



2025 Yukon Healthy Living Study

INTRODUCTION

The Yukon Healthy Living Study (YHLS) aims to understand the patterns and preferences related to physical activity among Yukoners. The Study explores motivators, barriers, and community strengths that influence engagement in recreation and physical activity.

Recreation and physical activity offer valuable social, mental, and physical wellness benefits, yet most adults living in Canada do not reach recommended levels of physical activity.

Since 2009, the YHLS has informed the development of recreation programs, active living opportunities, and health promotion initiatives. Understanding healthy living from a cultural and rural perspective provides opportunities for programs and services to support community priorities and preferences in meaningful, relevant ways.

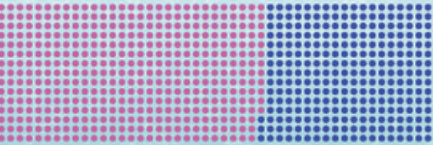


2025 Yukon Healthy Living Study

ENGAGEMENT

705 Yukoners over the age of 19 participated, including:

432 residents from Whitehorse



273 residents from rural communities

Members of a volunteer Advisory Group provided guidance for the design, response collection, and interpretation of the 2025 Study.

MOTIVATORS AND BARRIERS

Respondents identified factors that motivate them to be active, as well as barriers that make it more difficult to be active.

Mental and holistic benefits, such as managing stress and feeling peaceful while out on the land, physical health, and a sense of belonging, motivate people to be active.

Being too tired to participate or not having enough time to participate are common barriers to being active.

In rural Yukon, distance from and lack of facilities make being active more difficult. In Whitehorse, high facility and program fees pose barriers to participating.

PHYSICAL ACTIVITY

For most respondents, their primary forms of physical activity in both summer and winter are outdoor, self-directed, and/or unscheduled recreation.

77% IN SUMMER VS. 73% IN WINTER

of respondents met or exceeded the recommended amount

Across both seasons, respondents in small and medium communities reported lower activity levels than those in larger communities.

HOW MUCH PHYSICAL ACTIVITY?

Canadian guidelines recommend 150 minutes of moderate to vigorous physical activity weekly.

63%

of respondents swim during summer

Among those who swim in summer, 85% swim in lakes and rivers while 44% swim in community pools.

TRAIL USE

Community trails are used regularly.

Trail use would increase if there were:

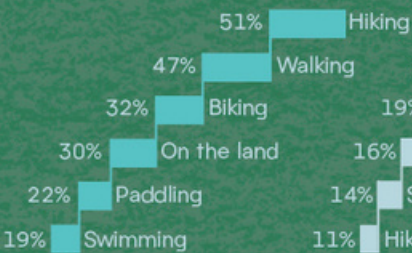
- Better routes connecting community places
- Maintained routes that are cleaner or cleared more often
- Someone to go with

Active transportation is more common in small and medium communities than in Whitehorse. More than half of the respondents regularly walk, bike, or use another form of human-powered travel in summer.

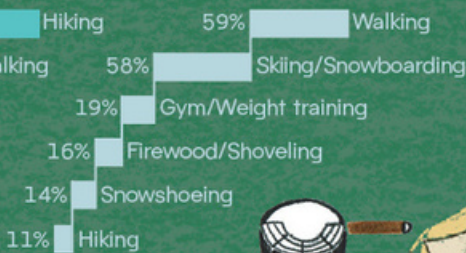
86% IN SUMMER VS. 72% IN WINTER

use trails at least several times a month

TOP 6 SUMMER ACTIVITIES*



TOP 6 WINTER ACTIVITIES*



* Based on % of respondents choosing this activity as one of the ones they do most often

COMMUNITY STRENGTHS

From both small and medium communities, gratitude for the efforts of local recreation leaders was expressed. These leaders are a crucial part of promoting engagement and supporting participation in recreation and physical activity.

In Whitehorse many felt that the community encourages an active lifestyle and that being active is the norm.

70%

of respondents used local rec. facilities

According to parents, children and youth are more likely to use local recreation facilities than adults.

Common reasons for not using local recreation facilities are living too far away and preferring to spend time outdoors.

"Dawson is awesome! Super walkable and connected."

YUKONERS report higher rates of physical activity than the rest of Canada.

"Leadership strongly supports recreation programming and it's great!"

Overall, the 2025 Study did not find any significant changes in physical activity levels since 2020. However, those most likely to report increased levels of physical activity were young adults and men.

