yes, for what?								
Gym/ Classes	22	40.7%	46	37.1%	162	51.8%	230	46.8%
Rinks	16	29.6%	55	44.4%	46	14.7%	117	23.8%
Pool	14	25.9%	40	32.3%	134	42.8%	188	38.3%
Courts	11	20.4%	12	9.7%	34	10.9%	57	11.6%
Walking Track	1	1.9%	1	0.8%	51	16.3%	53	10.8%

The most common reason for not accessing recreation facilities was a preference for being outside. Other important barriers were a lack of facilities (most prevalent in small communities), the cost of accessing recreation facilities (most prevalent in Whitehorse) and living far away from facilities.

Of those with a youth living in their household- responses to:

Do they spend time at recreation facilities?

	Small		Medium		Large		All	
	n	%	n	%	n	%	n	%
Yes	12	63.16%	49	90.7%	59	88.1%	120	85.7%
No	2	10.53%	2	3.7%	4	6.0%	8	5.7%
Not sure or prefer not to answer	5	26.32%	3	5.6%	4	6.0%	12	8.6%
Total	19		54		67		140	

If yes, for what?

	Small	Medium	Large	All
Pool	3	26	42	71
Gym/ Classes	3	10	1	14
Rinks	4	19	12	35
Other	3	10	10	23
Fields/Courts	2	5	13	20
Rec Programming/ Camps	1	7	10	18

Other includes: bowling, community events, cultural activities, crafts, birthday parties.

Common reasons for not accessing recreation facilities were: preferring to be outside, a lack of facilities, not enjoying the available activities, or not having time.

Appendix B. Focus on Swimming

Swimming participation was of particular interest to our partners in this work. This appendix includes detailed analysis of swimming participation rates, access of community pools, locations people are swimming, and barriers to swimming participation. This appendix focuses on data from questions 15 and 22 of this survey.

Adult swimming participation:

	All		Small		Medium		Large	
	n	%	n	%	n	%	n	%
Do you swim in summer?								
Yes	444	63.0%	69	64.5%	117	70.5%	258	59.7%
No	261	37.0%	38	35.5%	49	29.5%	174	40.3%
If yes, where?								
Lakes/Rivers	375	84.5%	59	87.0%	88	74.4%	228	88.4%
Community Pool	195	43.9%	22	33.3%	69	58.1%	104	40.3%
Other	8	1.8%	3	1.2%	4	3.4%	1	1.4%
If no, why not?								
Don't enjoy swimming	111	42.5%	14	36.8%	17	34.7%	80	46.0%
Don't know how to swim	36	13.8%	9	23.7%	6	12.2%	21	12.1%
Lakes too cold	28	10.7%	1	2.6%	5	10.2%	22	12.6%
No pool	26	10.0%	15	39.5%	3	6.1%	8	4.6%
No safe places to swim	17	6.5%	2	5.3%	7	14.3%	8	4.6%
Cost barriers	11	4.2%	0		0		11	6.3%
I am too busy	11	4.2%	0		2	4.1%	9	5.2%

Do you swim in summer? Where? (disaggregated by community)

Community	No	Yes	Lakes/Rivers	Community pool	Other
Carcross/Tagish	33.3%	66.7%	6	3	
Carmacks	0.0%	100.0%	3	3	
Dawson	33.3%	66.7%	43	46	4
Faro/Ross	52.9%	47.1%	7	3	
Kluane	31.0%	69.0%	20	2	5
Mayo/Keno	21.4%	78.6%	10	6	
Old Crow	27.3%	72.7%	8	2	
Pelly/Selkirk	55.6%	44.4%	1	3	1
Teslin	45.5%	54.5%	5	1	1
Watson Lake	16.2%	83.8%	27	16	
Whitehorse	40.3%	59.7%	228	104	3
Whitehorse Rural (Marsh Lake, Mt Lorne, Ibex Valley, etc)	33.3%	66.7%	17	6	1
Total	37.0%	63.0%			

Of those with a youth living in their household- responses to:

Do they spend time swimming in the summer?

