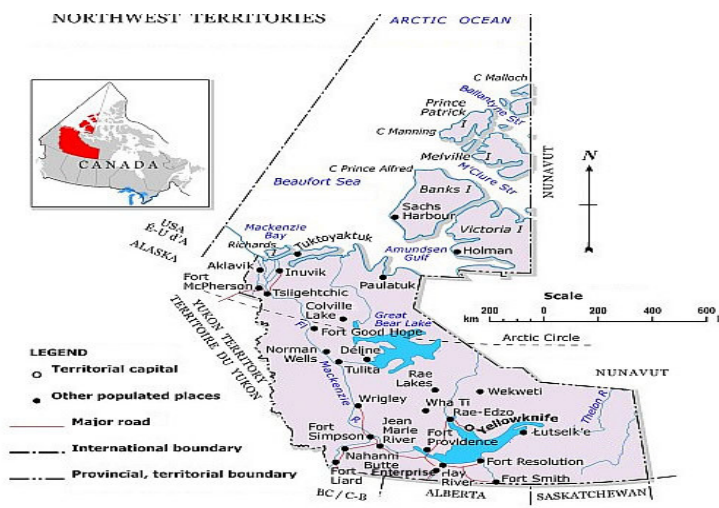




NORTHWEST TERRITORIES: COMMUNITY RECREATION NEEDS ASSESSMENT

BUILDING HEALTHY COMMUNITIES IN THE NWT REPORT





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prepared by

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EXECUTIVE SUMMARY

This study focuses on assessing recreation needs of fourteen communities of the Northwest Territories (Canada) including (in alphabetical order): Enterprise, Fort Good Hope, Ford Liard, Fort McPherson, Fort Providence, Fort Resolution, Fort Simpson, Fort Smith, Hay River, Inuvik, Jean Marie River, Nahanni Butte, Trout Lake and Wrigley. Until now, there has been no research done on recreation activities and needs in these communities. Data collected is of the utmost importance, due to the sole fact that communities themselves developed questions that were included in the survey questionnaire addressing issues and needs considered as the most appropriate towards analysis of recreation and its role in community development. Furthermore, study results can be used to develop and implement recreation activities plan appropriate for each and single community.

Total 1560 survey questionnaires were completed and analyzed giving wealth of information regarding recreation behaviors, benefits and constraints of study participants. Survey questionnaires were distributed through various sources including community meetings, recreation centers, schools and local sporting events. Respondents were asked to fill out the survey at the time of the event and hand it in immediately after completion. This method helped to increase the response rate, as respondents were not allowed to turn in surveys at a later period of time. Approximately 15 surveys were excluded from the analysis because completion rates of those individual surveys were less than 50%.

Results were found to be significant and substantial for each community and as a whole. Due to the fact that communities surveyed differ significantly in size, the study grouped all fourteen communities in three major groups: small, medium and large communities. 19 surveys completed by the NWT Youth Council members were included in analysis as the “small community”. Therefore, the report refers to “fifteen communities surveyed”.

In regard to characteristics of respondents, different gender, age and ethnic groups were represented rather equally. Overall, slight majority of study participants were female (59%), age bracket of 15 to 24 years old (39%), aboriginal (67.9%). Comparison of these characteristics with the NWT Bureau of Statistics data confirmed that the survey sample adequately represented the overall population of the Northwest Territories.

Survey questionnaire utilized for this study, asked respondents to evaluate appropriateness of recreation sites and resources, estimate the role of leisure and recreation in community everyday life, describe their favorite recreation activities, describe leisure participation, comment upon benefits and constraints of leisure/recreation participation, community volunteering etcetera.

Eighty-nine percent of respondents said recreation is “important” to their quality of life. Further, in general study participants indicated that their communities had enough of the recreation resources (parks/fields/trails, facilities, volunteers, programs and leaders/coaches). At the same time, facilities were considered insufficient (47.4% answering “insufficient”). Within community groups, four out of six small-size communities expressed dissatisfaction with the adequacy of facilities in their communities (both Enterprise community and the NWT Youth Council were dissatisfied with almost all recreation resources except for parks/fields/trails).

When asked about their recreation behaviors, 65.7% of respondents said they have participated in a recreation activity in the previous year. Those who did not participate, said they had no time or no interest to participate in programs offered. Within large communities, one-third of respondents said there is lack of information regarding recreation opportunities.

In regard to information sources concerning recreation activities within their communities, the top promotional mediums included (in order): word of mouth (32%), bulletin boards (24%), radio (16%), newspapers (15%) and posters (13). Improved publicity could therefore increase the word of mouth throughout communities, reaching a wider range of participants.

Activities that showed most participation among study participants, were:

- general activities: spending time with friends/family (89%), watching television (88%), reading (83%), watching videos (83%), walking/running/jogging (82%);
- cultural, art or drama activities: attending a concert or play (55%), crafts (53%), dancing (52%);
- special community events: Canada Day (92%), carnivals (89%), Christmas games (84%);
- physical activities/sports: swimming (58%), volleyball (56%), soccer (54%), organized team sports (53%), basketball (52%), softball (51%);
- on the land and water activities/sports: bicycling (80%), camping/going out on the land (77%), boating (75%), snowmobiling (72%), fishing (70%), hiking/backpacking (56%).

The top five favorite recreation activities included soccer, volleyball, ice hockey, basketball and swimming. Majority of respondents (59%) stated that it was very important or important in their lives. In regard to participation patterns, forty percent of respondents said they participated in their favorite recreation activity once a month, versus fifteen percent who almost never participated. Furthermore, respondents were asked to identify activities they have not participated in but would like to try. Five activities (out of the list of 101) showed the most significance among all communities: dog sledding, kayaking, snowshoeing, broomball, and cross country skiing.

The survey questionnaire also asked respondents whether they have participated in the Arctic Winter Games, Territorial or Regional Trials. Only 28% have participated in this event. Among them 83% were athletes, 11% were volunteers, and 6% were coaches. Respondents-participants of the AWG indicated that the strongest benefit was that the Games build excitement and involvement of the people in the community.

One of the unique features of this study is that it asked participants to comment upon their perceptions of leisure/recreation participation benefits and constraints. First, survey respondents

were asked to rate the 11 benefits of recreation on a 5-point Likert-type scale (5=strongly agree, 4=agree, 3=don't agree or disagree, 2=disagree, 1=strongly disagree). Two major factors were determined: interaction within community and personal development/growth. Items that scored highest were (in order by mean scores) "to have fun", "provides a physical challenge", "a chance to meet new people" and "provides mental stimulation".

Second, respondents were asked to rate the 20 constraints on a 5-point Likert-type scale (5=strongly agree, 4=agree, 3=don't agree or disagree, 2=disagree, 1=strongly disagree). Within the constraints category, three main factors were determined: social/physical issues and constraints, personal issues and constraints, and program issues and constraints. Personal issues, such as work and school commitments and cost of equipment, were identified as the main constraints to leisure.

Another distinctive feature of this study was its assessment of the role of recreation to community development. Respondents were asked to rate the 14 statements about recreation and community satisfaction on a 5-point Likert-type scale (5=strongly agree, 4=agree, 3=don't agree or disagree, 2=disagree, 1=strongly disagree). Factor analysis revealed three major factors influencing respondents' perception of the role of recreation in community development (in order): positive outcomes, negative outcomes and impact of recreation. Within Factor 1 ("positive thoughts on community"), small communities scored highest on "the future of the community looks positive" (mean score=3.51), medium communities agreed that "people of this community continually look for new solutions to problems" (mean score=3.46), and large communities scored the highest on other items listed (in order): "the community has good leaders" (mean score=3.51), "I am satisfied with the quality of life in this community" (mean score=3.36), "there is an adequate number of recreation opportunities here in this community" (mean score=3.17) and "this community is an ideal place to live because of recreation" (mean score=3.17). Within Factor 2 ("negative thoughts on community"), only four out of fifteen communities (Nahanni Butte, Fort Liard, Fort Simpson and Inuvik) disagreed with the statement "not much can be said in favor of this community", versus eleven others who agreed. The other statement that "people will not work together to get things done" scored high among all communities surveyed. Finally, within Factor 3 ("impact of recreation"), all communities agreed that recreation plays a positive role in community development.

Finally, respondents were asked if they volunteer in their community and why or why not. Overall, the response to this question was very well split down the middle (55% "yes" versus 45% "no"). Those who responded they do not volunteer, indicated the four major reasons as follows: no time, no opportunities to volunteer, no interest, and laziness. Further, despite commonalities between communities, community groups differed in their answers: prevalent reason of non-participation in volunteering within large communities was the lack of information regarding activities, followed by the lack of time. Within medium and small communities, lack of information did not appear as significant.

Overall, the study collected a wealth of information on various issues. A number of respondents expressed their appreciation of the survey, along with hopes for changes. Majority of study participants gave extensive comments on questions asked. All their ideas were analyzed and included in this report.



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1. INTRODUCTION

1.1. PURPOSE OF THE STUDY

The main purpose of this study is to assess recreation needs of the fifteen communities surveyed¹. Respondents were asked to estimate how their recreation needs are being met in their communities and give comments upon improvement of the current situation. Various questions were asked to evaluate appropriateness of recreation sites and resources and to estimate the role of leisure and recreation in community everyday life. The survey covered several components of recreation and sports, such as adequacy of resources, favorite leisure activities, benefits and constraints of leisure/recreation participation, community volunteering, impacts of recreation on community development and others.

1.2. METHODOLOGY

“Building Healthy Communities in the NWT: Community Recreation Needs Surveys” (see **Appendix 1**) were distributed throughout fifteen different communities in the Northwest Territories. Communities-participants of the study included (in alphabetical order): Enterprise, Fort Good Hope, Ford Liard, Fort McPherson, Fort Providence, Fort Resolution, Fort Simpson, Fort Smith, Hay River, Inuvik, Jean Marie River, Nahanni Butte, Trout Lake and Wrigley. Furthermore, 19 surveys were completed by the NWT Youth Council members. Survey questionnaires were distributed through various sources including community meetings, recreation centers, schools and local sporting events.

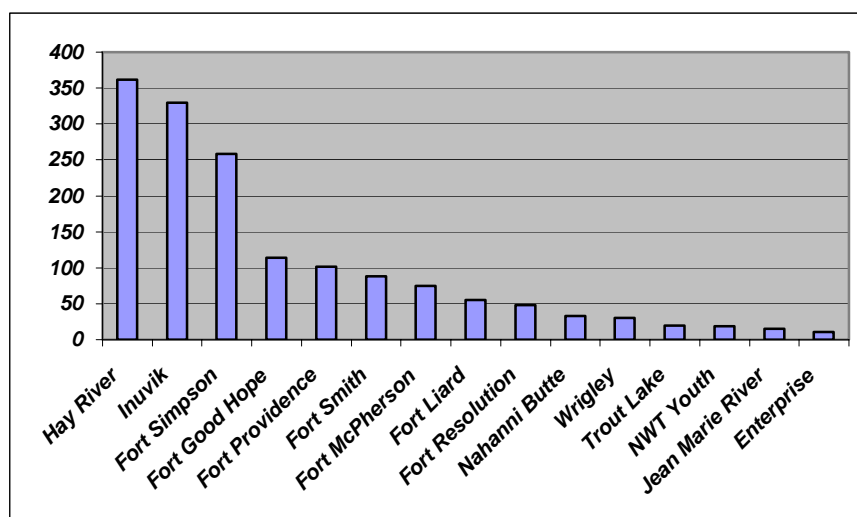
1.3. SURVEY RESPONSE

In total, from the fifteen communities surveyed, 1560 surveys were completed. Respondents were asked to fill out the survey at the time of the event and hand it in immediately after completion. This method helped to increase the response rate, as respondents were not allowed to turn in surveys at a later period of time. Approximately 15 surveys were excluded from the analysis because completion rates of those individual surveys were less than 50%.

¹ Originally, fourteen communities were included in the study. NWT Youth Council members were surveyed separately. Due to the small number of responses, the group was included in the analysis alongside with other communities. Therefore this report refers to fifteen communities surveyed.

Figure 1.1. depicts distribution of responses by community.

Figure 1.1. Distribution of responses by community ($n=1560$)



Source: Building Healthy Communities in the NWT Survey, 2002-2003.

Table 1.1. shows the exact number of surveys by community.

Table 1.1. Number of surveys by community ($n=1560$)

Community	Number of responses
Hay River	362
Inuvik	330
Fort Simpson	258
Fort Good Hope	114
Fort Providence	102
Fort Smith	88
Fort McPherson	75
Fort Liard	55
Fort Resolution	48
Nahanni Butte	33
Wrigley	30
Trout Lake	20
NWT Youth Council	19
Jean Marie River	15
Enterprise	11
Total	1560

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

Given the fact that all communities participating in the study differ by size, the study collapsed all responses obtained, in the three major groups: small-size community responses, middle-size community responses, and large-size community responses (data source: NWT Bureau of Statistics). NWT Youth Council responses were included in the small-size community group. Community groupings by size are given in **Table 1.2**.

