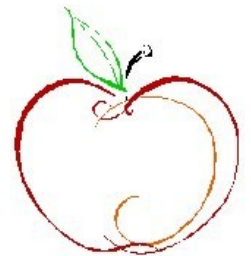


# Childrens' Chit Chat

*From the Yukon Healthy Living Segmentation Study  
...on children aged 5 to 17 as reported by parents*

- Yukon children tend to be at either end of a continuum of physical activity levels; they are either very active, or they are very involved in TV/Internet/gaming. Only 18% spend the same amount of time being active as they do on “screen”.
- 36% of children/youth spend more time on screen than on physical activity; this group averages 56 minutes of physical activity per day outside of school.
- 46% spend more time being active than on screen; this groups averages 123 minutes of activity per day .
- 27% of Yukon youth spend an average of 150 minutes per day on screen.
- Older youth spend 118 minutes a day on screen; children spend 72 minutes a day .
- Yukon children are much more likely to be active and participate in a wider variety of activities during the summer months.
- In winter, more than 25% do no physical activities outside of school. This increases to nearly 40% amongst high screen-time children.
- Yukon children typically eat fruit and/or vegetables at dinner (88%), at lunch (82%), and at breakfast (66%).
- 86% drink milk or a milk alternative at breakfast.
- Younger children are more likely to eat fruit/vegetables and drink milk. Older children are more likely to eat junk food, and drink fruit juice and soda pop.



NOTE: One-quarter of those surveyed reported having at least one child between the ages of 5 and 17 living at home (which compares to 28% reported in the 2001 Census).

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