

Yukon Healthy Living Study 2021

Prepared for Yukon Government:
Sport & Recreation Branch
March 2022



This study was conducted by the World Leisure Centre of Excellence at VIU in partnership with the Recreation & Parks Association of they Yukon.

Funding was provided by the Yukon Government Sport and Recreation Branch.



Introduction

The Yukon Health Living Study (YHLS) explored the physically active leisure pursuits of Yukon residents while also investigating the ways that public health restrictions and guidelines impacted on activity participation. Building on a previous version of this study (2016), the 2021 YHLS also asked participants to reflect on their values and beliefs regarding physical activity, as well as strategies that could be used to increase participation and inform them of programming. This report presents the methods used to collect and analyze the data followed by results organized into two sections: (a) summary description of participants, (b) results divided into rural and urban communities. The final section includes summary conclusions and cautions regarding data/result use.

Methods

Data were collected through an online survey that was available to residents from mid-August to early November 2021. Recruitment of participants was done through the use of press-releases, social media advertising, and post-cards (x2) sent to Yukon household addresses. Additional recruitment was done by recreation professionals and RPAY staff through their social networks. These sampling techniques resulted in 705 individuals starting the survey; however, not all surveys were completed so were not included in analysis.

The primary criteria for inclusion of surveys in data analysis was the completion of questions related to activity participation and pandemic impacts on participation (n=560). Given the difference in the rural and urban context of the Yukon, analysis was conducted comparing the responses of those who lived in Whitehorse (urban) and those who did not (rural). The sample sizes from individual rural communities were not large enough to allow for community specific analysis nor comparison between rural communities.

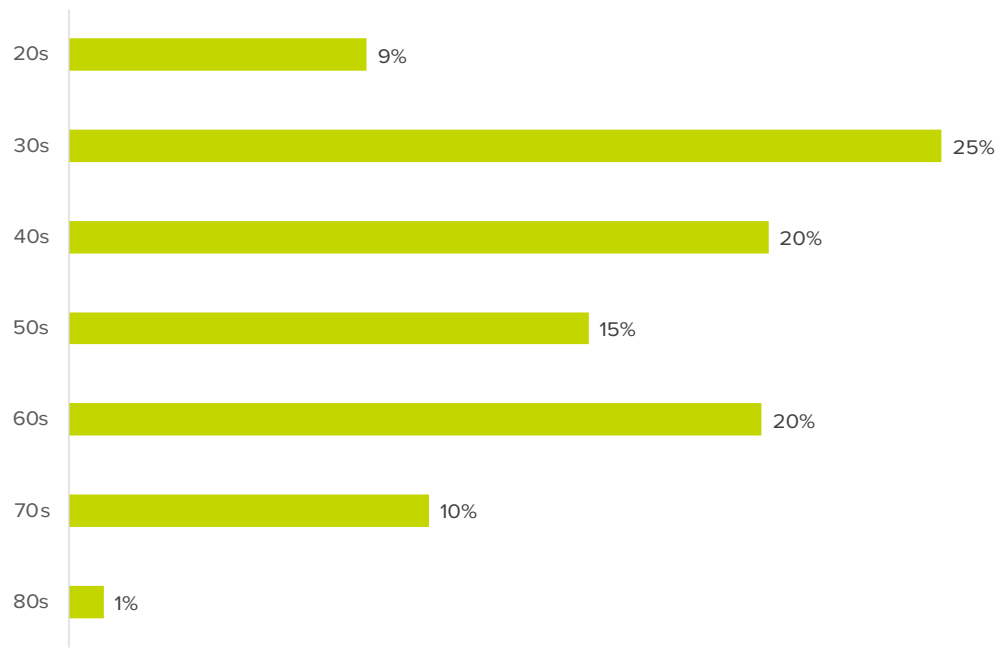
Results: Sample Description

The results in this section provide a summary description of the 560 participants in the 2021 YHLS. The results presented here offer a description of the socio-demographic profile as well as key behavioural indicators such current physical activity levels and impacts of one's health on physical activity.

The majority of participants in the 2021 YHLS described themselves as somewhat to very active (84%) while only 2.5% indicated that they were not active. When asked if they had an injury or illness that impacted on their physical activity levels, 22.7% indicated that they were temporarily impacted, while 11.8% indicated that their physical activity level was permanently impacted.

The majority of participants identified as non-Indigenous (90.7%), living in Whitehorse (77.8%), and female (77.4%). Participants ranged from 20 years to 88 years old (average 49 years old). Fifty percent of participants were above the age of 47 and 50% were below, resulting in an evenly distributed sample (Figure 1). As noted, there were disproportionately more women (77.4%), than men (21%), or gender non-binary (0.6%) participants in the YHLS.

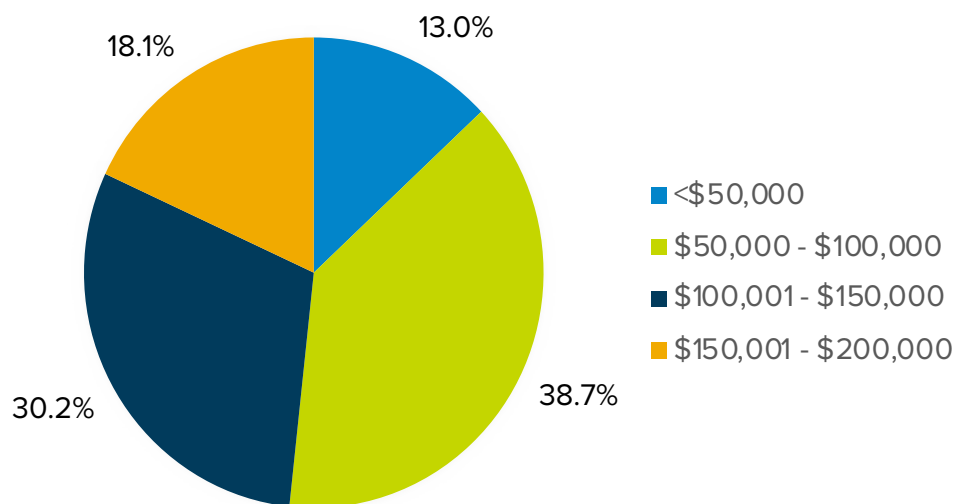
Figure 1: Age of Participants



More than half of the participants were married (51.4%) or in a domestic partnership (18.4%), while 14.4% were single, 4.2% were widowed, the rest were divorced (5.5%), separated (3.8%), or identified an alternative relationship status (2.4%).

When asked about education, 83.0% of participants indicated that they had completed some college or university education, with 24.8% finishing a post-graduate degree. Only 1.0% of all participants indicated that they had not completed high school. Sixty-three percent of participants reported working full time, 8.6% worked part-time, and 23.4% were retired. Those employed mostly worked for government (62.7%) with the remaining being split between the private sector (21.1%) and non-profit organizations (21.1). Figure 2 shows the approximate household income of respondents (n=470) organized into different income ranges.

