

IN 5

MINUTES

News and events visually

LIKE US ON FACEBOOK FACEBOOK.COM/

# The high cost of groceries

Those living in Canada's remote northern communities face more than their share of problems, including inadequate housing, low employment levels, and isolation. Access to food is one of the biggest hurdles because grocery prices are higher in the North than in much of the rest of Canada and many people are going hungry.



## Why are grocery prices so high?

- Transportation costs:** Although stores can order stock in bulk, many grocery items still have to be flown in.
- Retail operating costs:** Electricity costs can be quadruple what they are in other Canadian cities, and repairs may need outside labourers brought in.
- Labour costs:** Minimum wage in Nunavut is \$11.00/hr. Many stores need to pay higher wages to keep workers.

# THE ROLE OF Schools IN PROMOTING PHYSICAL ACTIVITY

**RECESS**  
Students who get at least **20** minutes of recess per day have a lower body mass index percentile than their peers.



**P.E.**  
In states with P.E. requirements, high school girls were active **37** more minutes per week.



**SAFE ROUTES TO SCHOOL**  
Students who walked to school every day had **24** more minutes of physical activity per day.



**ACHIEVEMENT**  
Teens who were active in school were **20%** more likely to earn an "A" in math or English.



Active Living Research  
[www.activelivingresearch.org](http://www.activelivingresearch.org)

Sources: RECESS: Ferrandis M and Sturm R. "The Role of School Physical Activity Programs in Child Body Mass Trajectory" Journal of Physical Activity and Health, 8(2): 174-181, February 2011. P.E.: Cowley J, Meyerhoefer C and Newhouse D. "The correlation of youth physical activity with state policies." Contemporary Economic Policy, 16(12):1287-1301, 2007. ACHIEVEMENT: Nelson MC and Gordon-Lorzen P. "Physical Activity and Sedentary Behavior Patterns Are Associated With Selected Adolescent Health Risk Behaviors." Pediatrics, 117(4): 1281-1290, April 2006. SAFE ROUTES TO SCHOOL: Sirard JR, Riner WF, McIver KL and Pate RR. "Physical Activity and Active Commuting to Elementary School." Medicine and Science in Sports and Exercise, 37(12): 2062-2068, 2005.

## LET'S KEEP GIRLS MOVING!

**DID YOU KNOW...** **TEENAGE GIRLS** participate in physical activity and sport **LESS** than **TEENAGE BOYS**

**ONLY 2%**  
OF GIRLS AGED 12 - 17 are getting enough physical activity<sup>1</sup>

**SCHOOL SPORT PARTICIPATION**  
**DROPS APPROX. 26%**  
for girls in **GRADES 6 - 12**<sup>2</sup>

When Phys. Ed classes are optional,  
**ONLY 10%**  
of high school girls enroll<sup>3</sup>





# LET'S KEEP GIRLS MOVING!



## DID YOU KNOW...

**TEENAGE GIRLS** participate in physical activity and sport **LESS** than **TEENAGE BOYS?**




**OF GIRLS AGED 12 – 17** are getting enough physical activity<sup>1</sup>

### SCHOOL SPORT PARTICIPATION

**DROPS APPROX. 26%**

for girls in **GRADES 6 – 12**<sup>2</sup>

When Phys. Ed classes are optional,




**ONLY 10%**



of high school girls enroll<sup>3</sup>

## AGE 10 IS KEY!

If a girl doesn't participate in a sport by **AGE 10** there is



**ONLY A 10% CHANCE**

she'll be physically active at **AGE 25**<sup>4</sup>



## GIRLS VS BOYS

**GIRLS! DON'T GIVE UP!**

**39%**

**69%**

**39% OF TEENAGE GIRLS** (aged 15 – 19) PARTICIPATE IN SPORTS (compared to **69%** of teenage boys)<sup>5</sup>

## REGULAR PHYSICAL ACTIVITY HAS BEEN PROVEN TO<sup>6</sup>



**participACTION TEEN CHALLENGE**

The ParticipACTION Teen Challenge is breaking down the barriers that prevent teens from getting active.

**CHECK IT OUT!**

[participaction.com/teen-challenge](http://participaction.com/teen-challenge)

sponsored by **Coca-Cola Canada**

Sources:  
 1. Canadian Health Measures Survey, 2007 to 2011  
 2. Active Healthy Kids Canada, 2010 Healthy Habits Start Earlier Than You Think  
 3. Gibbons, S.L., Wharf-Higgins, L., Gault, C., & Van Gyn, G.H. (1999). Listening to female students in high school physical education.



# LET'S GET TEENS MOVING!



WHY ARE ONLY **4%**

OF CANADIAN TEENS (12-17 YRS OLD) active enough to meet the Canadian Physical Activity Guidelines?<sup>1</sup>

TEENS WALK LESS

DAILY WALKING TIME



BETWEEN 1992 AND 2010, daily walking time for 15 - 17 year old teens DECREASED from 17 to 11 minutes<sup>2</sup>



## HERE'S WHY:



OF TEENS (13-17 YRS OLD) get to and from school **ON THEIR OWN STEAM**



INACTIVE MODE of transportation



## AT SCHOOL:



TEENS spend most of their day **SITTING** - NOT playing SPORTS

PARTICIPATION IN SCHOOL SPORTS drops between grade 6 and 12<sup>4</sup>

BOYS **-14%** GIRLS **-26%**

TEENS (AGED 12 - 17)

spend **68%** of waking hours being sedentary<sup>5</sup>



CANADIAN TEENS spend



TEENS SHOULD accumulate

**AT LEAST**



**MINUTES** OF HEART PUMPING PHYSICAL ACTIVITY EACH DAY, and **LIMIT** sedentary screen time<sup>6</sup> to 2 HOURS<sup>7</sup>



The ParticipACTION Teen Challenge is breaking down the barriers that prevent teens from getting active.

**CHECK IT OUT!**

[participaction.com/teen-challenge](http://participaction.com/teen-challenge)

SPONSORED BY **Coca-Cola** Canada

Sources:

1. Active Healthy Kids Canada. (2012). Are we driving our kids to unhealthy habits?
2. CFLRI. Getting Kids Active: Active commuting to school. 2010.
3. Active Healthy Kids Canada. (2012). Are we driving our kids to unhealthy habits?
4. Active Healthy Kids Canada. 2010 Healthy Habits Start Earlier Than You Think
5. 2009-2011 Canadian Health Measures Survey
6. S.T. Levesque & A.R. Ahmed. 2011. Screen-based sedentary behaviours among