Table 1.2. Community grouping table

Community	Population 2001, inhabitants
<i>Small communities</i>	
Jean Marie River	50
Enterprise	61
Trout Lake	70
Nahanni Butte	107
Wrigley	165
NWT Youth Council*	
<i>Medium communities</i>	
Fort Resolution	525
Fort Liard	530
Fort Good Hope	549
Fort Providence	753
Fort McPherson	761
<i>Large communities</i>	
Fort Simpson	1,163
Fort Smith	2,185
Inuvik	2,894
Hay River	3,510

***Note: NWT Youth Council responses were included in the small-size community group
Source: NWT Bureau of Statistics, 2002.*

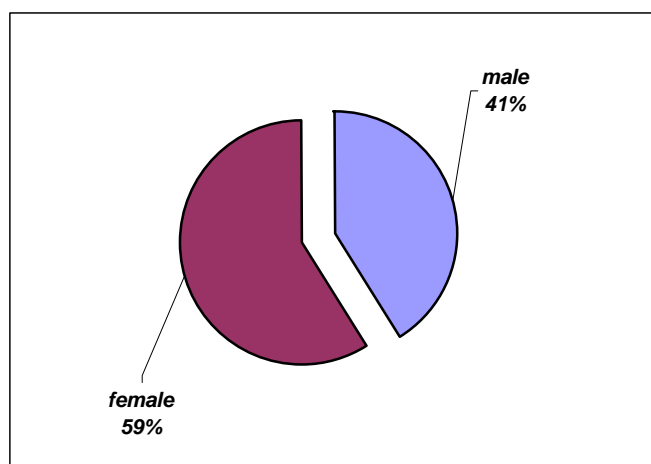
2. CHARACTERISTICS OF RESPONDENTS

2.1. GENDER

According to the NWT Bureau of Statistics, the population of Northwest Territories is rather equally distributed with 52% males and 48% females (Community Population Estimates by Gender, NWT, July 1, 2002. NWT Bureau of Statistics).

The study also had a good mix of gender. Slight majority of study participants were female (880 respondents, or 59%). 606 study participants were male (41% respectively). Out of 1560 surveyed, only 5% chose not to fill in the demographic information (not included in the figure). **Figure 2.1.** shows gender of respondents. **Table 2.1.** compares the gender distribution of study participants with the overall population of Northwest Territories (Community Population Estimates by Gender, NWT, July 1, 2002. NWT Bureau of Statistics). As the table depicts, study sample represents the overall population of the Northwest Territories.

Figure 2.1. Gender of respondents ($n=1328$)



Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 2.1. Comparison of survey gender data with the NWT census

Gender	Survey participants	NWT population
Male	41%	52%
Female	59%	48%

Source: *NWT Bureau of Statistics, 2002.*

Gender characteristics of respondents by community are given in **Table 2.2.** As the table depicts, all communities had a good mix of gender, with the exception of the NWT Youth Council members, who were predominantly female.

Table 2.2. Gender of respondents, by community (percentages)

Community	Male	Female
<i>Small communities</i>		
Jean Marie River	53	47
Enterprise	43	57
Trout Lake	50	50
Nahanni Butte	48	52
Wrigley	35	65
NWT Youth Council	11	89
<i>Medium communities</i>		
Fort Resolution	37	63
Fort Liard	53	47
Fort Good Hope	50	50
Fort Providence	38	62
Fort McPherson	50	50
<i>Large communities</i>		
Fort Simpson	38	62
Fort Smith	44	56
Inuvik	36	64
Hay River	40	60
Overall	41	59

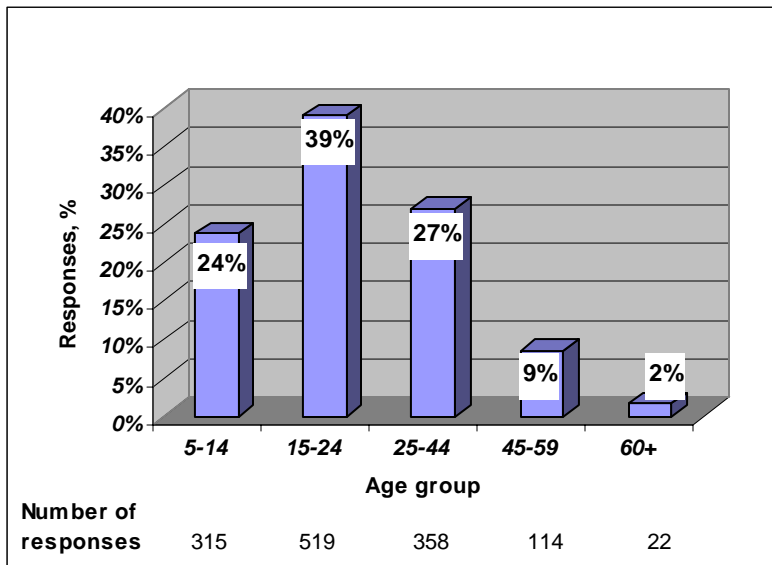
Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

2.2. AGE

The age of study respondents reflected the younger population of communities surveyed. Most participants were young adults from 15 to 24 years old (519 respondents, or 39%). Teenagers 9 to 14 years old were represented at the similar level to adults from 25 to 44 years old.

Figure 2.2. shows the percentage of responses per age group. **Table 2.3.** compares the distribution of age groups for study participants and the overall population of Northwest Territories (Community Population Estimates by Community Age Group, NWT, July 1, 2002. NWT Bureau of Statistics). As the table depicts, the study sample is somewhat representative of the overall population of the Northwest Territories.

Figure 2.2. Age of respondents ($n=1328$)



Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 2.3. Comparison of survey age data with the NWT census

Age group	Study participants	NWT population
5-14	24%	18%
15-24	39%	15%
25-44	27%	35%
45-59	9%	16%
60+	2%	7%

Source: *NWT Bureau of Statistics, 2002.*

Age characteristics of respondents by community are given in the **Table 2.4**.

Table 2.4. Age of respondents, by community (percentages)

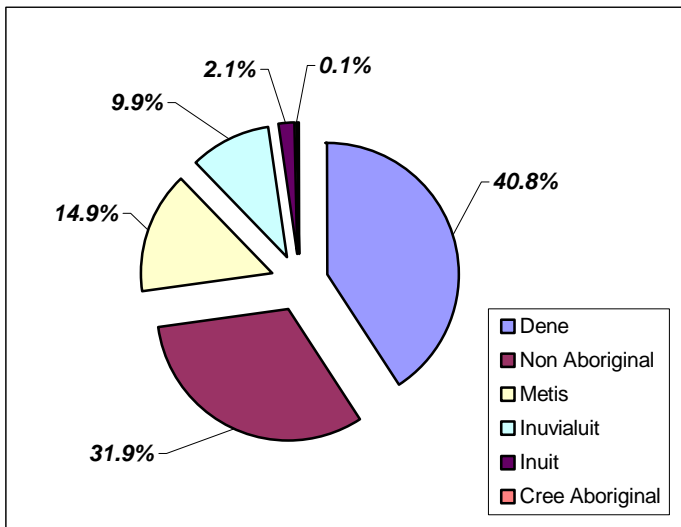
Community	5-14	15-24	25-44	45-59	60+
<i>Small communities</i>					
Jean Marie River	25	25	50		
Enterprise	17	17	50	17	
Trout Lake	31	13	31	13	13
Nahanni Butte	23	19	46	8	4
Wrigley	19	24	43	14	
NWT Youth Council		83	17		
<i>Medium communities</i>					
Fort Resolution	3	41	38	13	5
Fort Liard	31	36	24	5	5
Fort Good Hope	12	33	28	19	8
Fort Providence	11	38	39	11	
Fort McPherson	29	45	13	10	3
<i>Large communities</i>					
Fort Simpson	12	30	42	15	1
Fort Smith	10	64	20	6	
Inuvik	26	40	29	4	
Hay River	42	41	12	5	
Overall	24	39	27	9	2

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

2.3. ETHNICITY

The ethnic background of study respondents was rather diverse (see **Figure 2.3.**). The majority of respondents identified themselves as Dene and Non-Aboriginal – 40.8% and 31.9% of total accordingly. Two other highly represented ethnic groups were Metis (14.9%) and Inuvialuit (9.9%). Inuit and Cree Aboriginal groups were represented least. 132 study participants chose not to indicate their ethnic background (8.5%). **Table 2.5.** compares ethnic background of study participants with the ethnic background of the NWT population (Community Population Estimates by Ethnicity, NWT, July 1, 2002. NWT Bureau of Statistics). Though both major ethnic groups were represented significantly, the majority of study participants were aboriginal.

Figure 2.3. Ethnic background of respondents ($n=1428$)



Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 2.5. Comparison of survey ethnicity data with the NWT census

Ethnicity	Study participants	NWT population
Aboriginal	67.9%	50.2%
Non-Aboriginal	31.9%	49.8%

Source: *NWT Bureau of Statistics, 2002.*

Table 2.6. expands on ethnical background of survey respondents and examines it by community.

Table 2.6. Ethnic background of respondents, by community (percentages)

Community	Inuvialuit	Dene	Metis	Inuit	Non-Aboriginal	Cree Aboriginal
<i>Small communities</i>						
Jean Marie River	14	86				
Enterprise			17		83	
Trout Lake		100				
Nahanni Butte		97	3			
Wrigley		69	12		19	
NWT Youth Council	5	68	26			
<i>Medium communities</i>						
Fort Resolution	2	61	28		9	
Fort Liard		74	11		15	
Fort Good Hope	5	70	15		10	
Fort Providence	1	79	15	1	3	
Fort McPherson		73	10	2	15	
<i>Large communities</i>						
Fort Simpson	5	43	10	3	38	
Fort Smith	6	29	20	1	39	2
Inuvik	35	18	8	3	36	
Hay River	3	15	25	3	55	
Overall	9.9	40.8	14.9	2.1	31.9	0.1

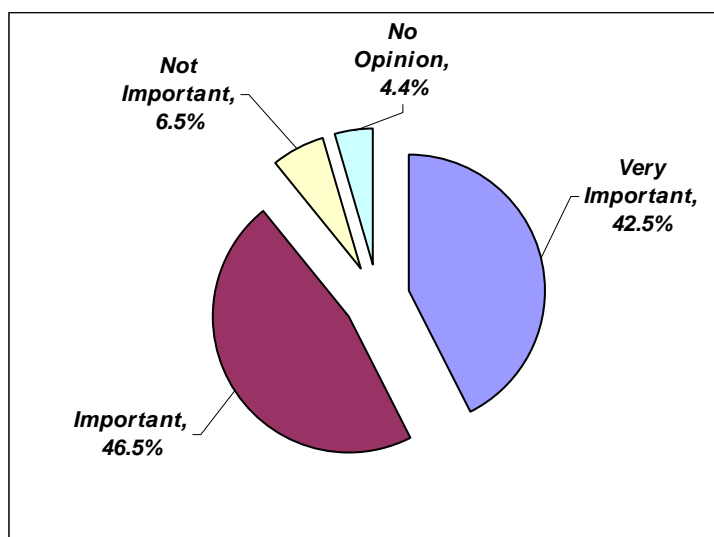
Source: Building Healthy Communities in the NWT Survey, 2002-2003.

3. ASSESSMENT OF RECREATION PROGRAMS, FACILITIES AND RESOURCES

3.1. RECREATION AND QUALITY OF LIFE

Respondents were asked to evaluate the importance of recreation to their quality of life on a 4-point Likert-type scale (4=very important, 3=important, 2=not important, 1=no opinion). Out of 1560 respondents, only 168 (10.8%) indicated their attitude towards the importance of recreation to their quality of life as either “not important” or “no opinion”. **Figure 3.1.** illustrates that recreation activities promote a quality of life in the Northwest Territories (89% of respondents said that recreation was “very important” or “important” to their quality of life).

Figure 3.1. Importance of recreation activities to the quality of life ($n=1530$)



Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 3.1. shows detailed distribution of responses by community (in percentages) along with mean scores on a 4-point scale. All communities surveyed scored high on importance of recreation activities to the quality of life. However, there are minor differences between community groups. Small communities scored higher overall (mean score=3.40), followed by medium-size communities (mean score=3.30) and large-size communities (mean score=3.24).

Further, the Enterprise community scored the lowest (mean score=2.5), rating the importance of recreation activities as either “not important” or “no opinion” (50%). This could be of concern to the Recreation Department of the community. Possible explanations of these results could be sought in comments to open-ended questions within the Enterprise Community (see **Chapter 11** of this report).