Figure 2: Percentage of Participants in Each Household Income Range



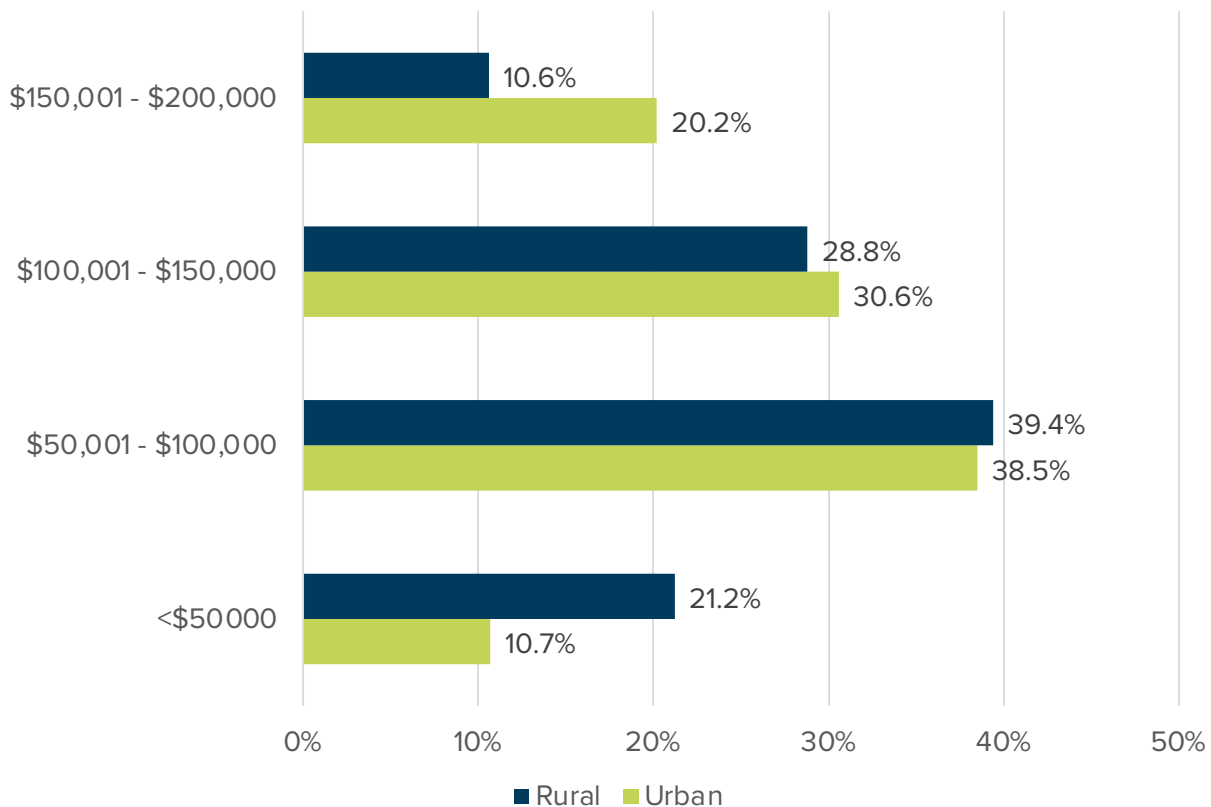
Seventy-eight percent of the sample were from Whitehorse and 22% were from other rural communities in the Yukon. Dawson City (4.3%), Marsh Lake (3.0%), Teslin (3.0%), Haines Junction (2.7%), and Watson Lake (2.7%) were the only other communities that represented greater than 1% of the sample. There were only 124 respondents from all rural communities, compared to the 434 participants from Whitehorse. This allowed for an urban versus rural comparison but no rural community specific analysis.

Results: Urban Versus Rural

Participants living in rural communities (n= 124) had a similar age distribution to those living in Whitehorse (n= 434) with both groups having an average age of 49 years. Slightly more men (29.0%) than women (21.0%) reported living in rural communities. A greater percentage of respondents from rural communities (16.8%) versus Whitehorse (7.2%) self-identified as being Indigenous.

Participants from Whitehorse were more likely to have graduated from college or university (53.8%) than those living in rural communities (35.0%). However, there were not significant differences in the employment of those living in rural versus urban settings, with over 60% of participants working full time and working for various types of government. However, a greater percentage of those living in rural communities (21.2%) versus Whitehorse (10.7%) reported annual household income less than \$50,000 (Figure 3).

Figure 3: Annual Household Income Levels - Urban vs Rural



Regardless of where participants lived, they perceived themselves to be somewhat (30%) or moderately (40%) active. The majority of participants from Whitehorse (65.2%) and the rural communities (66.4%) indicated that they had no health concerns impacting on their physical activity levels. In both settings, participants were more likely to indicate that their health concerns were temporary (urban 23.7%: rural 19.2%) versus permanent (urban 11.1%: rural 14.4%). However, there was a predictable drop in physical activity levels when comparing those whose levels were impacted by health concerns (Figure 4) to those whose were not (Figure 5).

Figure 4: Activity Level of Participants Impacted by Their Health or an Injury

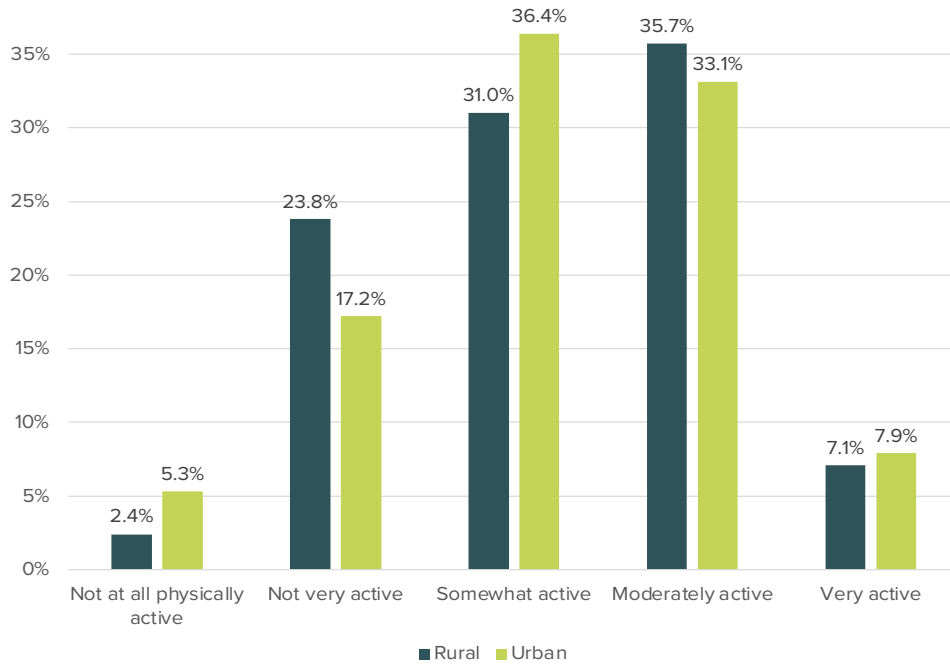
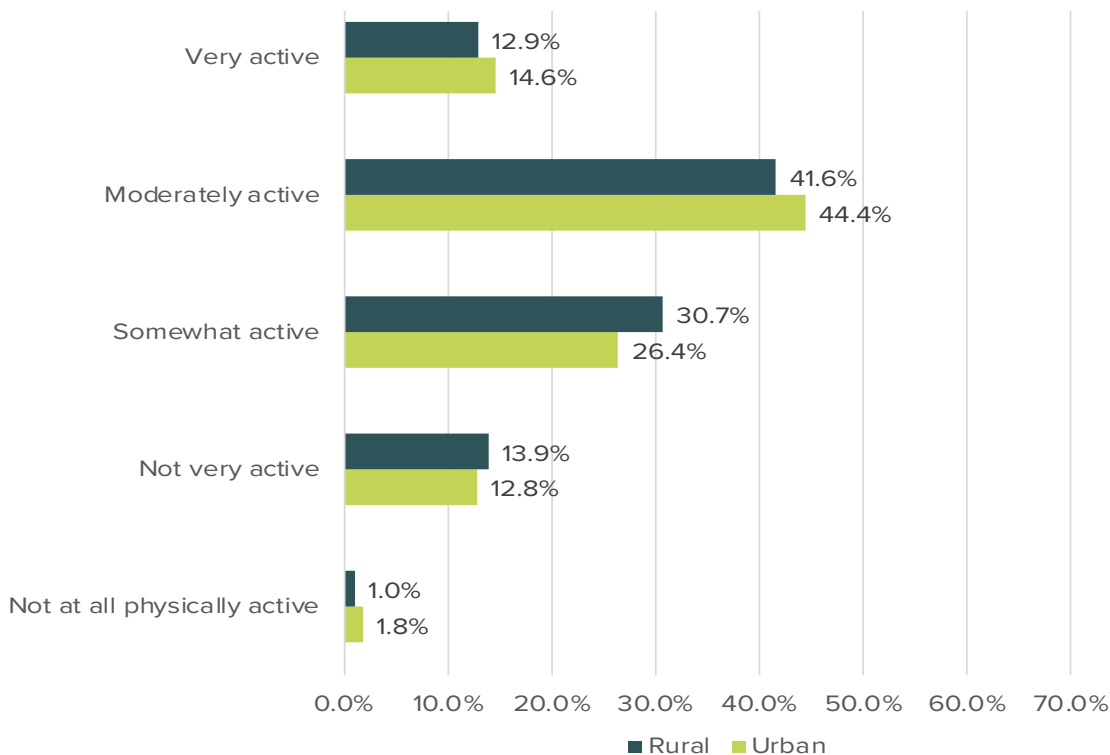