	Small		Medium		Large		All	
	No	Yes	No	Yes	No	Yes	No	Yes
3 to 7	1	11	1	27	5	25	7	63
8 to 14	0	6	1	26	6	31	7	63
Total	1	17	2	53	11	56	14	126

If yes, where?

In lakes/ rivers	108
At a community pool	101
Other	3
Other:	
Private pool	3

If no, why?

Transportation barriers	1
They don't enjoy swimming	1
They don't know how to swim	2
No pool	1
No access to lifejackets/ other safety tools	2
No swimming lessons available	3
Not sure	1
Cost barriers	1

Appendix C. Appreciation for rec leaders

“Our rec manager is awesome and is super motivational and is always finding activities for youth in the community!!”(Teslin)

“Our recreation team is fantastic, and we try our best to put our programming for the community” (Carmacks)

“The rec centre offers lots of sports opportunities” (Faro)

“The bike repair station is awesome and we will soon have a bike skills park. We have an increase in kids programming that brings them on the land” (Haines Junction)

“Thank you Rec department ♡” (Dawson)

“I think that KATTS and Dawson Rec Dept do a great job in providing and supporting healthy active living in Dawson and options for all ages.” (Dawson)

“They [the Recreation Department] do a lot of "heavy lifting" in this community. I think community sport and art has been fostered by volunteers” (Dawson)

“The community has amazing facilities and opportunities through the recreation department and other volunteers. I tell any new comers: "if you're bored in Dawson, it's probably your fault!" There are activities every day of the week!” (Dawson)

“Recreation department is excellent and provides great programming for many ages” (Dawson)

“City of Dawson Rec department does a fantastic job on keeping the community healthy” (Dawson)

“I feel community orgs in Dawson work so hard to make the most of what we have and provide fun opportunities for my family. Our rec department and KATTS board are both amazing and our outdoor recreation development has improved so much in the last few years. Minus the access to a year round pool I’m very thankful for what we have going on here.” (Dawson)

“The Rec Dept has been great at offering bike camps (etc) and lots of programming recently.” (Dawson)

“The rec centre staff do a good job at advertising” (Watson Lake)

“Austria at the Rec Plex is a blessing to this community. Austria brings heart and drive to the town and cares about our children” (Watson Lake)

“Our community does its best to make sure our programs are accessible and in reach to all of the community” (Watson Lake)

“I appreciate all the programming offered at the rec centre” (Watson Lake)

“Community does a good job with various sports and activities for kids “ (Watson Lake)

“Rec centre programming has increased with a variety of activities, anyone can participate. Very satisfied with programming :)” (Watson Lake)

“There has been huge improvement in community activity and programs this last year.” (Watson Lake)

“Marsh Lake community centre is great” (Marsh Lake)

“Mt Lorne Community Centre is awesome” (Mt. Lorne)

“Marsh Lake Community Center has great programs and activities for young and old.” (Marsh Lake)

“Recreation leaders are knowledgeable and passionate.” (Ibex Valley)

“Wolf creek community association puts a lot of effort into maintaining trails and community active spaces. They support active living a lot.” (Wolf Creek)

“I LOVE the Nordic Centre!” (Whitehorse)

“There are great volunteers who do a lot of coaching.” (Whitehorse)

“My community provides excellent facilities and opportunities for everyone.” (Whitehorse)

I love all the family programs right now being delivered by the various FN governments. We need that big time. (Whitehorse)

“Love RPAY, thanks for the good work you do!!” (Whitehorse)

Appendix D. All data by question number

Q1. How old are you?

Community Size vs Age

	Small	Med	Large	All
Under 25	9	16	42	67
25-44	42	79	181	302
45-64	28	51	114	193
65+	28	20	95	143
Total	107	166	432	705

Q2. What community do you live in?