Table 3.1. Importance of recreation programs to the quality of life, by community (percentages)

Community	Very important	Important	Not important	No opinion	Mean scores*
Jean Marie River	60.0	40.0			3.60
Wrigley	56.7	36.7	6.7		3.50
Trout Lake	52.6	42.1	5.3		3.47
Nahanni Butte	56.3	37.5		6.3	3.44
NWT Youth Council	52.6	36.8	10.5		3.42
Enterprise	10.0	40.0	40.0	10.0	2.50
<i>Overall for small communities</i>	52.0	38.4	7.2	2.4	3.40
Fort Resolution	59.6	34.0	6.4		3.53
Fort Good Hope	44.7	45.6	4.4	5.3	3.30
Fort Providence	52.0	32.7	7.1	8.2	3.29
Fort McPherson	42.5	43.8	8.2	5.5	3.23
Fort Liard	34.0	58.5	3.8	3.8	3.23
<i>Overall for medium communities</i>	46.5	42.3	6.0	5.2	3.30
Inuvik	41.2	48.9	6.2	3.7	3.28
Fort Simpson	40.6	48.4	7.5	3.5	3.26
Hay River	38.9	49.6	6.5	5.1	3.22
Fort Smith	37.5	48.9	6.8	6.8	3.17
<i>Overall for large communities</i>	39.9	49.0	6.7	4.4	3.24
<i>Overall for all communities</i>	42.5	46.5	6.5	4.4	3.27

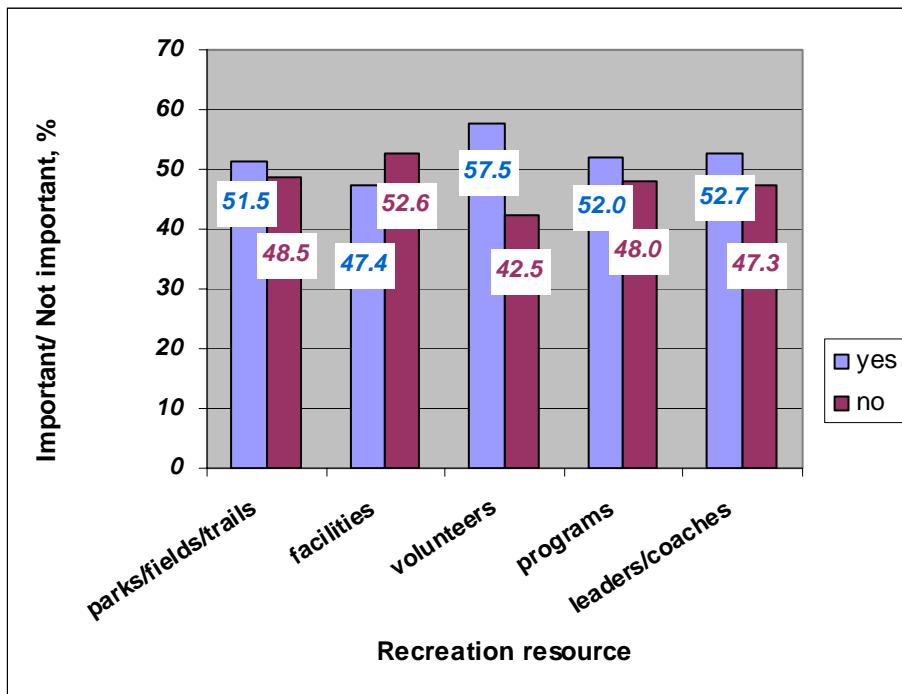
*Scale 1-4: 1=no opinion, 2=not important, 3=important, 4=very important

Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

3.2. ADEQUACY OF RESOURCES

Respondents were asked whether they believe their community has enough recreation resources, including: parks/fields/trails, facilities, volunteers, programs, and leaders/coaches. Overall, study participants indicated that their communities had enough of the resources. Most of the answers were very well split down in the middle. However, facilities were considered insufficient (47.4% answering “insufficient”). **Figure 3.2.** illustrates distribution of responses concerning adequacy of recreation resources.

Figure 3.2. Adequacy of recreation resources (percentages)



Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 3.2. further explores satisfaction with resources by each community surveyed. The results are especially interesting for the situation within small communities. Four out of six small-size communities expressed dissatisfaction with the adequacy of facilities in their communities. Furthermore, both Enterprise community and the NWT Youth Council were dissatisfied with almost all recreation resources except for parks/fields/trails. Jean Marie River and Trout Lake communities are also concerned about the condition of parks, fields and trails within their communities. More, Jean Marie River community members indicated that leaders and coaches in their community are not adequate.

Table 3.2. Adequacy of recreation resources, by community (percentages)

Community	Parks/ Fields/ Trails		Facilities		Volunteers		Programs		Leaders / Coaches	
	yes	no	yes	no	yes	no	yes	no	yes	no
Jean Marie River	<i>14.3*</i>	<i>85.7</i>	40.0	60.0	53.3	46.7	40.0	60.0	<i>28.6</i>	<i>71.4</i>
Enterprise	60.0	40.0	<i>22.2</i>	<i>77.8</i>	<i>30.0</i>	<i>70.0</i>	<i>25.0</i>	<i>75.0</i>	<i>12.5</i>	<i>87.5</i>
Trout Lake	<i>30.0</i>	<i>70.0</i>	45.0	55.0	65.0	35.0	33.3	66.7	50.0	50.0
Nahanni Butte	53.1	46.9	<i>21.9</i>	<i>78.1</i>	63.3	36.7	38.7	61.3	44.4	55.6
Wrigley	34.6	65.4	<i>28.6</i>	<i>71.4</i>	51.7	48.3	39.1	60.9	53.6	46.4
NWT Youth Council	31.6	68.4	<i>29.4</i>	<i>70.6</i>	<i>29.4</i>	<i>70.6</i>	<i>16.7</i>	<i>83.3</i>	<i>6.3</i>	<i>93.8</i>
Small communities	39.2	60.8	30.8	69.2	55.8	44.2	37.0	63.0	43.0	57.0
Fort Resolution	<i>15.6</i>	<i>84.4</i>	36.2	63.8	48.9	51.1	40.0	60.0	39.5	60.5
Fort Liard	44.0	56.0	57.1	42.9	41.2	58.8	39.6	60.4	40.8	59.2
Fort Good Hope	37.9	62.1	42.7	57.3	50.0	50.0	42.1	57.9	37.4	62.6
Fort Providence	57.3	42.7	44.1	55.9	37.1	62.9	46.8	53.2	47.9	52.1
Fort McPherson	31.0	69.0	48.6	51.4	32.9	67.1	34.8	65.2	34.8	65.2
Medium communities	39.7	60.3	45.3	54.7	42	58	41.3	58.7	40.3	59.7
Fort Simpson	43.8	56.2	49.0	51.0	58.8	41.2	51.1	48.9	60.0	40.0
Fort Smith	72.3	27.7	50.6	49.4	75.0	25.0	60.7	39.3	58.3	41.7
Inuvik	58.2	41.8	52.3	47.7	59.7	40.3	57.7	42.3	53.0	47.0
Hay River	62.9	37.1	49.3	50.7	69.2	30.8	63.2	36.8	64.3	35.7
Large communities	57.5	42.5	50.3	49.7	64.2	35.8	58.3	41.7	59.3	40.7
Overall	51.5	48.5	47.4	52.6	57.5	42.5	52.0	48.0	52.7	47.3

*Note: figures highlighted in red and italicized, represent community' dissatisfaction with the adequacy of recreation resources

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

The survey questionnaire asked respondents to comment how to improve the current situation regarding community recreation resources. A brief summary of their answers is given below. More detailed information on each community separately is given in **Chapter 11** of this report.

Parks/Fields/Trails

Overwhelmingly, survey respondents indicated a strong need to maintain/upgrade existing trails and fields, and develop new trails for hiking, bicycling or walking. Middle-size communities also indicated a need for playgrounds within their communities. Maps and signs are considered a need in large communities.

Facilities

The majority of survey respondents indicated the need to upgrade existing facilities and build new ones. Operation hours of facilities are generally considered inadequate and should be changed. Large communities strongly wish to have new swimming pools, sports arenas and courts for various sport programs.

Volunteers

All communities surveyed feel a strong lack of volunteers. However, to stimulate volunteering, it was also noted that volunteers should be rewarded and appreciated. Within large communities, survey respondents were eager to volunteer, but they were not aware of programs and volunteer positions. Therefore, wider publicity could be of assistance. Many respondents also proposed to encourage high school students and parents to participate in community volunteering.

Programs

The main concern expressed by the majority of study participants was regarding the lack of recreation programs targeted towards various age groups. There is a need to develop programs for children, youth and adults, running throughout the year. When programs are there, they are believed to be poorly publicized and thus not known to the public. Also, there is a need to develop/promote aboriginal/traditional recreation activities.

Leaders/Coaches

All communities surveyed indicated the need for more qualified leaders and coaches who could be role models for youth. Furthermore, there is a need to organize local training courses for coaches and encourage community members and especially parents to get involved.

3.3. RECREATION PARTICIPATION RATES

Respondents were asked if anyone in their household has participated in a community recreation program within the previous year. Out of 1560 survey respondents, 939 or 65.7% said they have participated in a recreation activity in the previous year, versus 490 or 34.3% who have not. Eight percent of respondents did not answer the question. **Table 3.3.** depicts participation levels in a community recreation program, by community.

Table 3.3. Participation in a community recreation program or activity, by community (percentages)

Community	Yes	No
<i>Small communities</i>		
Trout Lake	70	30
NWT Youth Council	65	35
Wrigley	62	39
Nahanni Butte	59	41
Enterprise	50	50
Jean Marie River	46	54
<i>Medium communities</i>		
Fort Liard	80	20
Fort Providence	69	31
Fort McPherson	61	39
Fort Resolution	58	42
Fort Good Hope	58	42
<i>Large communities</i>		
Fort Simpson	70	30
Hay River	69	31
Fort Smith	66	34
Inuvik	63	37
Overall	65.7	34.3

Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

When answering “no”, respondents were asked to elaborate. The majority of respondents said they have no time or no interest to participate in programs offered. Within large and medium-size communities, one-third of respondents indicated they don’t know of any programs they can participate in. Interestingly, this issue did not appear in small-size communities.



4. RECREATION BEHAVIORS

4.1. FAVORITE RECREATION ACTIVITIES

4.1.1. LIST OF FAVORITE RECREATION ACTIVITIES

This survey question provoked respondents to list their favorite recreation activities (see **Appendix 2** for an entire listing of all activities submitted by respondents). **Table 4.1.** shows the top 3 of these activities. Ice hockey showed the most significance over all communities.

Table 4.1. Top 3 favorite recreation activities *

Recreation activities	Number of responses	Percentage
Soccer	141	14
Volleyball	122	12
Ice hockey	121	12

**Note: Respondents could choose more than one response*

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

4.1.2. FREQUENCY OF PARTICIPATION IN A FAVORITE RECREATION ACTIVITY

Respondents were asked to indicate how often they participate in their favorite recreation activity (daily, a few times a week, once a week, once a month, almost never). Overall, the strongest response was “a few times a week”, with 40%. Otherwise, 15% participated daily, 13% participated once a week, 12% participated once a month, and 19% almost never participated in their favorite recreation activity. **Table 4.2.** explores participation rates by community.

Table 4.2. Participation in a favorite recreation activity, by community (percentages)

Community	Daily	A few times a week	Once a week	Once a month	Almost never
Jean Marie River	20	33	13	20	13
Enterprise	9		18	45	27
Trout Lake	10	30	15	25	20
Nahanni Butte	13	31	6	25	25
Wrigley	3	34	3	28	31
NWT Youth Council	16	21	11	37	16
Small communities	12	25	11	30	22
Fort Resolution	8	22	19	16	35
Fort Liard	25	34	8	17	17
Fort Good Hope	18	25	22	14	22
Fort Providence	14	29	19	12	26
Fort McPherson	19	34	8	16	23
Medium communities	17	28	15	15	24
Fort Simpson	13	40	18	11	19
Fort Smith	19	46	11	9	15
Inuvik	13	50	11	9	17
Hay River	17	48	12	8	15
Large communities	15	46	13	9	17
Overall	15	40	13	12	19

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

4.1.3. IMPORTANCE OF A FAVORITE RECREATION ACTIVITY

Respondents were asked to evaluate importance of their favorite activity on a 3-point Likert-type scale of very important, important, or sometimes important. Overwhelmingly, respondents stated that it was very important or important in their lives (82%). The remaining 18% said their favorite recreation activity was sometimes important (see **Table 4.3.**).

Table 4.3. Importance of a favorite recreation activity, by community (percentages)

Community	Very important	Important	Sometimes important
<i>Small communities</i>			
Jean Marie River	36	43	21
Enterprise	22	22	56
Trout Lake	50	20	25
Nahanni Butte	35	39	26
Wrigley	38	41	21
NWT Youth Council	32	42	26
<i>Medium communities</i>			
Fort Resolution	51	38	11
Fort Liard	37	47	16
Fort Good Hope	45	39	15
Fort Providence	38	40	22
Fort McPherson	47	41	12
<i>Large communities</i>			
Fort Simpson	40	46	14
Fort Smith	45	37	18
Inuvik	38	41	21
Hay River	43	38	19
Overall	41	41	18

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

4.2. LEISURE PARTICIPATION/ACTIVITIES RESPONDENTS PARTICIPATE IN

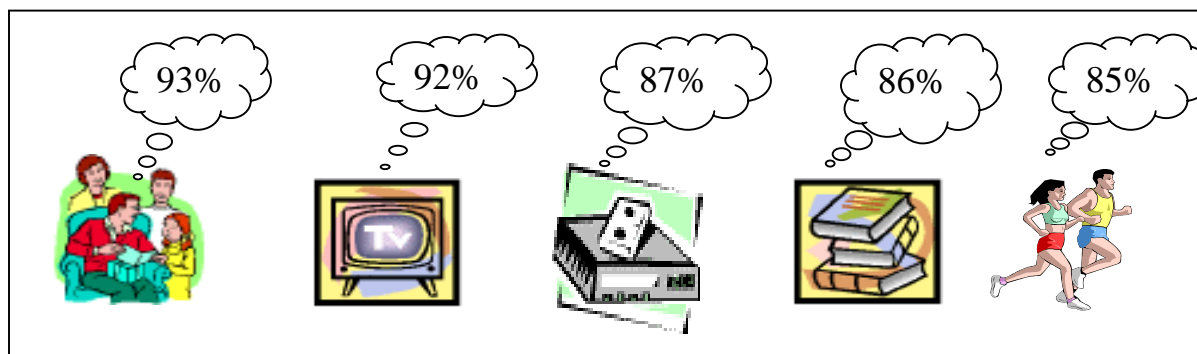
In this section of the survey, respondents were asked to rate how often they participate in each of the following leisure and sport activities: (1) general activities, (2) cultural, art or drama activities, (3) special community events, (4) physical activities/sports, (5) on the land/water activities. The possible answers were: most frequently, sometimes, or not at all. The findings are described below.