Figure 5: Activity Level of Participants Not Impacted by Their Health or Injury



Participants were asked to the extent to which they agreed to a various belief statements regarding physical activity and their lifestyle (1 = strongly disagree: 5 = strongly agree). The results show that all participants strongly agreed that physical activity reduces stress and improves mental health, and agree that being physically active is a priority in their lives. As seen in Table 1, participants did not agree that exercising indoors was preferred to being outdoors.

Table 1: Average Agreement with Belief Statements About Physical Activity

Beliefs About Physical Activity	Type of Community	
	Urban (n=416) Mean (SD)	Rural (n=116) Mean (SD)
Physical activity reduces my stress and improves my mental health	4.46 (0.73)	4.50 (0.60)
Being physically active is a major priority in my life	4.19 (0.90)	4.15 (0.91)
I love to exercise in the summer	4.14 (0.79)	3.95 (0.90)
I was able to remain active during the pandemic	3.86 (0.99)	3.69 (1.11)
My family & friends are very involved in recreation & active lifestyles	3.72 (0.92)	3.51 (0.93)
I love to exercise in the winter	3.66 (1.04)	3.73 (1.08)
Public health restrictions didn't impact on my physical activity level	3.41 (1.22)	3.46 (1.17)
I often park far away from a store or take the stairs (when possible) to add activity to my day	3.33 (1.15)	3.35 (1.09)
My lifestyle is much healthier compared to most people I know	3.23 (0.96)	3.36 (0.95)
I am more active than I was 5 years ago	2.94 (1.17)	2.82 (1.08)
I prefer to exercise indoors more than outdoors	2.46 (1.01)	2.59 (1.18)

Participants were asked how important they felt different benefits of physical activity were to them (1 = not at all important, 2 = slightly important, 3 = moderately important, 4 = very important, 5 = extremely important). Analysis revealed that benefits related to having energy, managing stress, and preventing illness were very important benefits for both urban and rural participants. Other important benefits included living longer, feeling younger, and spending time with family and friends. Saving money by leaving their cars at home was the least important benefit for all participants (Table 2).

Yukoners prefer to be outdoors for their physically active recreation!

Over 65% of Yukon Residents perceive themselves to be Moderately or Very Active!

Table 2: Important of Benefits of Participating in Physical Activity

Benefits of Physical Activity	Type of Community	
	Urban Mean (SD)	Rural Mean (SD)
Having energy to do all the things I want to do	4.33 (0.75)	4.29 (0.78)
Managing stress	4.14 (0.89)	4.12 (0.96)
Preventing illness and chronic conditions	4.11 (0.89)	4.08 (0.93)
Living longer	3.77 (1.03)	3.66 (1.05)
Feeling younger	3.64 (1.05)	3.59 (1.15)
Spending more time with friends and/or family	3.50 (1.16)	3.29 (1.12)
Setting a good example for children	3.42 (1.42)	3.47 (1.33)
Losing weight	3.19 (1.26)	3.34 (1.21)
Managing medical conditions (e.g., diabetes or arthritis)	3.13 (1.43)	3.44 (1.34)
Helping the environment by walking or riding a bike	3.11 (1.26)	3.30 (1.19)
Making sure my dog gets enough exercise	3.10 (1.68)	3.03 (1.61)
Saving money by leaving my car at home	2.46 (1.23)	2.77 (1.31)

Participants were asked to what extent they agreed that a list of barriers “got in the way” of their physically active recreation (1= strong disagree, 3 = neutral, 5= strongly agree). Analysis revealed that on average, residents of both urban and rural centres did not agree that the barriers listed had an impact (Table 3); however, a closer look at those who agreed or strongly agreed with the statements revealed that there were differences between urban (Figure 6) and rural residents (Figure 7) agreement with the barrier statements. For example, those in Whitehorse (7%) were less likely to agree that access to equipment was a barrier when compared to rural residents (27%). Both groups identified that being too tired was their main barrier; however, they also indicated that a main benefit of physical activity was ensuring that they had the energy to do the things that they wanted to.

To explore strategies for increasing participation in physically active recreation, participants were how likely a series of program options would encourage them or their family members to lead a healthier lifestyle (1= very unlikely, 3= neutral, 5= very likely, 6= not applicable). The results reinforced that Yukon residents like to be outside, on trails, and doing on-the-land activities (Table 4).

Table 3: Barriers to Participation in Physically Active Recreation

Barriers to Physical Active Recreation	Type of Community	
	Urban Mean (SD)	Rural Mean (SD)
Going to a gym or recreation centre is too expensive	3.09 (1.12)	2.68 (1.14)
The equipment is too expensive	3.08 (0.97)	2.75 (1.12)
Programs are too expensive	3.05 (1.00)	2.59 (1.12)
I am too tired to participate	3.22 (1.11)	3.10 (1.18)
I don't have any time to participate	2.92 (1.14)	2.84 (1.12)
I don't have anyone to participate with	2.80 (1.03)	2.81 (1.09)
I don't like to exercise in public	2.75 (1.17)	2.69 (1.17)
Finding childcare is too difficult	2.75 (1.03)	2.51 (1.01)
Childcare is too expensive	2.71 (0.98)	2.50 (1.01)
I am worried about my safety (e.g., bears, getting lost, weather)	2.67 (1.16)	2.72 (1.34)
The recreation centre is too far away	2.50 (1.04)	2.53 (1.19)
I can't get the equipment in my community	2.28 (0.95)	2.86 (1.21)

Figure 4: Percentage of Urban Residents who Agreed or Strongly Agreed with Barriers