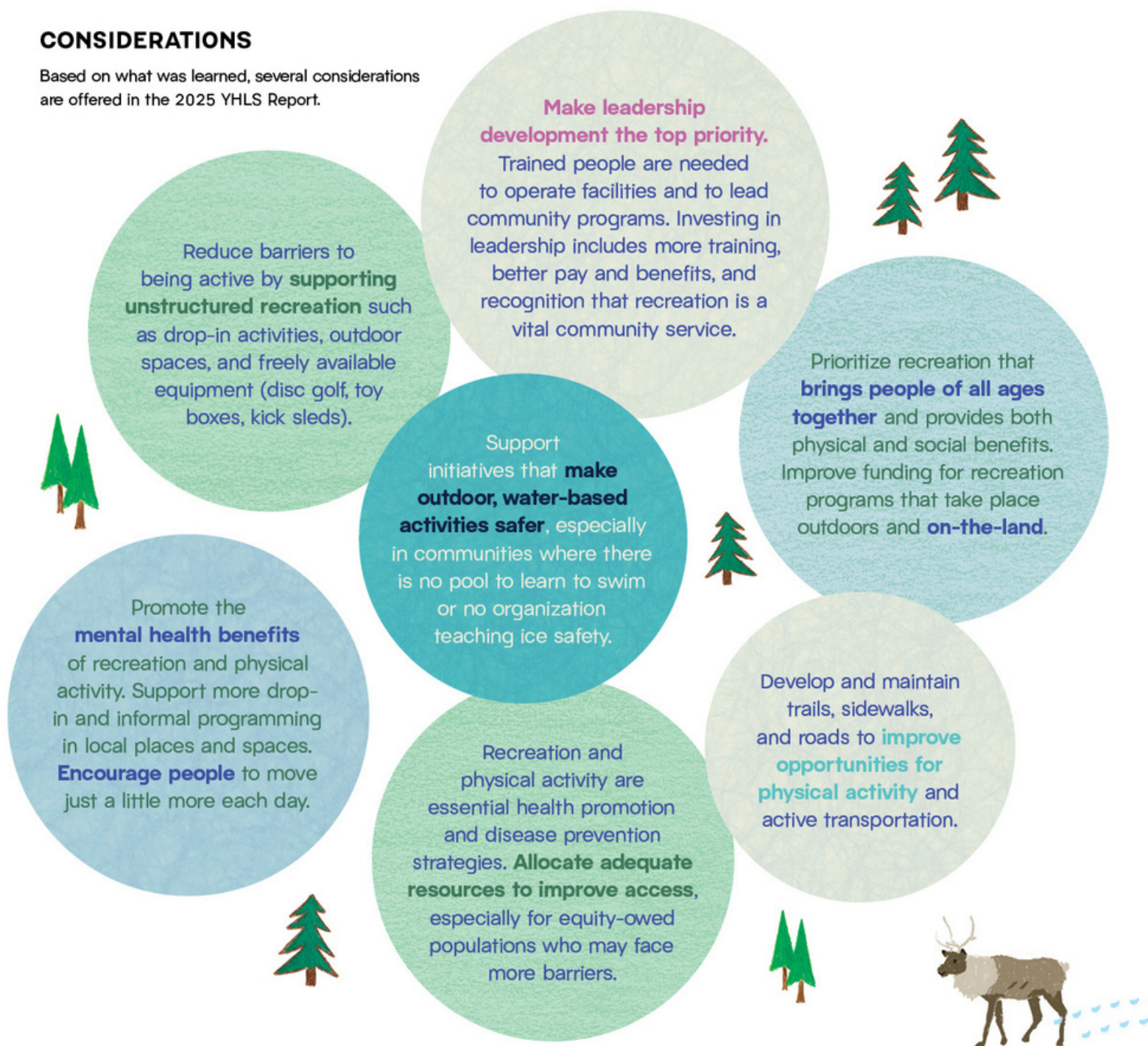
Changes at home or work and changes in health tend to have a greater impact on physical activity levels.

"Yukoners love to be outdoors and work together. We need to encourage more social gatherings and find ways to include everyone."

"Being active is woven into my life here and it has always been supported by friends, family, and workplaces."

CONSIDERATIONS

Based on what was learned, several considerations are offered in the 2025 YHLS Report.



ACKNOWLEDGEMENTS

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Find the 2009, 2016, 2021 and 2025 Yukon Healthy Living Study reports at: <https://www.rpay.ca/yhls/>



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