4.2.1. GENERAL RECREATION ACTIVITIES

Of the fourteen general activities listed in the survey questionnaire (see **Appendix 3**), five activities showed the most participation. These activities included: spending time with friends/family (93%), watching television (92%), watching videos (87%), reading (86%) and walking/running/jogging (85%) (see **Figure 4.1**). An interesting note is that four of these activities are individual, meaning there may be no need for other people in order to participate in the activity. Another concern is that at least three out of five activities mentioned, are sedentary (not physically active).

Table 4.4. explores participation rates in general recreation activities, by community. It also compares participation rates of small, medium and large-size community groups. For a complete listing of answers, see **Appendix 4**. Both tables depict that other rather highly participated general recreation activities are playing video games, volunteering time for the community and visiting elders (all three scored 63% on participation), followed by playing bingo or cards (55%), taking a class at a community center (38%), practicing self-defense (37%), geode/scouting programs (18%) and cadet programs (16% participation).

Figure 4.1. Most commonly participated general recreation activities



Source: Building Healthy Communities in the NWT Survey, 2002-2003.

Table 4.4. Participation in general recreation activities, by community (mean scores*)

Community	Cadet programs	Guide/scouting programs	Jogging/ running /walking	Playing bingo or cards	Playing video games	Practicing self-defence	Reading	Spending time with friends /family	Taking a class at a community center	Using a computer /Internet	Visiting elders	Volunteering time for my community	Watching television	Watching videos
Jean Marie River	1.20	1.27	2.07	1.93	2.07	1.80	<i>2.67**</i>	<i>2.50</i>	2.07	2.00	2.36	2.07	2.29	2.27
Enterprise	1.10	1.10	1.40	1.40	1.20	1.10	1.73	1.64	1.20	1.20	1.45	1.40	1.50	1.40
Trout Lake	1.12	1.12	2.00	1.78	2.05	1.88	2.40	<i>2.60</i>	1.68	2.15	2.05	2.00	2.40	2.40
Nahanni Butte	1.00	1.07	2.00	1.45	1.53	1.24	2.24	<i>2.70</i>	1.29	1.65	2.11	2.00	2.23	2.11
Wrigley	1.37	1.23	2.15	1.92	1.60	1.40	2.23	<i>2.50</i>	1.46	1.92	2.12	1.88	2.16	2.04
NWT Youth Council	1.18	1.24	2.06	1.79	2.11	1.28	<i>2.50</i>	<i>2.67</i>	1.61	2.22	2.06	2.06	2.44	2.39
<i>Mean scores for small communities</i>	1.17	1.17	2.00	1.71	1.76	1.44	2.31	2.51	1.53	1.90	2.06	1.94	2.22	2.15
Fort Resolution	1.14	1.05	2.02	1.91	1.61	1.30	2.20	<i>2.51</i>	1.50	2.14	2.00	1.98	2.22	2.02
Fort Liard	1.19	1.34	2.33	1.80	1.89	1.60	<i>2.50</i>	<i>2.56</i>	1.57	2.33	1.85	1.85	2.19	2.28
Fort Good Hope	1.28	1.21	1.96	1.73	1.79	1.43	2.09	2.43	1.39	1.89	1.93	1.74	2.27	2.17
Fort Providence	1.12	1.18	2.18	2.22	1.78	1.47	2.47	<i>2.57</i>	1.44	2.09	2.01	1.86	2.28	2.11
Fort McPherson	1.07	1.13	2.16	1.76	1.81	1.34	1.94	2.48	1.51	1.93	1.82	1.60	2.34	2.11
<i>Mean scores for medium communities</i>	1.17	1.18	2.12	1.90	1.78	1.43	2.23	2.50	1.46	2.04	1.93	1.79	2.27	2.14
Fort Simpson	1.21	1.14	2.19	1.68	1.76	1.40	2.36	<i>2.51</i>	1.41	2.18	1.65	1.82	2.24	2.06
Fort Smith	1.27	1.15	2.26	1.52	1.79	1.52	2.30	<i>2.54</i>	1.54	2.36	1.53	1.71	2.24	2.21
Inuvik	1.24	1.32	2.17	1.69	1.90	1.50	2.29	<i>2.58</i>	1.52	2.25	1.83	1.75	2.30	2.21
Hay River	1.32	1.26	2.20	1.60	1.96	1.59	2.28	<i>2.64</i>	1.47	2.36	1.64	1.78	2.38	2.33
<i>Mean scores for large communities</i>	1.26	1.24	2.19	1.64	1.88	1.51	2.31	2.58	1.48	2.28	1.69	1.77	2.31	2.22
Overall mean scores	1.23	1.22	2.16	1.71	1.85	1.49	2.29	2.56	1.48	2.19	1.78	1.79	2.29	2.19

*Scale 1-3: 1=not at all, 2=sometimes, 3=most frequently

**Note: figures highlighted in red and italicized, represent high mean scores

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

4.2.2. CULTURAL, ART OR DRAMA ACTIVITIES

Respondents were asked to identify cultural, art, or drama activities in which they participate. Only three activities scored over 50% on participation: crafts (57%), attending a concert or play (57%) and dancing (56%). Three other popular arts activities were playing a musical instrument (37%), beading/quill work/tufting (36%) and carving or painting (36%). Overall scores on participation were low across all communities. However, low participation rates could be explained by a lack of these programs in communities. In open-ended questions, many survey respondents stated they would like to see more cultural and art programs and facilities within their communities.

Table 4.5. explores participation rates in cultural, art or drama activities, by community. It also compares participation rates of small, medium and large-size community groups. Interestingly, small-size communities scored higher on their participation in cultural, art or drama activities. Participation rates within medium and large communities were somewhat similar. For a complete listing of answers, see **Appendix 5.**

Table 4.5. Participation in cultural, art or drama activities, by community (mean scores*)

Community	Attending a concert or play	Beading, quill work, tufting	Carving or painting	Crafts	Dancing	Drumming	Participating in a dramatic play	Playing a musical instrument	Quilting
Jean Marie River	2.07	1.93	1.73	2.07	2.20	1.73	1.33	1.60	1.60
Enterprise	1.30	1.20	1.30	1.50	1.50	1.20	1.20	1.30	1.20
Trout Lake	1.72	2.00	1.63	2.11	1.71	1.41	1.24	1.59	1.33
Nahanni Butte	1.62	1.57	1.34	1.60	1.66	1.10	1.10	1.11	1.18
Wrigley	1.58	1.76	1.48	1.60	1.80	1.44	1.32	1.52	1.46
NWT Youth Council	1.82	1.50	1.39	1.72	2.00	1.89	1.28	1.39	1.17
Mean scores for small communities	1.69	1.69	1.47	1.75	1.81	1.44	1.24	1.40	1.32
Fort Resolution	1.56	1.50	1.44	1.70	1.86	1.55	1.19	1.35	1.12
Fort Liard	1.72	1.81	1.72	1.79	1.78	1.61	1.30	1.47	1.33
Fort Good Hope	1.65	1.56	1.44	1.61	1.61	1.52	1.26	1.37	1.22
Fort Providence	1.71	1.65	1.48	1.88	1.93	1.42	1.19	1.51	1.19
Fort McPherson	1.58	1.49	1.36	1.72	1.56	1.14	1.24	1.36	1.15
Mean scores for medium communities	1.65	1.60	1.47	1.74	1.74	1.44	1.23	1.41	1.20
Fort Simpson	1.61	1.31	1.34	1.65	1.63	1.20	1.16	1.36	1.15
Fort Smith	1.73	1.28	1.37	1.55	1.72	1.25	1.18	1.76	1.20
Inuvik	1.72	1.50	1.40	1.75	1.72	1.29	1.24	1.48	1.20
Hay River	1.66	1.29	1.45	1.64	1.63	1.22	1.34	1.63	1.21
Mean scores for large communities	1.67	1.36	1.40	1.67	1.67	1.24	1.25	1.53	1.19
Overall mean scores	1.67	1.44	1.42	1.69	1.70	1.30	1.24	1.49	1.20

*Scale 1-3: 1=not at all, 2=sometimes, 3=most frequently

Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

4.2.3. SPECIAL COMMUNITY EVENTS

Within communities, special events are held on specific dates. Survey data showed different levels of participation among different events. The four most popular events were Canada Day (92% participation), carnivals (89% participation), summer festivals (76% participation) and Christmas games (74% participation). Other events were not so popular among respondents. Hamlet Days had the lowest participation rate (43%). See **Table 4.6.** for participation rates of special community events.

Table 4.6. Participation in special community events (percentages)

Special community events	Most frequently	Sometimes	Not at all	Mean score*
Canada Day	54	38	8	2.46
Carnivals	45	44	11	2.34
Summer festivals	31	45	24	2.07
Christmas games	31	43	26	2.05
Spring games	27	42	30	1.97
Traditional games	26	39	35	1.90
Treaty days	26	32	42	1.84
Summer activities/ Sneaker day	24	35	41	1.83
Hamlet days	14	29	57	1.57

*Scale 1-3: 1=not at all, 2=sometimes, 3=most frequently

Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 4.7. explores participation rates in special community events, by community. It also compares participation rates of small, medium and large-size community groups. Within special community events group, all community groups scored comparably. The lowest score was attributed to the Hamlet days, within small-size communities.

Table 4.7. Participation in special community events, by community (mean scores*)

Community	Canada Day	Carnivals	Christmas games	Hamlet days	Spring games	Summer active/ Sneaker day	Summer festivals	Traditional games	Treaty days
Jean Marie River	2.60**	2.60	2.07	1.79	2.14	1.79	1.93	2.00	2.07
Enterprise	1.60	1.60	1.50	1.10	1.00	1.10	1.10	1.00	1.00
Trout Lake	2.45	2.55	1.85	1.55	2.25	2.15	1.70	2.30	2.40
Nahanni Butte	2.32	2.41	1.70	1.26	2.00	1.74	1.71	1.55	2.07
Wrigley	2.26	2.37	2.00	1.48	2.00	1.69	2.00	2.15	2.37
NWT Youth Council	2.56	2.53	2.11	1.50	2.16	1.94	2.53	2.56	2.32
Mean scores for small communities	2.34	2.40	1.88	1.45	2.00	1.78	1.88	1.97	2.14
Fort Resolution	2.30	2.30	1.91	1.49	1.91	1.70	1.89	2.09	2.00
Fort Liard	2.65	2.30	2.10	1.67	2.15	2.02	2.13	2.18	2.33
Fort Good Hope	2.33	2.25	2.15	1.68	2.25	2.10	2.27	2.21	2.08
Fort Providence	2.50	2.57	2.11	1.66	2.13	1.89	2.16	2.17	2.37
Fort McPherson	2.57	2.53	2.22	1.56	2.24	1.91	2.31	2.04	1.66
Mean scores for medium communities	2.46	2.40	2.12	1.63	2.16	1.95	2.18	2.15	2.10
Fort Simpson	2.44	2.27	1.94	1.62	1.92	1.72	2.02	1.80	1.92
Fort Smith	2.61	2.31	1.94	1.53	1.81	1.77	2.22	1.89	1.76
Inuvik	2.60	2.37	2.19	1.70	2.05	1.90	2.21	1.98	1.71
Hay River	2.38	2.27	2.03	1.41	1.74	1.73	1.90	1.63	1.57
Mean scores for large communities	2.48	2.31	2.05	1.56	1.89	1.78	2.05	1.80	1.72
Overall mean score	2.46	2.34	2.05	1.57	1.97	1.83	2.07	1.90	1.85

*Scale 1-3: 1=not at all, 2=sometimes, 3=most frequently

**Note: figures highlighted in red and italicized, represent high mean scores

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

4.2.4. PHYSICAL ACTIVITIES/SPORTS

The top six sports that respondents participated in (most frequently and sometimes), were (in order): swimming (62%), volleyball (60%), soccer (58%), organized team sports (57%), basketball (55%), and softball (54%). See **Table 4.8.** for overall participation rates and **Table 4.9.** for participation rates, by community.

Table 4.8. Participation in physical activities/sports (percentages)

Physical activities/ sports	Most frequently	Sometimes	Not at all	Mean score*
Soccer	28	30	42	1.85
Swimming	22	40	38	1.84
Volleyball	24	36	40	1.83
Organized team sports	23	34	43	1.80
Softball	19	35	46	1.74
Basketball	17	38	45	1.72

*Scale 1-3: 1=not at all, 2=sometimes, 3=most frequently

Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

The lowest mean scores were attributed to Arctic sports (mean score=1.44), Dene games (mean score=1.43), wrestling (mean score=1.35), broomball (mean score=1.32) and speed skating (mean score=1.31). However, low participation rates could probably be explained by the lack of respective facilities and programs within communities. Interestingly, activities that scored lowest on participation, appeared to be activities desired by communities (see section 4.3., **Table 4.12.** for the list of activities desired by respondents and **Chapter 11** for analysis of open-ended questions).