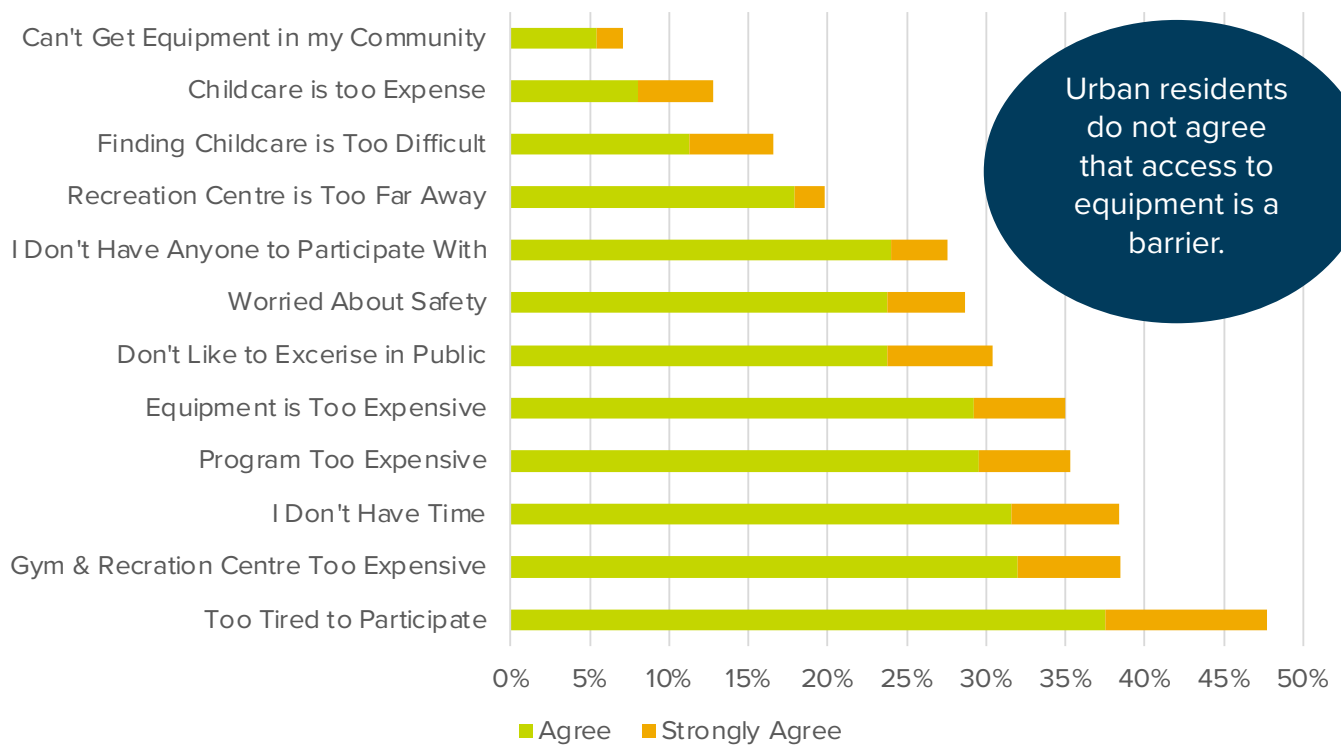


Figure 5: Percentage of Rural Residents who Agreed or Strongly Agreed with Barriers

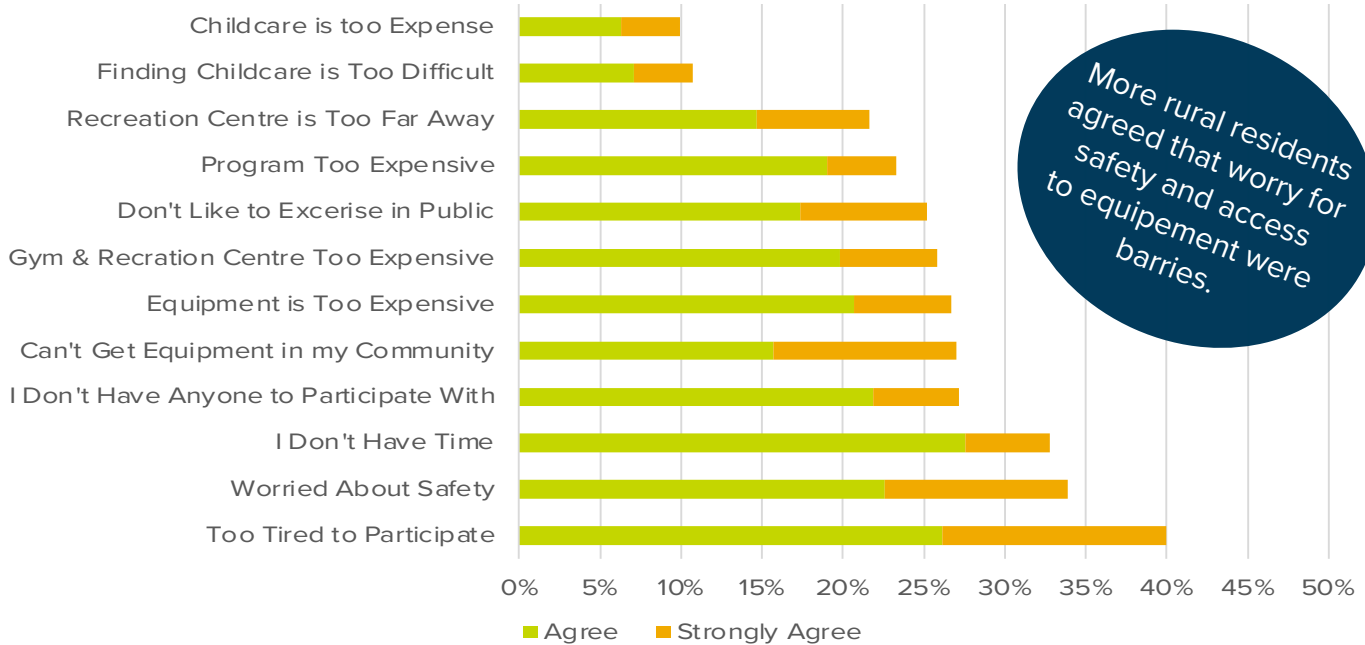


Table 4: Likelihood that Program Characteristics Would Promote a Healthier Lifestyle

Barriers to Physical Active Recreation	Type of Community	
	Urban Mean (SD)	Rural Mean (SD)
Programs that use parks and trails	3.94 (1.03)	3.89 (0.90)
More outdoor programs	3.90 (0.97)	3.96 (0.87)
On-the-land programs or activities	3.82 (1.05)	3.91 (1.06)
Equipment loans or rentals (e.g., rent/borrow skis, kick sleds)	3.79 (1.09)	3.87 (1.03)
Low or no-cost activities at local recreation centres	3.77 (1.08)	3.80 (1.10)
Program for specific groups (e.g., seniors, women, preschoolers)	3.71 (1.04)	3.63 (1.02)
Activities that are offered closer to home	3.70 (1.03)	3.72 (0.97)
Drop-in activities at local facilities or playgrounds	3.44 (1.16)	3.39 (1.01)
Programs for families to do together	3.41 (1.21)	3.30 (1.21)
Programs for parents at the same time as their child's programs	3.39 (1.30)	3.19 (1.19)
After-school programs	3.18 (1.33)	3.04 (1.18)

Outdoor programs using parks and trails, and on-the-land activities are the most likely to promote a more active lifestyle for both urban and rural residents.