Community	n	%
Carcross/Tagish	12	1.7%
Carmacks	4	0.6%
Dawson City	102	14.5%
Faro/Ross River	17	2.4%
Kluane Region	29	4.1%
Mayo/Keno	14	2.0%
Old Crow	11	1.6%
Pelly Crossing	9	1.3%
Teslin	11	1.6%
Watson Lake	37	5.2%
Whitehorse Central	432	61.3%
Whitehorse Rural Subdivisions	27	3.8%
Total	705	100%

Q3. How do you self-identify in terms of gender?

Community Size vs Gender

	Small	Medium	Large	All
Man	29	52	111	192
Prefer not to answer	1		7	8
Woman	73	111	307	491
Gender diverse	4	3	7	14
Total	107	166	432	705

Q4/Q8. What are the top 3 ways you are active in the summer/winter?

Summer

All responses (top 5 highlighted (green) traditional activities grouped (blue))

Activity	n
Active Work	41
Baseball/ Softball	40
Biking	224
Paddling	153
DKRF	25
Swimming	134
Fitness Classes	26
Gardening/ Lawn Care / Firewood	117
Walking	328
Golf	28
Hiking	357
Weightlifting/ Gym	65
Yoga/ Pilates	45
Organized Sport	61
Other	52
Paddleboarding	58
Riding (Motorized or Horseback)	28
Running/ Jogging	118
Fishing	70
Gathering	30
Hunting	19
On the land (other)	96
Total "On the land activities"	215

Common activities by community size

% is total % of respondents who gave that response, not % of all responses

	Small		Medium		Large		All	
	n	%	n	%	n	%	n	%
Walking	56	53.3%	81	48.2%	191	44.2%	328	46.5%
Hiking	46	43.0%	79	47.6%	232	53.7%	357	50.6%
On the land activities	48	44.9%	49	29.5%	118	27.3%	215	30.5%
Paddling	25	23.4%	29	17.5%	99	22.9%	153	21.7%
Biking	15	14.0%	28	16.9%	91	21.1%	134	19.0%
Swimming	30	28.0%	56	33.7%	105	24.3%	191	27.1%
Home maintenance (gardening/ lawn/firewood)	20	18.7%	33	19.9%	64	14.8%	117	16.6%
Active work	16	15.0%	29	17.5%	29	6.7%	74	10.5%
Running/ Jogging	11	10.3%	24	14.5%	83	19.2%	118	16.7%

3 most common activities by age

Under 25		25-44	
Hiking	34	Hiking	178
On the land activities	25	Walking	120
Swimming	20	Biking	116
45-64		65+	
Hiking	101	Walking	98
Walking	95	Gardening/ Lawn Care/ Firewood	49
On the land activities	60	Hiking	44

5 common activities by gender

(excludes those who self-identified as gender diverse or prefer not to answer because sample size is too small)

Women		Men	
Walking	259	Hiking	97
Hiking	247	Biking	69
Biking	151	On the land activities	61
On the land activities	146	Walking	59
Paddling	108	Paddling	38

Winter

All responses (top 5 highlighted (green) traditional activities grouped (blue))

Activity	n
Active Work	31
Biking/Fat Biking	47
Cross Country Skiing	1
Curling	22
Dancing	25
Firewood/ Shoveling	114
Fitness Classes	50
Hiking	75
Hockey	48
Organized Sport	63
Other	65
Riding (Motorized)	71
Running/ Jogging	53
Skating	44
Skiing / Snowboarding/ XC Skiing	408
Sledding/ Dog Sledding / Kicksledding	47
Snowshoeing	97
Swimming	41
Walking	414
Weightlifting/ Gym	135
Yoga/ Meditation	62
Fishing	32
Hunting	19
Total "On the land activities"	51

Common Activities by Community Size

% is total % of respondents who gave that response, not % of all responses

	Small		Medium		Large		All	
	n	%	n	%	n	%	n	%
Walking	67	62.6%	95	57.2%	252	58.3%	414	58.7%
Skiing / Snowboarding	52	48.6%	85	51.2%	272	63.0%	409	58.0%
Firewood/ Shoveling	29	27.1%	34	20.5%	51	11.8%	114	16.2%
Gym/ Weight Training	12	11.2%	36	21.7%	87	20.1%	135	19.1%
Snowshoeing	17	15.9%	22	13.3%	58	13.4%	97	13.8%