Table 4.9. Participation in physical activities/sports, by community (mean scores*)

Community	Arctic sports	Badminton	Basketball	Broomball	Dene games	Fitness programs	Floor hockey	Ice hockey	Organized team sports	Soccer	Softball	Swimming	Speed skating	Volleyball	Wrestling
Jean Marie River	1.60	1.73	1.87	2.00	1.93	1.87	1.87	1.80	2.00	1.93	1.93	1.87	1.40	2.07	1.33
Enterprise	1.10	1.20	1.30	1.20	1.10	1.20	1.30	1.20	1.20	1.20	1.20	1.20	1.20	1.10	1.10
Trout Lake	1.18	1.76	1.82	1.24	2.00	1.33	1.50	1.29	1.59	1.76	2.12	2.17	1.24	1.88	1.61
Nahanni Butte	1.12	1.42	1.04	1.79	1.35	1.48	1.18	1.50	1.30	1.29	1.66	1.61	1.19	1.96	1.22
Wrigley	1.52	1.79	1.79	1.60	1.73	1.54	1.52	1.64	1.54	1.73	1.96	1.73	1.24	1.85	1.20
NWT Youth Council	1.22	1.67	1.94	1.17	1.94	1.39	1.67	1.61	1.72	1.67	1.89	1.89	1.44	2.00	1.28
Mean scores for small communities	1.30	1.62	1.61	1.54	1.69	1.48	1.48	1.53	1.55	1.60	1.83	1.77	1.28	1.87	1.29
Fort Resolution	1.47	1.74	1.50	1.12	1.61	1.51	1.45	1.57	1.55	1.76	1.62	1.83	1.24	1.76	1.26
Fort Liard	1.57	1.56	1.86	1.51	1.90	1.67	1.73	1.73	1.73	2.10	1.92	2.22	1.73	2.00	1.69
Fort Good Hope	1.34	1.37	1.60	1.29	1.72	1.48	1.68	1.71	1.67	1.72	1.62	1.55	1.32	1.80	1.30
Fort Providence	1.36	1.61	1.54	1.35	1.74	1.64	1.68	1.73	1.80	1.81	1.71	1.70	1.25	1.91	1.37
Fort McPherson	1.49	1.66	1.75	1.27	1.30	1.63	1.96	1.97	1.72	2.14	1.86	1.96	1.33	1.79	1.45
Mean scores for medium communities	1.42	1.56	1.64	1.31	1.65	1.58	1.72	1.75	1.71	1.88	1.73	1.79	1.35	1.85	1.40
Fort Simpson	1.30	1.58	1.54	1.31	1.38	1.73	1.51	1.56	1.70	1.73	1.65	1.83	1.23	1.57	1.25
Fort Smith	1.33	1.69	1.81	1.18	1.36	1.81	1.50	1.82	2.05	2.05	1.71	1.94	1.20	1.95	1.25
Inuvik	1.58	1.62	1.77	1.33	1.31	1.75	1.63	1.65	1.83	1.86	1.72	1.82	1.36	1.88	1.35
Hay River	1.52	1.66	1.90	1.28	1.28	1.73	1.62	1.84	1.97	1.95	1.79	1.90	1.33	1.91	1.40
Mean scores for large communities	1.47	1.63	1.77	1.30	1.32	1.74	1.59	1.71	1.86	1.87	1.73	1.86	1.30	1.82	1.33
Overall mean score	1.44	1.61	1.72	1.32	1.43	1.68	1.61	1.71	1.80	1.85	1.74	1.84	1.31	1.83	1.35

*Scale 1-3: 1=not at all, 2=sometimes, 3=most frequently

Source: *Building Healthy Communities in the NWT Survey, 2002-2003*

4.2.5. ON THE LAND AND WATER ACTIVITIES/SPORTS

The top six land and water activities were (in order): bicycling (84%), camping/going out on the land (82%), boating (79%), snowmobiling (77%), fishing (74%) and hiking/backpacking (60%).

Table 4.10. shows participation rates of the top six on the land and water activities.

Table 4.10. Participation in the land and water activities (percentages)

Land and water activities/ sports	Most frequently	Sometimes	Not at all	Mean score*
Bicycling	41	43	16	2.24
Camping/Going out on the land	34	48	18	2.15
Snowmobiling	39	38	23	2.15
Boating	28	51	21	2.07
Fishing	24	50	26	1.97
Hiking/backpacking	20	40	40	1.81

*Scale 1-3: 1=not at all, 2=sometimes, 3=most frequently

Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

The lowest mean scores were attributed to the following on the land and water activities (in order): kayaking/canoeing (mean score=1.58), skateboarding/rollerblading (mean score=1.54), cross country skiing (mean score=1.48), snow shoeing (mean score=1.46) and dog sledding/mushing (mean score=1.29). Repeating the pattern observed with the physical activities/sports, on the land and water activities that scored lowest, were those most desired by survey respondents (see section 4.3., **Table 4.12.** for the list of activities desired by respondents and **Chapter 11** for analysis of open-ended questions). Therefore, low participation rates could be merely attributed to the lack of respective programs within communities.

Table 4.11. Participation in the land and water activities, by community (mean scores*)

Community	Bicycling	Boating	Camping/ going out on the land	Cross country skiing	Dog sledding/ mushing	Fishing	Hiking/ backpacking	Hunting	Kayaking/ canoeing	Skateboarding /rollerblading	Snow mobiling	Snow shoeing
Jean Marie River	2.20	2.40	2.47	1.73	1.53	2.29	1.93	2.13	1.87	1.60	2.20	2.00
Enterprise	1.55	1.50	1.40	1.10	1.10	1.40	1.30	1.20	1.20	1.10	1.40	1.10
Trout Lake	2.37	2.58**	2.55	1.83	1.58	2.60	2.15	2.10	2.16	1.58	2.80	2.16
Nahanni Butte	2.17	2.30	1.93	1.44	1.00	1.77	1.66	1.80	1.14	1.04	2.14	1.08
Wrigley	2.21	2.25	2.29	1.73	1.42	2.14	2.11	2.11	1.86	1.48	2.08	1.85
NWT Youth Council	2.22	2.32	2.06	1.33	1.22	2.11	1.71	1.83	1.56	1.28	2.42	1.56
<i>Mean scores for small communities</i>	2.17	2.28	2.16	1.56	1.30	2.07	1.86	1.92	1.63	1.34	2.23	1.63
Fort Resolution	2.07	2.14	2.18	1.37	1.43	1.95	1.61	1.93	1.44	1.24	2.20	1.47
Fort Liard	2.48	2.15	2.33	1.36	1.46	2.02	1.94	2.04	1.70	1.46	2.19	1.70
Fort Good Hope	1.79	2.18	2.13	1.41	1.25	1.91	1.70	1.96	1.46	1.21	2.12	1.44
Fort Providence	2.39	2.25	2.29	1.45	1.28	2.04	1.74	1.91	1.61	1.34	2.37	1.54
Fort McPherson	2.33	2.01	2.15	1.51	1.47	1.86	1.77	1.81	1.56	1.53	2.26	1.68
<i>Mean scores for medium communities</i>	2.18	2.16	2.21	1.43	1.35	1.95	1.74	1.92	1.55	1.34	2.23	1.55
Fort Simpson	2.23	2.04	2.05	1.43	1.12	2.00	1.84	1.72	1.52	1.34	1.94	1.33
Fort Smith	2.38	1.87	2.14	1.55	1.18	1.87	1.76	1.68	1.60	1.62	2.02	1.40
Inuvik	2.17	2.13	2.18	1.49	1.32	1.97	1.81	1.77	1.63	1.56	2.20	1.49
Hay River	2.37	1.93	2.14	1.50	1.34	1.97	1.78	1.59	1.57	1.94	2.19	1.38
<i>Mean scores for large communities</i>	2.27	2.01	2.13	1.49	1.26	1.97	1.80	1.69	1.58	1.64	2.12	1.40
Overall mean score	2.24	2.07	2.15	1.48	1.29	1.97	1.79	1.77	1.58	1.54	2.15	1.46

*Scale 1-3: 1=not at all, 2=sometimes, 3=most frequently

**Note: figures highlighted in red and italicized, represent high mean scores

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

4.3. ACTIVITIES DESIRED BY RESPONDENTS

Respondents were asked to identify activities they have not participated in but would like to try. Overall, over 101 activities were listed. Five activities prevailed with over a 4% response rate: dog sledding, kayaking, snowshoeing, broomball and cross country skiing. Dog sledding was the most prominently underutilized activity by far with a 6.6% response rate. The top ten most requested activities are listed in **Table 4.12**.

Table 4.12. Top 10 activities desired by respondents

Activities	Number of responses	Percentage
Dog sledding	163	6.6
Kayaking	140	5.6
Snowshoeing	114	4.6
Broomball	105	4.2
Cross country skiing	100	4.0
Speedskating	96	3.9
Hiking	90	3.6
Ice hockey	90	3.6
Badminton	83	3.3
Canoeing	82	3.3

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

Interestingly, activities most desired by respondents, scored lowest on participation rates. Probably, Recreation Departments could succeed in promoting recreation within their communities by developing programs their residents lack.



5. BENEFITS OF PARTICIPATION IN RECREATION PROGRAMS

Recreation participation offers enormous benefits to those involved. One of the main goals of this study was to assess benefits and constraints coming from recreation participation within the communities of the Northwest Territories. Therefore, survey respondents were asked to rate the 11 benefits of participation in recreation programs on a 5-point Likert-type scale (5=strongly agree, 4=agree, 3=don't agree or disagree, 2=disagree, 1=strongly disagree). Interpretation of the factor analysis results revealed two major categories of leisure benefits: interaction within community (Factor 1), and personal development/growth (Factor 2).

Distribution of items among the two factors looks as follows:

- **Factor 1 – interaction within community** (in order by mean scores): “gives me leadership skills”, “helps me work with others in my community”, “provides understanding of other people”, “makes me want to be a role model for others”, “makes me want to do better at school or work”, “helps me solve problems”, “makes me want to volunteer in my community”;
- **Factor 2 - personal development items** (in order by mean scores): “to have fun”, “provides a physical challenge”, “a chance to meet new people”, “provides mental stimulation”.

Personal development items (Factor 2) were recognized as the most valuable recreation benefits. Within this group, the number one benefit was “to have fun” (mean score=4.61), followed by “recreation provides a physical challenge” (mean score=4.27), “a chance to meet new people” (mean score=4.25) and “recreation provides mental stimulation” (mean score=3.99). Within Factor 1 (interaction within community) items on “gives me leadership skills”, “helps me work with others in my community” and “provides understanding of other people” scored highest. Overall, all mean scores were higher than 3.5. **Table 5.1.** provides the list of all benefits and how strongly respondents agreed each factor is an important benefit. Results of the factor analysis are given in **Appendix 6.**

Table 5.1. Benefits of participation in recreation programs (percentages)

Participation benefits	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	Mean score*
<i>Interaction within community</i>						
Gives me leadership skills	29.2	47.6	17.7	4.2	1.4	3.99
Helps me work with others in my community	27.1	51	15.9	4.2	1.8	3.97
Provides understanding of other people	20.7	51.8	21.9	4.4	1.2	3.86
Makes me want to be a role model for others	24.5	41.1	24.5	6.9	3.2	3.77
Makes me want to do better at school or work	22.5	60.8	26.5	6.8	3.4	3.72
Helps me solve problems	17	40.6	30.9	8.3	3.1	3.60
Makes me want to volunteer in my community	16.2	41.7	30.1	8.4	3.6	3.58
<i>Personal development</i>						
To have fun	67	28	3	1	1	4.61
Provides a physical challenge	39	52.2	6.6	1.3	1	4.27
A chance to meet new people	37	54.4	6.3	1.3	1	4.25
Provides mental stimulation	27.7	49.8	18.1	3	1.4	3.99

*Scale 1-5: 1=strongly disagree, 2=disagree, 3=don't agree or disagree, 4=agree, 5=strongly agree

Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 5.2. explores benefits of participation in recreation programs, by community. In general, mean scores were high among all communities. Enterprise community scored lowest on all the 11 items, furthermore, several items scored below 3.0 (in order): “provides understanding of other people” (mean score=2.9), “gives me leadership skills” (mean score=2.9), “makes me want to do better at school or work” (mean score=2.8), “makes me want to be a role model for others” (mean score=2.7).