Yukoners identified equipment loans and rentals likely to promote a more active lifestyle.

Participants living in both urban and rural communities identified family and friends or social media as the most likely sources for information on physically active recreation. School announcements, newspaper ads, and recreation centre bulletin boards were the least likely to be used by those living in Whitehorse. Those living in rural communities are less likely to use community websites but were more likely to use bulletin boards (Table 5).

Table 5: Likelihood of Using Sources for Information on Physical Activity

Likelihood of Using These Sources of Information	Type of Community	
	Urban Mean (SD)	Rural Mean (SD)
Family and friends	4.03 (0.85)	3.73 (1.03)
Social media (e.g., Facebook, Twitter, Instagram)	3.83 (1.16)	3.67 (1.24)
Recreation Activity Guides	3.51 (1.12)	3.39 (1.07)
Community websites	3.50 (1.02)	2.57 (1.09)
Associations or clubs	3.50 (0.93)	2.24 (1.07)
Recreation Centre bulletin boards	2.53 (1.15)	3.05 (1.23)
Newspaper ads	2.51 (1.21)	2.52 (1.08)
School announcements	2.36 (1.28)	2.45 (1.25)

Study participants living in rural communities (40%) used motorized vehicles on trails in the winter more than urban residents (21.2%); however, the majority of both rural (86%) and urban (93%) participants used trails in the winter for non-motorized activities. Most members of both groups also indicated that their use of trails in the winter were either not impacted by the pandemic, or that they increased their use of trails, particularly for non-motorized activities. Similar patterns were found when examining use of trails in the summer. Both groups were much more likely to use trails for non-motorized activities (Table 6) and most reported that the pandemic either had no impact or increased their participation (Table 7).

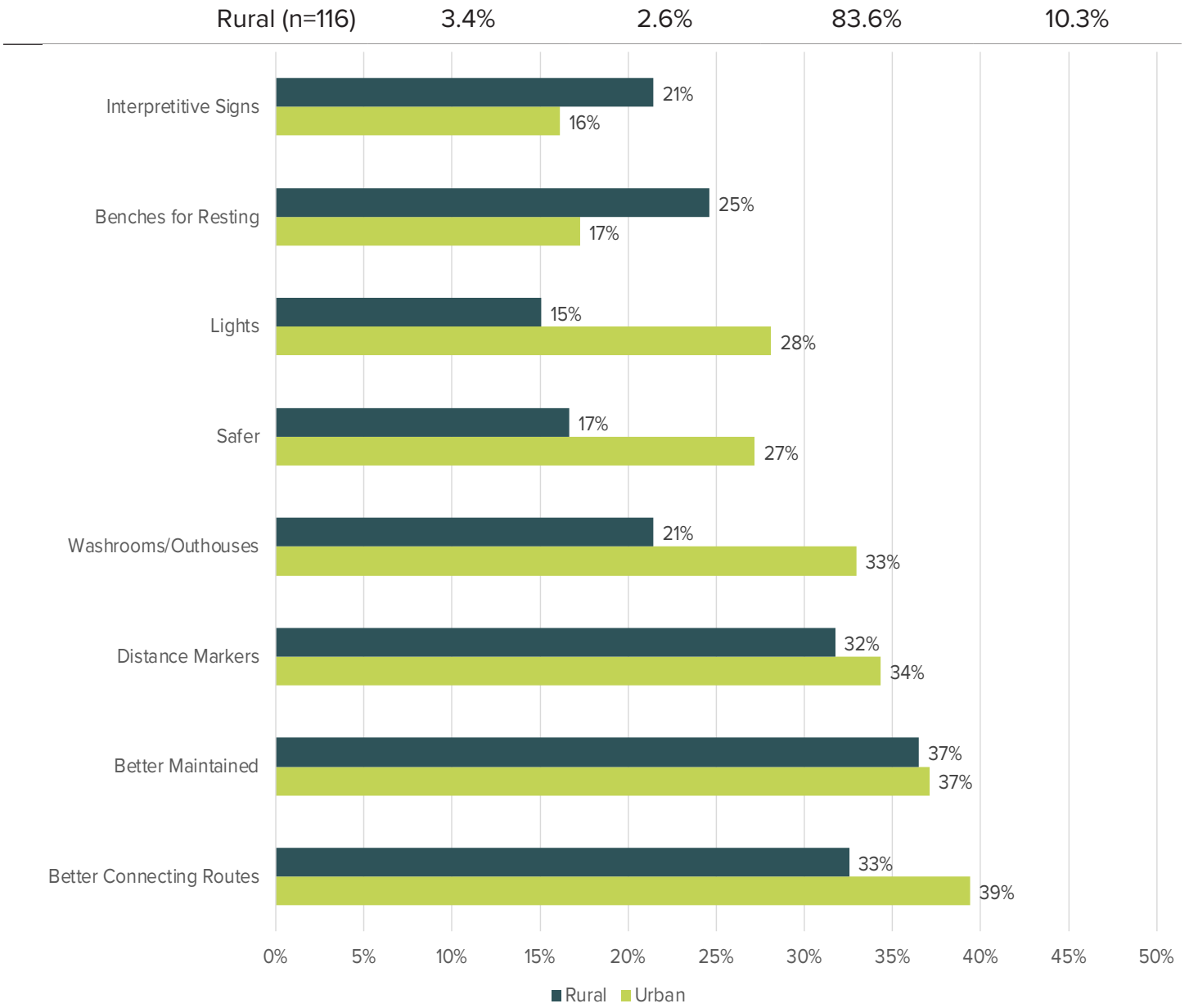
When asked which improvements would lead to a significant increase in trail use, most participants in both groups identified better connecting routes and better maintenance. Those living in Whitehorse identified better trail connections, better maintenance, distance markers, and washrooms the most often. This was similar for those living in rural communities; however, a higher percentage of them indicated that benches for resting would increase their use (Figure 6).

Table 6: How Frequently Trails were Used for Motorized and Non-Motorized Activities

Trail Use	Never	Occasionally	Often
Winter Motorized			
Urban (n=401)	78.8%	16.7%	4.5%
Rural (n=115)	60.0%	23.5%	16.5%
Winter Non-Motorized			
Urban (n=418)	6.9%	29.4%	63.6%
Rural (n=118)	13.6%	33.9%	52.5%
Summer Motorized			
Urban (n=403)	79.4%	15.9%	4.7%
Rural (n=116)	69.0%	18.1%	12.9%
Summer Non-Motorized			
Urban (n=417)	4.1%	24.2%	71.7%
Rural (n=116)	12.1%	31.9%	56.0%

Table 7: Impact of the Pandemic on Trail Use

Trail Use	Prevented Participation	Limited Participation	No Impact on Participation	Increased Participation
Winter Motorized				
Urban (n=400)	0.0%	3.0%	92.5%	4.5%
Rural (n=115)	3.8%	7.7%	80.8%	7.7%
Winter Non-Motorized				
Urban (n=418)	0.5%	3.9%	67.8%	27.8%
Rural (n=118)	1.0%	3.5%	70.7%	24.8%
Summer Motorized				
Urban (n=403)	0.8%	1.3%	96.5%	1.5%
Rural (n=116)	2.6%	2.5%	92.2%	1.7%
Summer Non-Motorized				
Urban (n=417)	0.7%	3.6%	73.6%	22.1%



