



## SURVEYING THE LAND: What we know about Yukoners and activity.

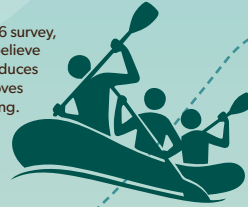
## PLANNING THE ROUTE: Getting more Yukoners moving.

# Breaking Trail Towards a More Active Yukon!

INSIGHTS FROM THE 2016 YUKON HEALTHY LIVING STUDY

### Yukoners recognize physical activity supports well-being.

According to the 2016 survey, **81%** of Yukoners believe physical activity reduces stress and improves mental well-being.



**76%** of Yukon parents believe physical activity reduces their youth's stress.

### Take advantage of nature: it nurtures active living!

Most Yukoners prefer to exercise outdoors. Only **11%** would rather exercise indoors.



Yukoners say they want more trails and **24%** of those over 65 are more likely to use trails with exercise stops/benches.



### Many Yukoners are finding ways to be more active.

**57%** of Yukoners exercised at home in 2016—up from **41%** in 2009.



Since 2009 the number of Yukoners who walk, cycle, and purposefully park further away from the store—even in winter—has increased.

### Find ways to get people physically active all year.

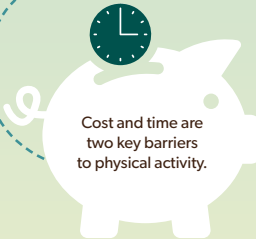
Walk a dog—making sure the dog gets enough exercise motivates **52%** of Yukoners to be more active.



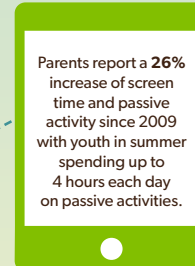
**61%** of Yukoners agree, they love to exercise in summer and **46%** agree they love to exercise in winter.

### Yukoners also report obstacles and challenges.

Cost and time are two key barriers to physical activity.



Parents report a **26%** increase of screen time and passive activity since 2009 with youth in summer spending up to 4 hours each day on passive activities.



### Create daily opportunities for physical activity.

Get active with friends and family. **70%** of Yukoners will be active longer when they are with a friend or family member!



Establish Active at Work policies. **64%** of Yukoners report that work takes away from their time to be active.



### Rural Yukoners are encouraged to be more active by:

- Land and trail-based activities (**56%**)
- Better access to indoor programs and spaces (**31%**)
- Quality after school programs (**22%**)

### There are differences between rural Yukon and Whitehorse.

In rural communities, limited program options, not enough volunteers, and concerns about outdoor safety are barriers to an active lifestyle.



In Whitehorse, the cost of recreation and sports programs has increased as a barrier (**31%** in 2016 as compared to **17%** in 2009).

**The Yukon is an active place**, but there are things we can do to support all Yukoners to live more active lifestyles in all seasons! The 2016 Yukon Healthy Living Study helps us understand how to get more Yukoners active.

2016 Yukon Healthy Living Study results are based on data collected in the Fall of 2016. 735 surveys were completed online and in-person and weighted to Yukon census data. 502 were completed by Whitehorse residents and 211 by rural Yukon residents. The Margin of Error is +/- 3.57.

The Study was funded by Yukon Government's Department of Community Services Sport and Recreation Branch through the Yukon Northern Wellness Project in partnership with the Public Health Agency of Canada and the Recreation and Parks Association of the Yukon.

The 2016 Yukon Healthy Living Study was conducted by DataPath Systems of Marsh Lake, Yukon with support from C. Sparks Consulting, Whitehorse, Yukon.

Working Together to Build Active and Healthy Communities



### SUPPORT A MORE ACTIVE YUKON. CONTACT:

**Yukon Government Sport and Recreation Branch:**  
867-667-5254 or 1-800-661-0408 ext. 5254  
[community.gov.yk.ca/cd/resources.html](http://community.gov.yk.ca/cd/resources.html)

**Sport Yukon**, including information about the Kids Recreation Fund:  
867-668-4236 | [sportyukon.com](http://sportyukon.com)

**Recreation and Parks Association of the Yukon:**  
1-866-961-WALK (9255) | [rpay.ca](http://rpay.ca)

**ParticipACTION:**  
[participaction.com](http://participaction.com)

**ElderActive Recreation Association:**  
867-456-8252 | [elderactive.ca](http://elderactive.ca)

**The Canadian Society for Exercise Physiology:**  
[csep.ca](http://csep.ca)