3 most common activities by age

Under 25		25-44	
Skiing / Snowboarding	44	Skiing / Snowboarding	215
Walking	27	Walking	159
Weightlifting/ Gym	21	Weightlifting/ Gym	57
45-64		65+	
Walking	120	Walking	108
Skiing / Snowboarding	93	Skiing / Snowboarding	56
Firewood/ Shoveling	45	Firewood/ Shoveling	26

5 common activities by gender

(excludes those who self-identified as gender diverse or prefer not to answer because sample size is too small)

Women		Men	
Walking	322	Skiing / Snowboarding	117
Skiing / Snowboarding	280	Walking	81
Weightlifting/ Gym	88	Weightlifting/ Gym	44
Snowshoeing	74	Firewood/ Shoveling	41
Firewood/ Shoveling	66	Organized Sport	31

Q5/Q9. In a typical week, how many hours do you spend doing things that make you sweat or breathe harder?

	Summer	Winter
0	9	14
1	16	20
2	45	53
3	56	64
4	60	65
5	89	72
6	50	55
7	53	54
8	40	40
9	8	4
10	65	67
11	3	0
12	13	10
13	4	2
14	16	14
15	28	25
16	0	1
18	2	1
20	19	17
21	2	1
25	9	4
28	2	0
29	1	0
30	7	3
35	0	2
40	7	3
43	0	1
45	1	3
50	4	2
51	1	1
60	3	3
62	1	0
70	1	2

Meeting 24HMG vs Community Size

		Small	Medium	Large	All
Summer	Under 180min	9	12	45	66
	Over 180min	84	132	306	522
	Not sure or prefer not to answer	12	24	81	117
Winter	Under 180min	16	27	44	87
	Over 180min	68	114	334	516
	Not sure or prefer not to answer	21	27	54	102

Meeting 24HMG vs Age

		Under 25	25-44	45-64	65+	All
Summer	Under 180min	10	20	17	19	66
	Over 180min	50	232	140	100	522
	Blank	7	50	36	24	117
Winter	Under 180min	3	46	24	14	87
	Over 180min	53	211	146	106	516
	Blank	11	45	23	23	102

Meeting 24HMG vs Gender and Community Size

(excludes those who self-identified as gender diverse or prefer not to answer because sample size is too small)

Summer	Woman	Small	Medium	Large	All
	Under	5	11	37	53
	Over	49	80	236	365
	Not sure or prefer not to answer	18	21	34	73
	Man	Small	Medium	Large	All
	Under	5	5	7	17
	Over	21	44	98	163
Not sure or prefer not to answer	2	4	6	12	
Winter	Woman	Small	Medium	Large	All
	Under	10	19	36	62
	Over	46	71	235	352
	Not sure or prefer not to answer	16	22	39	77
	Man	Small	Medium	Large	All
	Under	4	8	10	22
	Over	19	40	92	151
Not sure or prefer not to answer	5	5	9	19	

Q6/Q10. On average, how many days per week are you active outdoors?

	Summer	Winter
0	2	9
1	23	70
2	68	106
3	93	129
4	89	91
5	124	122
6	118	49
7	177	102
Not sure/ prefer not to answer	11	27

Average days active outdoors by community size.

Summer	Small	Medium	Large	All
AVERAGE	5.07	4.78	4.81	4.84
STDEV.S	1.80	1.75	1.85	1.82
Winter	Small	Medium	Large	All
AVERAGE	4.40	3.93	3.79	3.91
STDEV.S	1.92	1.94	1.94	1.94

Q7/Q11. How often do you use active ways to get places such as school, work or visiting friends?

	Summer				Winter			
	Small	Medium	Large	All	Small	Medium	Large	All
Everyday	39	61	68	168	26	46	44	116
A few times each week	29	50	122	201	42	44	84	170
A few times each month	14	19	76	109	5	21	64	90
A few times a summer	14	12	90	116	18	21	101	140
Never	6	21	73	100	9	28	127	164
Not sure or prefer not to answer	3	5	3	11	5	8	12	25
Total	105	168	432	705	105	168	432	705

Q12/Q13. How often do you use the trails in your community?