Table 5.2. Benefits of participation in recreation programs, by community (mean scores*)

Community	A chance to meet new people	Provides a physical challenge	Provides a mental stimulation	Provides understanding of other people	Makes me want to do better at school or work	Makes me want to volunteer in my community	Makes me want to be a role model for others	Gives me leadership skills	Helps me work with others in my community	Helps me solve problems	To have fun
Jean Marie River	4.29	4.36	4.00	4.15	4.14	4.00	3.86	4.07	4.00	3.71	4.57
Enterprise	3.40	3.60	3.30	2.90**	2.80	3.10	2.70	2.90	3.10	3.00	3.80
Trout Lake	4.45	4.15	3.90	4.10	4.00	4.20	4.35	4.26	4.35	4.00	4.60
Nahanni Butte	4.23	4.13	3.89	4.06	4.16	3.97	3.93	4.14	4.35	3.87	4.69
Wrigley	4.27	4.07	3.96	4.10	3.86	3.89	3.97	4.07	4.25	3.76	4.57
NWT Youth Council	4.33	4.32	4.22	3.89	4.18	3.94	4.06	3.94	4.16	3.61	4.63
Mean scores for small communities	4.23	4.13	3.92	3.97	3.95	3.92	3.92	4.00	4.16	3.73	4.55
Fort Resolution	4.37	4.49	4.20	4.15	3.82	4.00	4.24	4.20	4.24	3.93	4.70
Fort Liard	3.96	4.28	3.58	3.79	3.70	3.58	3.85	4.00	3.94	3.53	4.67
Fort Good Hope	4.23	4.18	3.98	4.01	3.84	3.81	3.84	4.00	4.04	3.74	4.56
Fort Providence	4.38	4.12	4.01	4.00	4.11	3.89	4.04	4.18	4.15	3.64	4.62
Fort McPherson	4.16	4.33	3.91	3.84	4.07	3.62	3.83	3.94	3.96	3.40	4.59
Mean scores for medium communities	4.23	4.25	3.95	3.96	3.93	3.78	3.94	4.06	4.06	3.64	4.62
Fort Simpson	4.30	4.38	4.16	3.85	3.67	3.67	3.90	3.98	4.01	3.62	4.60
Fort Smith	4.34	4.42	4.17	3.77	3.53	3.31	3.43	3.93	3.80	3.41	4.67
Inuvik	4.23	4.23	3.93	3.85	3.82	3.54	3.75	3.97	3.92	3.66	4.60
Hay River	4.24	4.28	3.96	3.76	3.41	3.31	3.54	3.96	3.88	3.48	4.62
Mean scores for large communities	4.26	4.30	4.02	3.81	3.62	3.47	3.69	3.96	3.92	3.57	4.61
Overall mean score	4.25	4.27	3.99	3.86	3.72	3.58	3.77	3.99	3.97	3.60	4.61

*Scale 1-5: 1=strongly disagree, 2=disagree, 3=don't agree or disagree, 4=agree, 5=strongly agree

**Note: figures highlighted in red and italicized, represent low mean scores

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

6. CONSTRAINTS TO PARTICIPATION IN RECREATION PROGRAMS

Besides numerous benefits of participation in recreation programs, there are many reasons people do not participate in leisure, or do not participate as often as they would like. Survey respondents were asked to rate the 20 constraints preventing them from participation in recreation activities, on a 5-point Likert-type scale (5=strongly agree, 4=agree, 3=don't agree or disagree, 2=disagree, 1=strongly disagree). Interpretation of the factor analysis results revealed three major categories of leisure constraints: social and physical issues and constraints (Factor 1), personal issues and constraints (Factor 2), and program issues and constraints (Factor 3).

Distribution of items among the three factors looks as follows:

- **Factor 1 – social /physical issues and constraints** items (in order by mean scores): “I am shy about participating in public”, “I don't have transportation”, “I don't have the physical abilities”, “I don't have artistic or creative abilities”, “I am physically unable to participate”, “my friends or family don't want me to go”;
- **Factor 2 – personal issues and constraints** items (in order by mean scores): “work/school commitments”, “the price of recreation/sports equipment”, “cost for recreation programs are too high”, “no program near my home”, “don't know where to participate in the activity”, “no one to go with”, “I don't know where I can learn skills”, “I don't have child care”;
- **Factor 3 – programs issues and constraints** items (in order by mean scores): “programs not offered on the right day or time for me”, “I don't have any program information”, “programs are not interesting”, “I don't like the instructor/coach”, “there isn't anything for my family”, “the program is too long each day I go there”.

Personal issues, such as work and school commitments and cost of equipment, were identified as the main constraints to leisure. Within this group, work and school commitments scored highest (mean score=3.8). **Table 6.1.** illustrates how strongly respondents feel each constraint applies to them. Results of the factor analysis are given in **Appendix 7.**

Table 6.1. Reasons for non-participation in leisure activities (percentages)

Leisure constraints	Strongly agree	Agree	Neutral	Disagree	Strongly disagree	Mean score*
Factor 1. Social/physical issues and constraints						
I am shy about participating in public	7.4	19.1	22.9	32.7	17.9	2.65
I don't have transportation	4.2	12.0	24.9	36.5	22.3	2.39
I don't have the physical abilities	4.0	10.4	24.2	36.8	24.6	2.32
I don't have artistic or creative abilities	3.3	11.5	23.3	37.5	24.4	2.32
I am physically unable to participate	3.5	7.0	22.6	37.8	29.1	2.18
My friends or family don't want me to go	2.5	5.9	24.9	39.1	27.6	2.17
Factor 2. Personal issues and constraints						
Works/school commitments	25.5	47.5	13.5	8.9	4.7	3.80
The price of recreation/sports equipment	14.6	31.3	25.6	20.7	7.7	3.24
Cost for recreation programs are too high	12.5	24.4	31.5	22.3	9.3	3.09
No program near my home	11.1	22.8	30.3	26.2	9.6	3.00
Don't know where to participate in the activity	7.5	23.7	31.2	27.0	10.5	2.91
No one to go with	7.4	25.0	29.3	26.0	12.4	2.89
I don't know where I can learn the skills	5.9	16.1	34.4	28.6	14.9	2.70
I don't have child care	7.4	14.8	33.7	23.7	20.4	2.65
Factor 3. Program issues and constraints						
Programs not offered on the right day or time for me	9.7	33.7	25.1	21.4	10.1	3.12
I don't have any program information	7.5	26.9	27.5	26.0	12.1	2.92
Programs are not interesting	7.5	19.1	27.6	28.8	17.0	2.71
I don't like the instructor/coach	6.5	11.0	34.2	31.1	17.2	2.58
There isn't anything for my family	6.5	12.0	30.4	32.3	18.8	2.55
The program is too long each day I go there	3.6	8.5	35.8	33.7	18.3	2.45

*Scale 1-5: 1=strongly disagree, 2=disagree, 3=don't agree or disagree, 4=agree, 5=strongly agree
 Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 6.2. explores leisure constraints, by community. The top five constraints identified by survey respondents, are (in order): “work/school commitments” (mean score=3.8), “the price of recreation/sports equipment” (mean score=3.24), “programs are not offered on the right day or time for me” (mean score=3.12), “cost for recreation programs are too high” (mean score=3.09) and “no program near my home” (mean score=3).

Table 6.2. Reasons for non-participation in leisure activities, by community (mean scores*)

Community	Work/school commitments	No program near my home	The price of recreation/sports equipment	No one to go with	Don't know where to participate in the activity	Cost for recreation programs are too high	I don't have child care available	I don't know where I can learn the skills	I am shy about participating in the public	My friends or family don't want me to go
Jean Marie River	3.53**	3.33	3.27	3.47	3.13	3.07	2.67	3.00	2.53	2.53
Enterprise	3.20	2.90	2.90	2.80	3.20	3.30	2.90	2.90	2.78	2.56
Trout Lake	3.82	3.50	3.33	3.18	2.94	3.28	2.65	3.24	2.58	2.50
Nahanni Butte	4.07	3.59	3.12	3.00	3.12	2.71	2.63	2.40	2.38	2.21
Wrigley	4.24	3.50	3.57	3.08	3.07	3.19	2.96	2.96	3.11	2.56
NWT Youth Council	3.89	3.11	3.11	2.72	2.72	2.78	2.59	2.67	2.61	1.89
Mean scores for small communities	3.91	3.39	3.26	3.04	3.03	3.02	2.73	2.83	2.68	2.36
Fort Resolution	3.84	3.19	3.09	2.82	2.79	2.91	3.19	2.81	2.55	2.33
Fort Liard	3.98	3.35	3.36	3.04	3.18	3.23	3.27	2.84	2.78	2.50
Fort Good Hope	3.69	3.33	3.35	2.78	2.99	2.94	2.65	2.89	2.82	2.28
Fort Providence	3.89	2.94	3.60	2.93	2.94	3.40	2.66	2.75	2.70	2.23
Fort McPherson	3.33	2.81	2.99	2.94	2.67	2.79	2.40	2.46	2.69	2.19
Mean scores for medium communities	3.73	3.12	3.31	2.89	2.92	3.06	2.76	2.75	2.73	2.28
Fort Simpson	3.76	2.94	3.17	2.89	2.82	2.90	2.76	2.68	2.56	2.20
Fort Smith	3.98	2.94	3.23	3.25	2.92	3.08	2.54	2.82	2.92	2.22
Inuvik	3.77	2.86	3.19	2.71	2.92	2.98	2.62	2.61	2.58	2.06
Hay River	3.86	2.92	3.28	2.90	2.90	3.36	2.50	2.65	2.65	2.04
Mean scores for large communities	3.82	2.91	3.22	2.87	2.89	3.10	2.60	2.66	2.63	2.10
Overall mean score	3.80	3.00	3.24	2.89	2.91	3.09	2.65	2.70	2.65	2.17

*Scale 1-5: 1=strongly disagree, 2=disagree, 3=don't agree or disagree, 4=agree, 5=strongly agree

**Note: figures highlighted in red and italicized, represent high mean scores

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

Table 6.2. Reasons for non-participation in leisure activities, by community (mean scores*), cont.

Community	I don't have the physical abilities	I don't have transportation	I am physically unable to participate	I don't have artistic or creative abilities	Programs are not interesting	Programs are not offered on the right day or time for me	I don't have any program information	I don't like the instructor/coach	The program is too long each day I go there	There isn't anything for my family
Jean Marie River	2.47	2.53	2.40	2.60	2.67	2.80	2.80	2.60	2.53	2.53
Enterprise	2.78	3.00	3.00	2.67	3.30	3.50	3.18	2.78	2.56	2.78
Trout Lake	2.63	2.74	2.83	2.82	3.24	3.50	3.56	2.59	2.88	2.71
Nahanni Butte	2.26	2.35	2.12	2.50	2.52	3.26	2.54	1.91	2.52	2.40
Wrigley	2.69	2.81	2.77	2.88	3.12	3.46	3.44	3.35	2.85	3.38
NWT Youth Council	2.35	2.65	2.38	2.19	2.88	2.93	3.00	2.53	2.31	2.25
Mean scores for small communities	2.50	2.64	2.54	2.62	2.92	3.26	3.07	2.64	2.63	2.71
Fort Resolution	2.52	2.40	2.32	2.46	2.80	3.21	3.05	2.72	2.32	3.18
Fort Liard	2.55	2.54	2.37	2.59	2.84	3.50	3.04	2.69	2.59	2.70
Fort Good Hope	2.46	2.56	2.29	2.40	2.78	3.04	3.14	2.53	2.52	2.73
Fort Providence	2.35	2.36	2.25	2.38	2.90	3.22	2.94	2.65	2.48	2.76
Fort McPherson	2.47	2.32	2.34	2.46	2.72	2.86	2.79	2.45	2.34	2.29
Mean scores for medium communities	2.45	2.44	2.30	2.44	2.81	3.13	2.99	2.59	2.46	2.69
Fort Simpson	2.27	2.33	2.15	2.27	2.76	3.14	2.96	2.53	2.42	2.66
Fort Smith	2.42	2.44	2.16	2.35	2.77	2.93	2.77	2.67	2.43	2.54
Inuvik	2.22	2.36	2.07	2.24	2.54	3.09	2.88	2.52	2.43	2.42
Hay River	2.24	2.34	2.06	2.20	2.66	3.11	2.83	2.64	2.44	2.41
Mean scores for large communities	2.26	2.35	2.10	2.24	2.65	3.09	2.87	2.58	2.43	2.49
Overall mean score	2.32	2.39	2.18	2.32	2.71	3.12	2.92	2.58	2.45	2.55

*Scale 1-5: 1=strongly disagree, 2=disagree, 3=don't agree or disagree, 4=agree, 5=strongly agree

**Note: figures highlighted in red and italicized, represent high mean scores

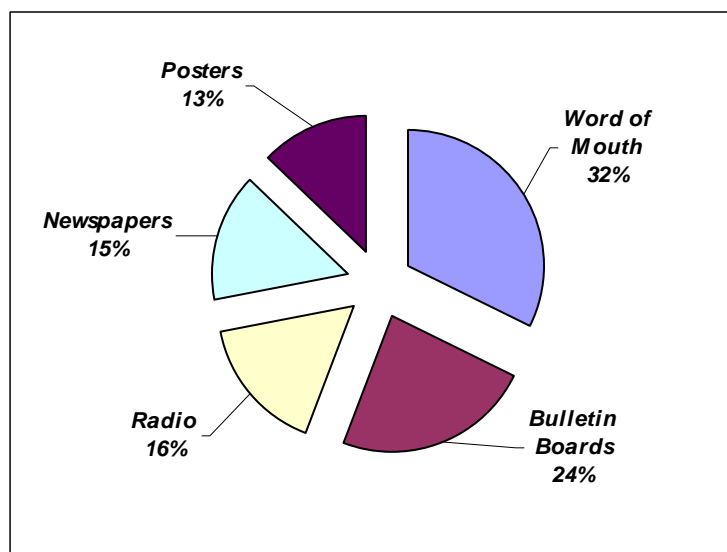
Source: Building Healthy Communities in the NWT Survey, 2002-2003.