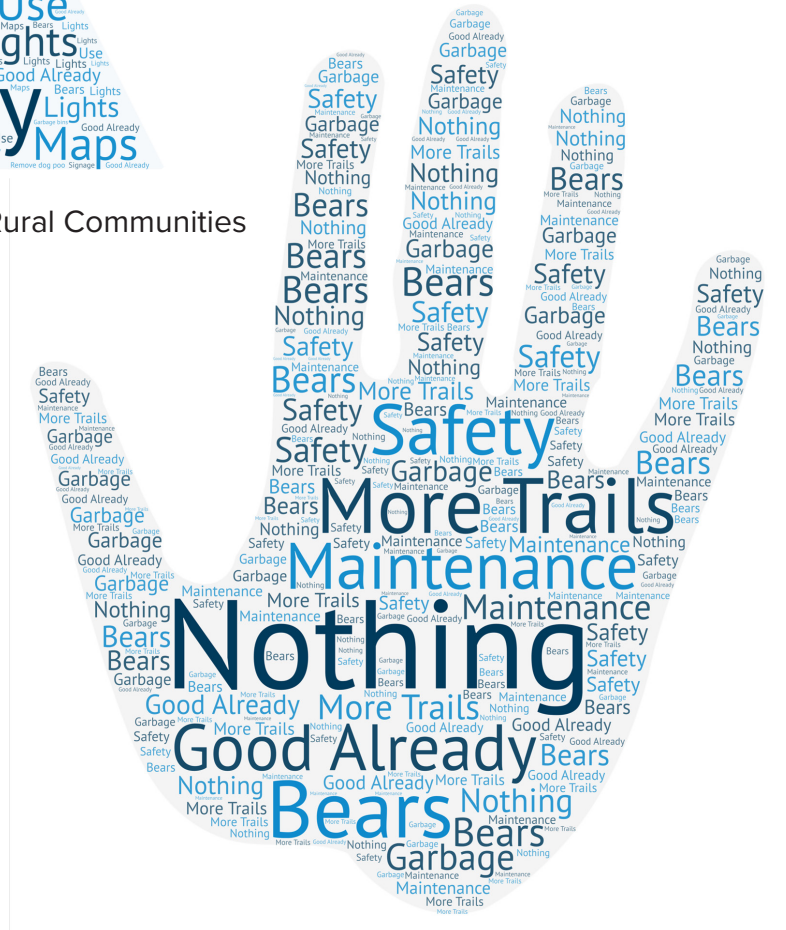
Trails and trail systems were identified as vital components of Yukon's physical activity infrastructure.

Participants were also asked to suggest other improvements that would lead to a significant increase in their use of the trails. Many of the respondents from both urban and rural settings indicated that they liked the current trails and did not see the need to change them. Others identified issues with bears, perceptions of being unsafe, and the need for maps and garbage cans. The results from this question are presented below in word clouds that represent the urban centre (Figure 7) and rural communities (Figure 8).

Figure 7: Ideas for Trail Improvement in Whitehorse



Figure 8: Ideas for Trail Improvements in Rural Communities



Participants of the Yukon Healthy Living Study were asked to indicate their frequency of participation in a wide variety of indoor and outdoor activities during both the summer and winter. The most striking result of the analysis was, with a few exceptions, that over half of the participants did not participate in the majority of the activities listed. Study participants were also asked to reflect on the ways that the pandemic and pandemic related restrictions impacted on their ability to participate in these activities. The sample sizes (n=) are indicated in each row for both frequency of participation and the impact of the pandemic tables, this was done as only individuals who indicated that they did an activity were included in the analysis of the pandemic's impact.

Highlights when reviewing the activity participation and pandemic impact tables include:

- Outdoor activities are generally more popular than indoor activities.
- Exercising at home was the most popular indoor activity.
- Walking was the most popular activity in both summer and winter.
- Gardening and berry picking were both popular physical activities.
- Walking and exercising at home were the two popular activities that were negatively impacted the least by pandemic restrictions.
- Traditional sports had some of the lowest participation rates.
- Outdoor summer activities were the most likely to have increased participation due to the pandemic.
- Indoor facility-based sport activities were the most likely to be impacted by pandemic restrictions.

Tables 8 - 15 are organized into the following order:

- Table 8: Frequency of Participation Outdoor Winter Activities
- Table 9: Impacts of the Pandemic on Outdoor Winter Activity Participation
- Table 10: Frequency of Participation in Indoor Winter Activities
- Table 11: Impacts of the Pandemic on Indoor Winter Activity Participation
- Table 12: Frequency of Participation in Outdoor Summer Activities
- Table 13: Impacts of the Pandemic on Outdoor Summer Activity Participation
- Table 14: Frequency of Participation in Indoor Summer Activities
- Table 15: Impacts of the Pandemic on Indoor Summer Activity Participation.



Table 8: Frequency of Participation in Outdoor Winter Activities

	Never	<1 day a week	1-2 days a week	3-4 days a week	Most days
Walking					
Urban (n=432)	2.8%	10.2%	25.0%	20.8%	41.2%
Rural (n=126)	3.2%	11.1%	25.4%	16.7%	43.7%
Running or Jogging					
Urban (n=431)	67.7%	13.2%	11.1%	5.6%	2.3%
Rural (n=126)	67.7%	17.7%	10.5%	4.0%	0.0%
Winter Biking					
Urban (n=426)	85.0%	7.0%	4.9%	1.9%	1.2%
Rural (n=125)	90.4%	8.0%	1.6%	0.0%	0.0%
Skiing/Snowboarding					
Urban (n=432)	70.6%	20.4%	8.3%	0.5%	0.2%
Rural (n=126)	76.2%	18.3%	4.0%	1.6%	0.0%
Cross-Country Skiing					
Urban (n=432)	49.3%	18.1%	21.5%	8.3%	2.8%
Rural (n=126)	54.0%	18.3%	15.9%	8.7%	3.2%
Kicksledding					
Urban (n=428)	84.2%	11.1%	3.0%	0.9%	0.7%
Rural (n=126)	77.6%	14.4%	3.2%	3.2%	1.6%
Dog Sledding					
Urban (n=432)	95.3%	2.3%	1.6%	0.2%	0.5%
Rural (n=126)	90.5%	6.3%	2.4%	0.8%	0.0%
Skating/Pond Hockey					
Urban (n=432)	72.7%	19.7%	6.5%	0.9%	0.2%
Rural (n=126)	61.1%	26.2%	7.9%	4.8%	0.0%
Snowshoeing					
Urban (n=430)	56.0%	32.8%	8.8%	1.2%	1.2%
Rural (n=125)	56.0%	30.4%	9.6%	2.4%	1.6%
Ski Touring					
Urban (n=427)	85.9%	13.3%	0.7%	0.0%	0.0%
Rural (n=125)	80.0%	13.6%	4.0%	1.6%	0.8%
Active Transportation					
Urban (n=430)	49.3%	20.9%	13.5%	6.5%	9.8%
Rural (n=124)	40.3%	16.9%	15.3%	8.1%	19.4%