	Summer				Winter			
	Small	Medium	Large	All	Small	Medium	Large	All
Daily	26	35	155	216	18	29	95	142
A few times each week	43	60	163	266	38	43	168	249
A few times each month	19	35	69	123	17	27	71	115
A few times a season	8	26	34	68	15	38	68	121
Never	5	10	11	26	10	30	25	65
Not sure or prefer not to answer	4	2	0	6	7	1	5	13
Total	105	168	432	705	105	168	432	705

Q14. Would any of these significantly increase your use of trails?

Prompt	n
Better routes that connect me to where I want to go	298
Better maintained routes (e.g., cleaner and/or cleared more often)	297
Having someone to go with	277
Washrooms/outhouses	163
Interpretive signs or distance markers	163
Tools for personal safety: bear spray, reflective vests, headlamps	154
Lighting	144
Gravel/pavement trails	138
Equipment to prevent slips, trips and falls: ex ice cleats/crampons and or walking poles	138
Benches for resting	101

Trail facilitators by community size

Small		Medium		Large		All	
Having someone to go with	46	Better routes that connect me to where I want to go	72	Better routes that connect me to where I want to go	198	Better routes that connect me to where I want to go	298
Better maintained routes (e.g., cleaner and/or cleared more often)	50	Better maintained routes (e.g., cleaner and/or cleared more often)	73	Better maintained routes (e.g., cleaner and/or cleared more often)	174	Better maintained routes (e.g., cleaner and/or cleared more often)	297
Better routes that connect me to where I want to go	28	Having someone to go with	57	Having someone to go with	174	Having someone to go with	277

Q15. Do you spend time swimming in the summers?

	Small	Medium	Large	All
Yes	67	119	258	444
No	38	49	174	261
If yes, where? (select all that apply)				
Lakes/Rivers	59	88	228	375
Community Pool	22	69	104	195
Other	7	5	3	15
If no, why? (select all that apply)				
Don't enjoy	14	17	80	111
Don't know how	14	6	21	36
Lakes too cold	1	5	22	28
No pool I can access	15	0	8	26
No safe places to swim	2	7	8	17

Q16. Do you spend time at your local recreation facilities?

	Small		Medium		Large		All	
	n	%	n	%	n	%	n	%
Yes	54	50.5%	124	74.7%	313	72.5%	491	69.6%
No	41	38.3%	37	22.3%	99	22.9%	177	25.1%
Not sure or prefer not to answer	12	11.2%	5	3.0%	20	4.6%	37	5.2%

If yes, for what?

	Small		Medium		Large		All	
	n	%	n	%	n	%	n	%
Gym/ Classes	22	40.7%	46	37.1%	162	51.8%	230	46.8%
Rinks	16	29.6%	55	44.4%	46	14.7%	117	23.8%
Pool	14	25.9%	40	32.3%	134	42.8%	188	38.3%
Courts	11	20.4%	12	9.7%	34	10.9%	57	11.6%
Walking Track	1	1.9%	1	0.8%	51	16.3%	53	10.8%

If no, why not?

Small	Med	Large	All
There isn't any	17	Prefer to be outside	7
Prefer to be outside	6	Too crowded	5
Doesn't have activities I like	6	I live too far away	4
		I don't like it there	4

Q17. How or where do you find out about programs & services that support healthy active living?

Summary of Themes: Across all community sizes, respondents reported accessing information about services in multiple ways and in various settings.