7. PROGRAM INFORMATION

Promoting programs is vital to their success. Respondents to the survey questionnaire were asked to identify their main sources of receiving program information. Below follows a brief description of information sources included in the survey questionnaire.

- **media sources** include radio, the community channel on TV, and newspapers;
- **social sources** of program information include word of mouth from friends, family or neighbors;
- **community organizations sources** include recreation centers, community offices, and post office boxes;
- **postings** include bulletin boards, special program fliers, school fliers, posters, and post office offices.

Figure 7.1. Top 5 sources of program information



Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

The top promotional mediums that community members were aware of included (in order): word of mouth, bulletin boards, radio, newspapers, posters, community office, and recreation center (see **Figure 7.1.**). This implies that most community members find out about recreation programs through friends, family and acquaintances. Improved publicity could therefore increase the word of mouth throughout communities, reaching a wider range of participants. Furthermore, publicity was indicated as one of the most important issues to be addressed by Recreation

Departments, especially within large communities (see **Chapter 11** of this report for detailed analysis of open-ended questions, by community).

Table 7.1. ranks information sources by the number of responses. **Table 7.2.** expands on the issue and explores what sources of program information are being used in different communities.

Table 7.1. Sources of program information*

Information source	Number of responses	Percentage
<i>Social</i>		
Word of mouth	1039	67
<i>Postings</i>		
Bulletin boards	756	49
Posters	407	26
School fliers	222	14
Special program fliers	130	8
<i>Media</i>		
Radio	515	33
Newspaper	497	32
TV: Community channel	288	19
<i>Community organizations</i>		
Community office	360	23
Recreation centre	348	22
Post office boxes	290	19

*Note: Respondents could choose more than one response.

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

Table 7.2. Sources of program information, by community (percentages)

Community	Radio	Bulletin boards	Newspaper	Word of mouth	Recreation center	Special program fliers	School fliers	Community Channel	Post office boxes	Posters	Community office	Other
<i>Small communities</i>												
Jean Marie River	12	19	9	19	12	5	5	0	2	2	14	2
Enterprise		13	7	20	13	13			7	20	7	
Trout Lake	5	15	8	15	15	3	3	5	4	15	12	1
Nahanni Butte	2	15	5	20	17	2	5	0	0	10	21	3
Wrigley	6	17	8	22	6	3	2	1	8	17	9	1
NWT Youth Council	13	23	5	18	7	2		5	5	4	9	9
<i>Medium communities</i>												
Fort Resolution	10	21	3	22	8	1	2	1	2	4	14	11
Fort Liard	1	16	10	24	11	2	3	6		1	17	8
Fort Good Hope	23	22	3	22	2	1	1	4	1	2	13	5
Fort Providence	20	19	7	16	8	3	5	1	1	15	5	
Fort McPherson	22	19	6	20	10	2	2	3	1	12	4	
<i>Large communities</i>												
Fort Simpson	4	18	9	25	10	3	5	5	5	13	2	
Fort Smith	3	15	12	21	7	3	10	6	6	11	4	2
Inuvik	9	13	11	20	6	2	3	7	13	4	12	2
Hay River	11	10	15	21	4	3	7	10	6	8	3	2

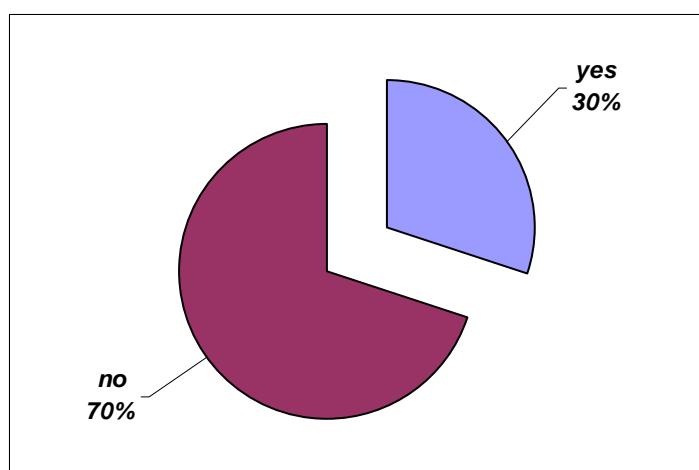
Source: Building Healthy Communities in the NWT Survey, 2002-2003.

8. ARCTIC WINTER GAMES

8.1. AWG PARTICIPATION RATES

Respondents were asked if they have participated in the Arctic Winter Games, Territorial or Regional Trials. Thirty percent of respondents said they participated in the Arctic Winter Games, versus seventy percent who have not (see **Figure 8.1.**).

Figure 8.1. Participation in the Arctic Winter Games



Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 8.1. explores participation rates, by community and community groups. Seemingly, large communities are in general more active participants of the Arctic Winter Games. Small communities scored lowest on participation. Enterprise community survey respondents overwhelmingly said they did not participate in the Games (100% negative response rate).

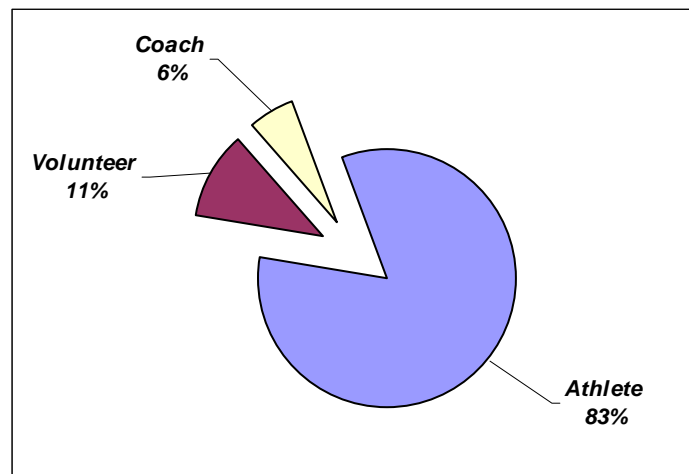
Table 8.1. Participation in the Arctic Winter Games, by community (percentages)

Community	Yes	No
<i>Small communities</i>		
Jean Marie River	33	67
NWT Youth Council	28	72
Trout Lake	26	74
Wrigley	25	75
Nahanni Butte	17	83
Enterprise		100
<i>Medium communities</i>		
Fort Resolution	47	53
Fort Liard	36	64
Fort McPherson	34	66
Fort Good Hope	22	78
Fort Providence	22	78
<i>Large communities</i>		
Fort Smith	35	65
Inuvik	34	66
Fort Simpson	30	70
Hay River	29	71
Overall	30	70

Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Of the respondents who have participated in the Games, 328 were athletes, 43 were volunteers and 24 were coaches (see **Figure 8.2.**).

Figure 8.2. Role in the Arctic Winter Games



Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 8.2. breaks down all responses, by community. All three community groups have a similar pattern: majority of survey respondents who have participated in the Arctic Winter Games, were athletes.

Table 8.2. Role in the Arctic Winter Games, by community (percentages)

Community	Athlete	Coach	Volunteer
<i>Small communities</i>			
Jean Marie River	100		
Enterprise			
Trout Lake	75		25
Nahanni Butte	100		
Wrigley	20		80
NWT Youth Council	100		
<i>Medium communities</i>			
Fort Resolution	79	11	11
Fort Liard	75		25
Fort Good Hope	74	5	21
Fort Providence	95		5
Fort McPherson	95	5	
<i>Large communities</i>			
Fort Simpson	75	9	16
Fort Smith	93	3	3
Inuvik	86	6	7
Hay River	83	8	10
Overall	83	6	11

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

8.2. AWG BENEFITS

Survey respondents who have participated in the Arctic Winter Games, were asked to rate the 8 possible benefits that come from participation in the Games, on a 5-point Likert-type scale (5=strongly agree, 4=agree, 3=don't agree or disagree, 2=disagree, 1=strongly disagree). All items listed, scored high on their importance. However, the strongest benefit was that “the Games build excitement and involvement of the people in my community” (mean score=4.12). Other items that scored high on importance, were (in order by mean scores) “help people work with others” (mean score=4.07), “give people leadership skills” (mean score=4.04) and “help people be a role model for others” (mean score=4.01). See **Table 8.3.** for a complete listing of items along with mean scores on a 5-point scale.

Table 8.3. Benefits of participation in the Arctic Winter Games (percentages)

Benefits of participation in the AWG	Strongly agree	Agree	Don't agree or disagree	Disagree	Strongly disagree	Mean scores*
The Games build excitement and involvement of the people in my community	39.0	41.2	14.7	3.4	1.7	4.12
Help people work with others	32.9	48.0	13.9	3.6	1.6	4.07
Give people leadership skills	32.2	47.1	15.0	3.9	1.8	4.04
Help people be a role model for others	32.6	43.7	17.2	4.8	1.7	4.01
The Games bring my community together	34.0	39.1	19.7	4.9	2.1	3.98
Help provide an understanding of other people	29.8	44.0	19.7	4.5	2.1	3.95
Make youth want to do better at school or work	25.1	38.5	25.9	7.7	2.8	3.75
Make people want to volunteer in the community	21.6	41.5	27.1	7.5	2.2	3.73

*Scale 1-5: 1=strongly disagree, 2=disagree, 3=don't agree or disagree, 4=agree, 5=strongly agree

Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

Table 8.4. explores perceived benefits of participation in the Arctic Winter Games, by community. Survey respondents were uncertain of the two items offered: (AWG) “make youth want to do better at school or work” (mean score=3.75) and (AWG) “make people want to volunteer in the community” (mean score=3.73). Further, Enterprise community scored below 3.4 on all items listed.

Table 8.4. Benefits of participation in the Arctic Winter Games, by community (mean scores*)

Community	Helps provide an understanding of other people	Makes youth want to do better at school or work	Makes people want to volunteer in the community	Helps people be a role model for others	Gives people leadership skills	Helps people work with others	The Games brings my community together	Games builds excitement and involvement of the people in my community
Jean Marie River	4.00	3.73	3.60	4.07	4.07	3.87	4.27	4.00
Enterprise	3.00**	3.00	2.89	3.00	3.33	3.33	3.00	2.88
Trout Lake	3.95	4.00	3.80	4.00	4.00	4.10	4.11	4.20
Nahanni Butte	4.04	4.23	4.08	3.88	3.96	4.08	4.38	4.23
Wrigley	4.42	4.24	4.00	4.33	4.21	4.40	4.21	4.39
NWT Youth Council	4.17	4.00	3.78	4.50	4.33	4.33	4.11	4.44
<i>Mean scores for small communities</i>	4.04	3.99	3.80	4.05	4.05	4.11	4.14	4.16
Fort Resolution	4.10	3.88	3.88	4.14	4.14	4.26	4.19	4.25
Fort Liard	4.02	3.98	4.00	4.16	4.14	4.12	4.19	4.17
Fort Good Hope	4.15	4.08	3.97	4.17	4.19	4.17	4.17	4.27
Fort Providence	4.11	4.10	3.86	4.24	4.31	4.32	4.22	4.30
Fort McPherson	4.05	3.94	3.82	4.15	4.15	4.16	4.11	4.26
<i>Mean scores for medium communities</i>	4.10	4.02	3.91	4.18	4.20	4.21	4.18	4.26
Fort Simpson	3.98	3.82	3.79	4.08	4.12	4.07	3.93	4.15
Fort Smith	3.77	3.33	3.37	3.83	3.89	4.03	3.72	3.97
Inuvik	4.04	3.85	3.78	4.10	4.11	4.20	4.11	4.27
Hay River	3.72	3.38	3.53	3.74	3.80	3.82	3.72	3.87
<i>Mean scores for large communities</i>	3.88	3.63	3.65	3.94	3.98	4.01	3.89	4.07
Overall mean score	3.95	3.75	3.73	4.01	4.04	4.07	3.98	4.12

*Scale 1-5: 1=strongly disagree, 2=disagree, 3=don't agree or disagree, 4=agree, 5=strongly agree

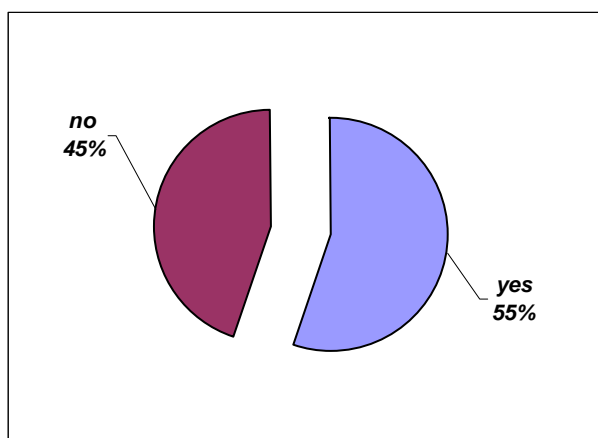
**Note: figures highlighted in red and italicized, represent low mean scores

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

9. VOLUNTEERISM

Survey questionnaire provoked respondents to evaluate different aspects of volunteering. First, respondents were asked if they volunteer in their community and why or why not. As **Figure 9.1.** shows, the response to this question was very well split down the middle.

Figure 9.1. Volunteer participation



Source: Building Healthy Communities in the NWT Survey, 2002-2003.

However, there are differences among communities (see **Table 9.1.**). Small communities seem to volunteer more comparing with medium and large communities.