Table 9: Impact of Pandemic on Outdoor Winter Activity Participation

	No Impact	Ceased - Restrictions	Limited - Restrictions	Limited - Health	Increased
Walking					
Urban (n=418)	74.6%	0.0%	3.3%	2.9%	19.1%
Rural (n=122)	81.1%	0.8%	5.7%	4.9%	7.4%
Running or Jogging					
Urban (n=138)	79.0%	0.7%	3.6%	2.2%	14.5%
Rural (n=39)	76.9%	2.6%	7.7%	5.1%	7.7%
Winter Biking					
Urban (n=64)	89.1%	0.0%	0.0%	1.6%	9.4%
Rural (n=12)	83.3%	0.0%	0.0%	0.0%	16.7%
Skiing/Snowboarding					
Urban (n=127)	68.5%	1.6%	18.1%	2.4%	9.4%
Rural (n=29)	72.4%	6.9%	20.7%	0.0%	0.0%
Cross-Country Skiing					
Urban (n=68)	83.8%	0.0%	5.9%	0.0%	10.3%
Rural (n=28)	67.9%	7.1%	7.1%	3.6%	14.3%
Kicksledding					
Urban (n=20)	95.0%	0.0%	0.0%	0.0%	5.0%
Rural (n=12)	83.3%	8.3%	8.3%	0.0%	0.0%
Dog Sledding					
Urban (n=212)	99.1%	0.0%	0.0%	0.0%	0.9%
Rural (n=56)	96.4%	1.8%	0.0%	0.0%	1.8%
Skating/Pond Hockey					
Urban (n=118)	79.7%	2.5%	7.6%	0.0%	10.2%
Rural (n=49)	87.8%	0.0%	2.0%	6.1%	4.1%
Snowshoeing					
Urban (n=185)	79.5%	0.0%	1.1%	1.6%	17.8%
Rural (n=54)	94.4%	0.0%	1.9%	1.9%	1.9%
Ski Touring					
Urban (n=58)	77.6%	0.0%	1.7%	12.1%	8.6%
Rural (n=24)	87.5%	0.0%	0.0%	4.2%	8.3%
Active Transportation					
Urban (n=211)	81.5%	0.5%	4.3%	2.4%	11.4%
Rural (n=74)	86.5%	0.0%	5.4%	4.1%	4.1%

Table 10: Frequency of Participation in Indoor Winter Activities

	Never	<1 day a week	1-2 days a week	3-4 days a week	Most days
Exercise at Home					
Urban (n=430)	25.1%	26.5%	28.1%	14.0%	6.3%
Rural (n=123)	22.0%	33.3%	22.8%	13.8%	8.1%
Sports at local facility					
Urban (n=422)	77.7%	8.1%	10.4%	2.8%	0.9%
Rural (n=124)	66.9%	12.9%	14.5%	4.8%	0.8%
Exercise at local facility					
Urban (n=424)	66.3%	15.1%	12.0%	5.7%	0.9%
Rural (n=125)	68.0%	12.0%	10.4%	8.0%	1.6%
Exercise Classes					
Urban (n=427)	70.5%	13.1%	11.0%	4.4%	0.9%
Rural (n=125)	66.4%	16.8%	12.8%	4.0%	0.0%
Swimming or Watersports					
Urban (n=425)	69.9%	18.8%	9.2%	1.6%	0.5%
Rural (n=124)	91.1%	5.6%	1.6%	1.6%	0.0%
Hockey or Skating					
Urban (n=424)	80.7%	12.7%	5.0%	1.4%	0.2%
Rural (n=123)	64.2%	18.7%	10.6%	6.5%	0.0%
Dance					
Urban (n=422)	83.4%	13.3%	3.3%	0.0%	0.0%
Rural (n=126)	75.0%	18.5%	5.6%	0.0%	0.8%



Table 11: Impact of Pandemic on Indoor Winter Activity Participation

	No Impact	Ceased - Restrictions	Limited - Restrictions	Limited - Health	Increased
Exercise at Home					
Urban (n=322)	59.9%	2.2%	5.9%	2.2%	29.8%
Rural (n=96)	61.5%	6.3%	5.2%	3.1%	24.0%
Sports at local facility					
Urban (n=93)	34.4%	15.1%	38.7%	8.6%	3.2%
Rural (n=40)	30.0%	25.0%	40.0%	5.0%	0.0%
Exercise at local facility					
Urban (n=141)	22.0%	10.6%	56.7%	9.2%	1.4%
Rural (n=31)	33.3%	25.6%	30.8%	7.7%	2.6%
Exercise Classes					
Urban (n=126)	23.0%	18.3%	44.4%	11.1%	3.2%
Rural (n=42)	26.2%	23.8%	42.9%	4.8%	2.4%
Swimming or Watersports					
Urban (n=127)	17.3%	15.7%	52.0%	10.2%	4.7%
Rural (n=10)	20.0%	40.0%	40.0%	0.0%	0.0%
Hockey or Skating					
Urban (n=82)	52.4%	4.9%	31.7%	4.9%	6.1%
Rural (n=44)	43.2%	9.1%	36.4%	4.5%	6.8%
Dance					
Urban (n=69)	50.7%	14.5%	30.4%	4.3%	0.0%
Rural (n=31)	38.7%	25.8%	25.8%	9.7%	0.0%



Table 12: Frequency of Participation in Outdoor Summer Activities

		Never	<1 day a week	1-2 days a week	3-4 days a week	Most days
Walking						
	Urban (n=420)	1.4%	6.2%	20.5%	22.1%	49.8%
	Rural (n=116)	2.6%	8.6%	22.4%	17.2%	49.1%
Running or Jogging						
	Urban (n=420)	61.7%	13.6%	12.9%	8.8%	3.1%
	Rural (n=117)	63.5%	17.4%	9.6%	7.0%	2.6%
Cycling						
	Urban (n=414)	50.5%	23.4%	16.2%	6.5%	3.4%
	Rural (n=113)	48.7%	26.5%	16.8%	6.2%	1.8%
Mountain Biking						
	Urban (n=420)	61.9%	17.4%	15.5%	3.8%	1.4%
	Rural (n=114)	76.3%	8.8%	10.5%	2.6%	1.8%
Canoeing/Kayaking						
	Urban (n=418)	51.2%	36.4%	10.3%	1.9%	0.2%
	Rural (n=115)	50.4%	35.7%	11.3%	2.6%	0.0%
Non-Motorized Boating						
	Urban (n=420)	76.2%	18.1%	5.0%	0.5%	0.2%
	Rural (n=116)	81.9%	15.5%	1.7%	0.9%	0.0%
Berry Picking						
	Urban (n=420)	36.9%	53.3%	6.9%	1.2%	1.7%
	Rural (n=117)	25.6%	53.8%	17.9%	1.7%	0.9%
Gardening/Yard Work						
	Urban (n=421)	12.1%	24.9%	33.0%	15.0%	15.0%
	Rural (n=117)	7.7%	18.8%	29.1%	24.8%	19.7%
Swimming						
	Urban (n=418)	57.4%	30.4%	9.3%	1.9%	1.0%
	Rural (n=116)	56.9%	27.6%	8.6%	4.3%	2.6%
Golf						
	Urban (n=418)	88.5%	7.9%	2.6%	1.0%	0.0%
	Rural (n=113)	85.0%	9.7%	3.5%	0.9%	0.9%
Day Hiking						
	Urban (n=421)	22.3%	48.5%	24.9%	2.6%	1.7%
	Rural (n=115)	31.3%	43.5%	16.5%	3.5%	5.2%
Backcountry Hiking						
	Urban (n=417)	58.3%	34.1%	6.7%	0.7%	0.2%
	Rural (n=114)	60.5%	28.1%	7.9%	0.9%	2.6%
Skateboarding/Scooter						
	Urban (n=414)	96.9%	2.4%	0.7%	0.0%	0.0%
	Rural (n=115)	97.4%	0.9%	0.9%	0.0%	0.9%
Active Transportation						
	Urban (n=415)	46.5%	18.6%	14.7%	8.4%	11.8%
	Rural (n=116)	40.5%	15.5%	17.2%	8.6%	18.1%