- Online:
 - o Social media: primarily Facebook (certain community pages like Dawson City Crier and Buyer)
 - o Newsletters
 - o Newspapers: What's up Yukon, Yukon News, CBC
 - o Radio: CBC, CKRW, CHON FM
 - o City of Whitehorse website, social media, etc.
- Physical Postings:
 - o Bulletin Boards, posters, flyers
- Word of Mouth
 - o Community Newsletters
- Recreation Settings
 - o Sports teams
 - o Rec Centers and departments: Mt. Mac, CGC (many specifically referenced the active living guide), Teslin Rec, Dawson City Rec Dept, Watson Lake Rec Center,
 - o Other groups:
 - Groups for older adults: ElderActive: Golden Age, St Elias Seniors Society
 - RPAY, KATTS
- Other
 - o Non-recreation settings like VFWC, clinics, from physicians, One Yukon, First Nations Gov. Offices

Q18 to Q23 include questions about youth. Some are not disaggregated by community because the sample size is too small.

Q18. Does anyone aged 3-14 live in your household?

Yes	No
140	565

Q19. What is the age of the Youth?

Age group	n
3-7	70
8-14	70

	Small	Medium	Large	All
3-7	12	28	30	70
8-14	7	26	37	70

Q20/21. On average, how many days a week do they do fun or fitness activities that make them sweat or breathe harder outside of school hours?

	Summer			Winter		
	Both	3 to 7	8 to 14	Both	3 to 7	8 to 14
AVG	5.07	5.28	4.87	4.03	4.12	3.99
STDEV	1.81	1.84	1.77	1.69	1.69	1.68

	Summer				Winter			
	Small	Medium	Large	All	Small	Medium	Large	All
AVG	5.22	5.09	5.05	5.07	3.89	3.87	4.12	4.03
STDEV	1.69	1.88	1.74	1.81	1.59	1.51	1.80	1.69

Q22. Do they spend time swimming in the summers?

	Small		Medium		Large		All	
	No	Yes	No	Yes	No	Yes	No	Yes
3 to 7	1	11	1	27	5	25	7	63
8 to 14	0	6	1	26	6	31	7	63
Total	1	17	2	53	11	56	14	126

If yes, where?

In lakes/ rivers	108
At a community pool	101
Other	3
Other:	
Private pool	3

If no, why?

Transportation barriers	1
They don't enjoy swimming	1
They don't know how to swim	2
No pool	1
No access to lifejackets/ other safety tools	2
No swimming lessons available	3
Not sure	1
Cost barriers	1

Q23. Do they spend time at your local recreation facilities?

Answers by age of youth

	3 to 7	8 to 14	All
Yes	60	60	120
No	4	4	8
Not sure or prefer not to answer	6	6	12
Total	70	70	140

Answers by community size

	Small	Medium	Large	All
Yes	12	49	59	120
No	2	2	4	8
Not sure or prefer not to answer	5	3	4	12
Total	19	54	67	140

If yes, for what?

Activity	n	%
Swimming	71	59.2%
Gym	14	11.7%
Hockey/ Skating	35	29.2%
Fields/ Courts	20	16.7%
Rec Programs or Camps	18	15.0%
Other	23	19.2%

Other includes: bowling, community events, cultural activities, crafts, birthday parties

If no, why?

- Prefer to be outside
- There aren't any
- Don't enjoy available activities
- No time

End of youth questions

Q24. How has your level of activity changed in the last 5 years?

Change in activity level by community size

	Small	Med	Large	All
Increased	25	50	165	240
Stayed the same	33	49	124	206
Decreased	44	64	139	247
Not sure or prefer not to answer	3	5	4	12

Change in activity level by gender

	Gender diverse	Man	Prefer not to answer	Woman	All
Increased	6	64	2	168	240
Stayed the same	2	71	4	129	206
Decreased	5	55	1	186	247
Not sure or prefer not to answer	1	2	1	8	12
Total	14	192	8	491	705

Changes in activity level by age

	Under 25	25-44	45-64	65+	All
Increased	33	124	58	25	240
Stayed the same	20	75	63	48	206
Decreased	12	97	69	69	247
Not sure or prefer not to answer	2	6	3	1	12
Total	67	302	193	143	705

Q25. If your level of activity has changed- what are the most important reasons?

