

Favorite Frolics of Yukon Children



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

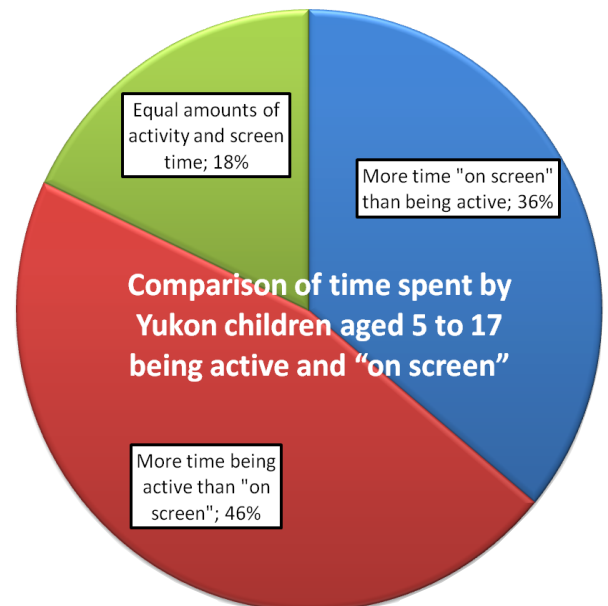
During the **summer**, Yukon children tend to be more active than in winter. They participate in activities such as outdoor play (33%), swimming (30%), bicycling (27%), soccer (22%) and walking (20%).



- ➔ Children aged 5-12 are more likely to play outdoors, swim and bike, while youth are more likely to play soccer, volleyball or basketball and to walk.
- ➔ Boys tend to participate in a wider range of activities than girls, but are less likely to dance, do gymnastics or swim.
- ➔ 36% of children spend more time “on screen” than being active. These children are more likely to swim and walk whereas the 46% who are more active tend to play outdoors and play soccer.

In the **winter**, more than 25% of Yukon children do not participate in physical activities outside of school. This increases to nearly 40% amongst children who spend more time “on screen” than being physically active. Of those who are active, they tend to participate in ice skating or hockey (38%), cross country skiing (34%) or another winter sport (52%).

- ➔ Children aged 5-12 are more likely to cross country ski, ice skate or play hockey whereas youth are more likely to choose another winter sport.
- ➔ Boys tend to ice skate, play hockey and dog sled while girls are more likely to cross country ski or participate in another winter sport.
- ➔ Children who spend more time “on screen” are more likely to dog sled, whereas children who are more active cross country ski or participate in another winter activity.



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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