Table 13: Impact of the Pandemic on Outdoor Summer Activity Participation

Activity	No Impact	Ceased - Restrictions	Limited - Restrictions	Limited - Health	Increased
Walking					
Urban (n=412)	77.4%	0.2%	1.5%	2.7%	18.2%
Rural (n=113)	81.4%	0.9%	4.4%	3.5%	9.7%
Running or Jogging					
Urban (n=116)	84.5%	0.6%	2.5%	1.9%	10.6%
Rural (n=42)	85.7%	0.0%	4.8%	4.8%	4.8%
Cycling					
Urban (n=205)	82.4%	0.0%	1.5%	2.0%	14.1%
Rural (n=58)	89.7%	0.0%	3.4%	1.7%	5.2%
Mountain Biking					
Urban (n=159)	79.9%	0.0%	3.8%	1.3%	15.1%
Rural (n=27)	85.2%	0.0%	3.7%	3.7%	7.4%
Canoeing/Kayaking					
Urban (n=201)	89.6%	0.0%	2.5%	1.0%	7.0%
Rural (n=57)	93.0%	0.0%	5.3%	1.8%	0.0%
Non-Motorized Boating					
Urban (n=99)	90.9%	0.0%	0.0%	1.0%	8.1%
Rural (n=21)	90.5%	0.0%	4.8%	4.8%	0.0%
Berry Picking					
Urban (n=461)	92.3%	0.8%	0.8%	1.5%	4.6%
Rural (n=87)	93.1%	0.0%	1.1%	1.1%	4.6%
Gardening/Yard Work					
Urban (n=368)	87.2%	0.3%	0.0%	1.1%	11.4%
Rural (n=108)	83.3%	0.0%	0.9%	2.8%	13.0%
Swimming					
Urban (n=178)	73.6%	3.4%	14.0%	4.5%	4.5%
Rural (n=50)	76.0%	4.0%	16.0%	2.0%	2.0%
Golf					
Urban (n=47)	83.0%	2.1%	4.3%	0.0%	10.6%
Rural (n=17)	82.4%	0.0%	11.8%	5.9%	0.0%
Day Hiking					
Urban (n=322)	86.0%	0.3%	1.2%	1.2%	11.2%
Rural (n=79)	89.9%	0.0%	1.3%	3.8%	5.1%
Backcountry Hiking					
Urban (n=171)	88.3%	0.0%	2.3%	0.6%	8.8%
Rural (n=45)	91.1%	0.0%	0.0%	2.2%	6.7%
Skateboarding/Scooter					
Urban (n=13)	76.9%	7.7%	7.7%	0.0%	7.7%
Rural (n=3)	33.3%	0.0%	33.3%	33.3%	0.0%
Active Transportation					
Urban (n=219)	79.9%	0.9%	2.7%	2.7%	13.7%
Rural (n=69)	85.5%	0.0%	1.4%	4.3%	8.7%

Table 14: Frequency of Participation in Indoor Summer Activities

		Never	<1 day a week	1-2 days a week	3-4 days a week	Most days
Exercise at Home						
	Urban (n=422)	34.6%	27.0%	21.8%	11.4%	5.2%
	Rural (n=119)	31.9%	33.6%	22.7%	5.0%	6.7%
Sports at Local Facility						
	Urban (n=421)	87.2%	8.3%	4.0%	0.2%	0.2%
	Rural (n=119)	79.0%	11.8%	6.7%	0.8%	1.7%
Exercise at Local Facility						
	Urban (n=421)	78.9%	11.2%	5.9%	3.6%	0.5%
	Rural (n=119)	80.7%	4.2%	10.1%	3.4%	1.7%
Exercise Classes						
	Urban (n=421)	76.5%	11.6%	8.1%	2.9%	1.0%
	Rural (n=118)	79.7%	12.7%	6.8%	0.0%	0.8%
Swimming & Water Sports						
	Urban (n=422)	65.6%	22.5%	8.3%	2.8%	0.7%
	Rural (n=119)	63.9%	20.2%	7.6%	5.9%	2.5%
Dance						
	Urban (n=421)	88.1%	9.5%	2.1%	0.2%	0.0%
	Rural (n=117)	77.8%	14.5%	5.1%	0.0%	2.6%
In-line Skating or Skateboarding						
	Urban (n=419)	97.6%	1.7%	0.7%	0.0%	0.0%
	Rural (n=118)	95.8%	1.7%	1.7%	0.8%	0.0%



Exercising at home was the most popular indoor physical activity in both summer and winter. It was also the least negatively impacted by the pandemic, with many reporting increased participation.

Table 15: Impact of the Pandemic on Indoor Summer Activity Participation

		No Impact	Ceased - Restrictions	Limited - Restrictions	Limited - Health	Increased
Exercise at Home						
	Urban (n=276)	77.2%	0.7%	1.1%	1.8%	19.2%
	Rural (n=81)	84.0%	2.5%	1.2%	2.5%	9.9%
Sports at Local Facility						
	Urban (n=54)	63.0%	3.7%	24.1%	9.3%	0.0%
	Rural (n=25)	48.0%	12.0%	36.0%	4.0%	0.0%
Exercise at Local Facility						
	Urban (n=88)	56.8%	1.1%	25.0%	13.6%	3.4%
	Rural (n=23)	47.8%	13.0%	21.7%	17.4%	0.0%
Exercise Classes						
	Urban (n=99)	56.6%	1.0%	25.3%	12.1%	5.1%
	Rural (n=24)	50.0%	8.3%	29.2%	12.5%	0.0%
Swimming & Water Sports						
	Urban (n=414)	46.5%	6.3%	30.6%	12.5%	4.2%
	Rural (n=119)	69.8%	4.7%	18.6%	7.0%	0.0%
Dance						
	Urban (n=50)	62.0%	4.0%	26.0%	6.0%	2.0%
	Rural (n=26)	46.2%	15.4%	30.8%	7.7%	0.0%
In-line Skating or Skateboarding						
	Urban (n=10)	80.0%	10.0%	0.0%	0.0%	10.0%
	Rural (n=15)	73.3%	0.0%	0.0%	0.0%	6.7%

Conclusions & Cautions on Data Use

The results of this study reinforced the value of activities that can be engaged in spontaneously, without significant amounts of equipment, and in the outdoors. Walking in summer and winter was clearly the most frequently engaged in activity and the activity least negatively impacted by the pandemic. The results illustrated how passionate Yukon residents are about their trail systems, how much they use them for non-motorized activities, and that they prefer to be outdoors. Recreation programmers and policy makers would be advised to consider ways of improving trail connectivity, ensuring safe access, and providing enhancements that encourage users across the lifespan.

Future research on physical activity needs to consider taking a different methodological approach, and potentially look to creating an updated list of physical activities that residents engage in. This may lead to a better understanding of not only what residents do for physical active recreation, but also provide programmers and policy makers a better sense of how to promote physically active lifestyles across the lifespan.

The data pertaining to the rural communities was collected from a small sample size. When the sample was further divided into sub-groups and when the impacts of the pandemic on participation were examined, the individual cell sizes become very small and should not be used for planning purposes. The rural results do provide a general overview and illustrate trends but should be used with caution.