	Increased	Decreased
A group or team activity you joined	25	3
Changes in my health	53	91
Changes in programming at the community/rec center	12	8
Changes in work/home life	81	104
Encouragement from family, a friend or your pet	34	4
Health promotion/ education	14	0
Not sure	1	4
Other (please specify):	18	31
Prefer not to answer	1	2
Promotion or marketing for activities	1	0
Total	240	247

Q26. What motivates you to stay active the most?

Physical activity motivators by community size

Small		Medium	
It helps my mental wellness, reduces stress, and makes me feel my best living longer and feeling younger	58	It helps my mental wellness, reduces stress, and makes me feel my best living longer and feeling younger	89
I feel at peace when I am out on the land	44	Managing weight	74
Getting stronger	34	Getting stronger	70
Managing weight	34	I feel at peace when I am out on the land	67
	33		59
Large		All	
It helps my mental wellness, reduces stress, and makes me feel my best living longer and feeling younger	292	It helps my mental wellness, reduces stress, and makes me feel my best living longer and feeling younger	439
Getting stronger	234	Getting stronger	352
Managing weight	202	Managing weight	303
I feel at peace when I am out on the land	168	I feel at peace when I am out on the land	271
	165		258

Top 3 motivators by gender

(excludes those who self-identified as gender diverse or prefer not to answer because sample size is too small)

Women		Men	
It helps my mental wellness, reduces stress, and makes me feel my best	240	It helps my mental wellness, reduces stress, and makes me feel my best	109
Getting stronger	219	Living longer and feeling younger	108
Managing weight	195	Getting stronger	76
I feel at peace when I am out on the land	176	Managing weight	68
Spending time together	169	I feel at peace when I am out on the land	67

Top 3 motivators by age

Under 25		25-44	
It helps my mental wellness, reduces stress, and makes me feel my best	40	It helps my mental wellness, reduces stress, and makes me feel my best	201
Getting stronger	38	Living longer and feeling younger	136
living longer and feeling younger	37	Getting stronger	135
I feel at peace when I am out on the land	27	I feel at peace when I am out on the land	115
Spending time together	27	Managing weight	108
45-64		65+	
It helps my mental wellness, reduces stress, and makes me feel my best	118	It helps my mental wellness, reduces stress, and makes me feel my best	80
living longer and feeling younger	101	living longer and feeling younger	79
Getting stronger	74	Managing weight	68
Managing weight	73	Getting stronger	55
I feel at peace when I am out on the land	69	I feel at peace when I am out on the land	47

Q27. Thinking about other barriers to physical activity or “what gets in the way” which would you say affect you most?

Physical activity barriers by community size

Small		Medium	
I don't have any time to participate	29	I don't have any time to participate	66
I am too tired to participate	30	I am too tired to participate	64
The recreation centre is too far away	23	I don't like to exercise in public	41
I don't have anyone to participate with and I don't like to exercise alone	21	The recreation centre is too far away	34
Large		All	
I am too tired to participate	158	I am too tired to participate	252
I don't have any time to participate	137	I don't have any time to participate	232
Programs are too expensive	106	Programs are too expensive	141
Access to a facility is too expensive	94	The recreation centre is too far away	117
		I don't have anyone to participate with and I don't like to exercise alone	127
		I don't like to exercise in public	116
		Access to a facility is too expensive	119

Barriers by age

Under 25		25-44	
I am too tired	31	I don't have any time	125
I don't have any time to participate	29	I am too tired	124
Access to a facility is too expensive	19	Programs are too expensive	63
Programs are too expensive	19	I don't have anyone to participate with and I don't like to exercise alone	61
I don't have anyone to participate with and I don't like to exercise alone	16	I don't know what to do or I don't have the skills	58
45-64		65+	
I don't have any time to participate	56	I am too tired to participate	43
I am too tired to participate	54	The recreation centre is too far away	30
Programs are too expensive	42	I don't have any time to participate	22
Access to a facility is too expensive	38	I don't have anyone to participate with and I don't like to exercise alone	19
The recreation centre is too far away	36	I don't like to exercise in public	17

Barriers by gender

(excludes those who self-identified as gender diverse or prefer not to answer because sample size is too small)

Women		Men	
I am too tired to participate	185	I don't have any time to participate	68
I don't have any time to participate	157	I am too tired to participate	57
Programs are too expensive	108	Equipment is too expensive	36
I don't have anyone to participate with, and I don't like to exercise alone	93	Access to a facility is too expensive	31
I am worried about my safety	86	I don't have anyone to participate with, and I don't like to exercise alone	30

Q28. Do you feel that your health is a major barrier to leading an active life?

	Small	Medium	Large	All
Yes	30	37	80	147
No	75	131	352	558

Q29. What could increase you or your family's level of physical activity?

Summary of themes:

Barriers to participation were grouped into 3 levels: individual, service, and transportation.

Individual barriers: Across all 3 community sizes, lack of time to participate was identified as a major barrier. Personal motivation was also identified as a barrier, mostly in large communities. Other individual barriers included health issues, nervousness or anxiety surrounding participation and not having anyone to participate with.

Service barriers: Many people desired programming for specific groups including beginners, Elders and older adults, and families (or programming with access to childcare). Many respondents expressed interest in on-land activities. Cost was also an identified barrier in all communities, but it was more prevalent in Whitehorse. Timing was also identified as a barrier, as many felt that there were not activities available outside of work hours. In small and medium communities, several people expressed desire for improved facilities, after-school programming, and support for community members to get certified to facilitate programs to build local capacity. There were many requests for programming for Elders and more intergenerational programming, as well as low-cost equipment rentals. Improved access to services like physiotherapy was also desired.

Transportation barriers: In Whitehorse, many expressed that there was a lack of safe trails to support active transportation. There was also a desire for better public transit access options to get to and from recreation sites. In small and medium communities, there was a desire for improved trail maintenance, more trails, and transportation options to get to and from recreation sites (especially in winter).

Q30. Is there anything else you would like to share about strengths of your community that support healthy active living?

Summary of themes: In Whitehorse, many expressed that they felt there was a culture of active living that encouraged them to participate in physical activity. Many appreciated the high number of trails and other outdoor opportunities to be active and expressed gratitude for the land. Several participants also specifically noted their appreciation for the Whitehorse Nordic Centre and the CGC.

Quotes from Whitehorse:

"I think the Yukon has a great inclusive community for activities and healthy lifestyles - I do understand it can be intimidating for people just starting off. But for the most part there is a lot of encouragement and opportunity :)"

“Being active is woven into my life here and it has always been supported by friends, family, and workplaces, which is amazing”

“Yukoners love to be outdoors and work together. I think we need to encourage more social gatherings and find ways to include everyone”

“This community is so active is easy to find motivation in others. I love the accessibility of xc ski trails, I love that dogs are allowed everywhere, I love that you get a view wherever you go!”

“We are an active community which is great, you are always seeing people out and about.”

“The beautiful land and trails and lakes!”

“There are so many awesome programs available in Whitehorse to choose from!!!”

In small and medium communities, many people expressed appreciation for recreation leaders and their efforts to engage the community in physical activity (see page below). Many people also felt that their community supported active living and expressed gratitude for the land.

Many in medium-sized communities expressed appreciation for the available programming and facilities, noting that access was better than typical for a community of that size. There was also an appreciation for the high number of trails.

Quotes from small and medium communities:

“Time on the land is so rewarding and healing and grounding.”

“Healthy community is a happy community”

“Lots of well maintained trails for winter and summer use, free cross country ski equipment from RPAY, drop in free sports at the community center”

“Recent investments in our local hiking/skiing/biking trails have been so worthwhile!”

“Dawson is awesome! Super walkable and connected. Great people makes being out and about fun.”

“Community togetherness”

“Teslin Leadership strongly support recreation programming and it's great”

“The fact that we are a small flying community, so you end up spending time with people who are much younger and older than you as well. I usually spend time with people from the age of five to the age of 75 on a weekly and often daily basis. We have to find ways to encourage people or allow people to spend more time with people who are different than they are in age and in other ways that is what true community is and that has physical, mental, spiritual, and environmental benefits” (Old Crow)