Table 9.1. Volunteer participation, by community (percentages)

Community	Yes	No
<i>Small communities</i>		
Wrigley	88	12
Jean Marie River	85	15
Trout Lake	65	35
Nahanni Butte	59	41
NWT Youth Council	58	42
Enterprise	<i>43*</i>	<i>57</i>
<i>Medium communities</i>		
Fort Resolution	60	40
Fort Providence	58	42
Fort Good Hope	50	50
Fort Liard	38	62
Fort McPherson	<i>36</i>	<i>64</i>
<i>Large communities</i>		
Fort Simpson	65	35
Inuvik	53	47
Hay River	<i>49</i>	<i>51</i>
Fort Smith	<i>46</i>	<i>54</i>
Overall	54	46

**Note: figures highlighted in red and italicized, represent community volunteering lower than 50%*

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

To explore the reasons of (non)volunteering, the survey questionnaire asked respondents to elaborate why they (don't) engage in community volunteering.

In regard to motives of volunteering, the survey questionnaire had several choices available, and respondents could choose all that applied to them. The following answers were obtained (in order): forty percent of respondents said they volunteer to help others, thirty-seven percent said they give their time to their community and help with the youth, thirty-six percent said they volunteer to give something back to the community, and thirty-two percent just want to meet other people.

Those who responded they do not volunteer, indicated the four major reasons:

- respondents did not have time
- there were no opportunities to volunteer
- they did not want to participate
- they were just lazy

Further examination of non-participation reasons revealed an interesting fact: despite commonalities between communities, community groups differed in their answers. The prevalent reason of non-participation in volunteering within large communities was the lack of information regarding activities. The lack of time appeared to be the second factor. Probably, community recreation departments should pay more attention to publicity of volunteering activities within their communities, especially in large communities.

Second, respondents were asked if they believe that being active in recreation helps them become a community volunteer. The majority of 80% agreed with the statement, versus twenty percent who did not. **Table 9.2.** depicts thoughts on this issue, by community.

Table 9.2. Does being active in recreation help to become a community volunteer, by community (percentages)

Community	Yes	No
<i>Small communities</i>		
Jean Marie River	80	20
Enterprise	25	75
Trout Lake	72	28
Nahanni Butte	96	4
Wrigley	84	16
NWT Youth Council	93	7
<i>Medium communities</i>		
Fort Resolution	90	10
Fort Liard	69	31
Fort Good Hope	82	18
Fort Providence	81	19
Fort McPherson	84	16
<i>Large communities</i>		
Fort Simpson	88	12
Fort Smith	65	35
Inuvik	78	22
Hay River	75	25
Overall	80	20

Source: *Building Healthy Communities in the NWT Survey, 2002-2003.*

One more important issue was raised by survey respondents in regard to volunteering, - the need to encourage and attract more volunteers in communities. More, recognition and rewarding volunteers could help increase their motivation and involvement.



10. CONTRIBUTION OF RECREATION TO COMMUNITY DEVELOPMENT

Recreation has an enormous impact on community development. It can improve quality of life for residents and attract visitors as well. On the other hand, community development is beneficial on several levels for individuals and society.

There are numerous studies discussing recreation's contribution to community development. Hutchinson & Nogradi (1996) define the concept of community development as "a process of involving citizens in decision-making, resulting in changes in their lives and the local community". Further, they define it as a process of assisting individuals and groups so that they may initiate a process of helping themselves. Pedlar (1996) discusses the concept of community as involving a sense of place, psychological involvement, social interactions, feelings of connectedness, sharing, and cooperation.

It is vitally important to involve various stakeholder groups in community development issues (Hutchison & Nogradi, 1996). Involving members of the community provides a sense of ownership and opportunities for programs to evolve from the wants and needs of citizens. It not only brings the positive change to community, but also increase the sense of community among citizens.

In this study, respondents were asked how they felt about their own community and its' recreation development opportunities. Fourteen statements about recreation and community satisfaction were used. Respondents were asked to reply on a 5-point Likert-type scale (5=strongly agree, 4=agree, 3=don't agree or disagree, 2=disagree, 1=strongly disagree). Factor analysis revealed three major factors influencing respondents' perception of the role of recreation in community development, namely, positive outcomes (Factor 1), negative outcomes (Factor 2), and impacts and benefits of recreation (Factor 3). **Tables 10.1. - 10.3.** list statements allocated to each factor, along with mean scores obtained, by community. Results of the factor analysis are given in **Appendix 8.**

Table 10.1. Factor 1: positive thoughts on community, by community (mean scores*)

Positive thoughts on community	Small communities							Medium communities						Large communities					Overall mean score
	Jean Marie River	Trout Lake	Nahanni Butte	Wrigley	Enterprise	NWT Youth	Mean score	Fort Good Hope	Fort Liard	Fort McPherson	Fort Providence	Fort Resolution	Mean score	Fort Simpson	Fort Smith	Hay River	Inuvik	Mean score	
The community has good leaders	3.21	3.11	3.31	3.42	<i>2.60</i>	3.00	3.18	3.76	3.47	3.64	3.62	3.21	3.46	3.50	3.36	3.45	3.55	3.51	3.47
The future of the community looks positive	3.79	3.50	3.73	3.75	<i>2.80</i>	3.05	3.51	3.15	3.39	3.48	3.37	<i>2.74</i>	3.25	3.42	3.13	3.40	3.57	3.49	3.43
People of this community continually look for new solutions to problems	3.21	3.39	3.10	3.58	3.00	3.00	3.24	3.53	3.59	3.51	3.47	3.70	3.46	3.31	3.18	3.40	3.46	3.39	3.39
I am satisfied with the quality of life in this community	3.14	3.67	3.58	3.33	3.30	<i>2.79</i>	3.34	3.08	3.41	3.26	3.34	<i>2.74</i>	3.19	3.24	3.16	3.40	3.35	3.36	3.32
This community is an ideal place to live because of recreation	3.20	3.44	3.07	3.32	3.00	<i>2.63</i>	3.12	<i>2.92</i>	3.37	3.26	3.29	3.61	3.10	3.04	3.02	3.22	3.18	3.17	3.15
There is an adequate number of recreation opportunities here in this community	<i>2.77</i>	3.39	<i>2.90</i>	3.00	3.00	3.05	3.02	<i>2.92</i>	<i>2.87</i>	3.21	3.14	<i>2.86</i>	3.02	3.05	3.04	3.23	3.19	3.17	3.12

*Scale 1-5: 1=strongly disagree, 2=disagree, 3=don't agree or disagree, 4=agree, 5=strongly agree

**Note: figures highlighted in red and italicized represent low mean scores

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

Table 10.2. Factor 2: negative thoughts on community, by community (mean scores*)

Negative thoughts on community	Small communities							Medium communities						Large communities					Overall mean score
	Jean Marie River	Trout Lake	Nahanni Butte	Wrigley	Enterprise	NWT Youth	Mean score	Fort Good Hope	Fort Liard	Fort McPherson	Fort Providence	Fort Resolution	Mean score	Fort Simpson	Fort Smith	Hay River	Inuvik	Mean score	
People will not work together to get things done	3.71	3.35	3.38	3.67	3.00	3.32	3.43	3.33	3.16	3.33	3.17	3.42	3.27	3.23	3.22	3.03	3.04	3.07	3.15
Not much can be said in favor of this community	3.36	3.28	2.89	3.25	3.00	3.26	3.16	3.06	2.89	3.15	3.07	3.12	3.06	2.72	3.11	3.04	2.82	2.80	2.90

*Scale 1-5: 1=strongly disagree, 2=disagree, 3=don't agree or disagree, 4=agree, 5=strongly agree

**Note: figures highlighted in red and italicized represent low mean scores

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

Table 10.3. Factor 3: impacts and benefits of recreation, by community (mean scores*)

Impacts and benefits of recreation	Small communities							Medium communities						Large communities					Overall mean score
	Jean Marie River	Trout Lake	Nahanni Butte	Wrigley	Enterprise	NWT Youth	Mean score	Fort Good Hope	Fort Liard	Fort McPherson	Fort Providence	Fort Resolution	Mean score	Fort Simpson	Fort Smith	Hay River	Inuvik	Mean score	
Recreation helps make this a good place to live	4.20	4.13	4.20	4.12	3.38	4.37	4.14	4.00	4.11	3.98	3.95	3.58	3.95	4.06	3.80	3.94	4.15	4.08	4.05
Recreation offers ways to be with friends and relatives	4.00	3.94	4.30	3.75	3.33	3.63	3.90	4.09	3.93	3.92	3.93	3.98	3.98	3.92	3.56	3.73	3.94	3.88	3.91
I feel I can volunteer in this community	4.00	4.00	3.79	3.96	<i>2.90</i>	3.79	3.81	3.68	3.67	3.42	3.95	4.00	3.74	3.83	3.53	3.57	3.70	3.73	3.74
There are opportunities for participating in volunteer activities in this community	3.07	3.83	3.70	3.71	3.30	3.47	3.57	3.71	3.59	3.89	3.61	3.71	3.70	3.77	3.63	3.52	3.72	3.72	3.70
Recreation is one of the most important services	3.79	3.61	3.53	4.00	<i>2.90</i>	3.53	3.61	3.78	3.65	3.88	3.71	3.63	3.74	3.67	3.47	3.45	3.73	3.63	3.66
Being in recreation programs allow me to have input into community decisions	3.36	3.61	3.47	3.54	<i>2.44</i>	3.47	3.41	3.50	3.43	3.49	3.54	3.43	3.49	3.28	3.19	3.28	3.48	3.35	3.39

*Scale 1-5: 1=strongly disagree, 2=disagree, 3=don't agree or disagree, 4=agree, 5=strongly agree

**Note: figures highlighted in red and italicized represent low mean scores

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

FACTOR 1. Positive thoughts on community.

Positive thoughts on community scored high overall. However, there are slight differences among community groups (see **Table 10.1**). Small communities scored highest on “the future of the community looks positive” (mean score=3.51), medium communities agreed that “people of this community continually look for new solutions to problems” (mean score=3.46), and large communities scored the highest on other items listed (in order): “the community has good leaders” (mean score=3.51), “I am satisfied with the quality of life in this community” (mean score=3.36), “there is an adequate number of recreation opportunities here in this community” (mean score=3.17) and “this community is an ideal place to live because of recreation” (mean score=3.17).

At the same time, several items scored below 3.0, indicating that respondents were closer to disagreement than agreement (see figures highlighted in red and italicized, **Table 10.1**). The Enterprise community was not satisfied with the leaders (mean score=2.6) and also not sure about the positive future of the community (mean score=2.8). Within Fort Good Hope, respondents were somewhat dissatisfied with recreation facilities and recreation resources (both mean scores=2.92). Finally, recreation department of the Fort Resolution should consider community concerns regarding the quality of life (mean score=2.74), the positive future of community (mean score=2.74) and recreation opportunities (mean score=2.86).

In regard to recreation opportunities within communities, five out of fifteen communities indicated a number of recreation opportunities in their community as inadequate. These results, along with respondents’ comments on other survey questions, should provide recreation management with the wealth of information on community recreation needs.

FACTOR 2. Negative thoughts on community

Within this factor, two items were offered for evaluation: “not much can be said in favor of this community” and “people will not work together to get things done”. They both are worded in a way that high scores represent negative perceptions of community, and low scores represent positive attitude towards community.

Surprisingly, survey respondents showed a very critical attitude towards their communities. Only four out of fifteen communities (Nahanni Butte, Fort Liard, Fort Simpson and Inuvik) disagreed with the statement “not much can be said in favor of this community”, versus eleven others who agreed. The other statement that “people will not work together to get things done” scored high among all communities surveyed.

FACTOR 3. Thoughts regarding impacts and benefits of recreation.

Respondents were asked to rate 6 items regarding their perceptions on impacts and benefits of recreation within their communities. Overall, all communities surveyed scored high on all items. However, Enterprise community respondents were somewhat disagreeing with the items “being in recreation programs allow me to have input into community decisions” (mean score=2.44), “I feel I can volunteer in this community” (mean score=2.9) and “recreation is one of the most important services” (mean score=2.9).



11. ANALYSIS OF OPEN-ENDED QUESTIONS, BY COMMUNITY

SMALL COMMUNITIES

Jean Marie River

The most prevalent response from the Jean Marie River community was the need for a recreation coordinator and community leaders. The respondents feel that programs are lacking, and without a recreation coordinator nothing is being done. Recreation leadership is important to community development and involvement in activities. Children's programming is also important to this community. Twenty percent of respondents feel that more coaches are needed. Respondents feel that children are missing out without recreation leadership. More programs need to be made available to residents, which can be done through a recreation coordinator.

The highest response in regards to parks, fields, and trails was that more trails are needed. Trails that can be used for hiking in the summer and cross-country skiing in the winter are most desirable.

Some concerns were mentioned about the maintenance of the ice rink and baseball field. New facilities or an appropriate maintenance plan is needed before the current facilities become decrepit. Twenty percent of respondents said hockey is their favorite sport, so this should be taken into consideration when thinking about the condition of the ice rink and whether to build a new one. Also, more activities scheduled at recreation facilities are desired. Dog sledding and kayaking/canoeing were requested by 20% of respondents as activities they would like to try.

About half of respondents have participated in community recreation activities in the last year, with activities such as basketball, broomball, and hockey. The respondents who hadn't participated in community leisure opportunities said they didn't because they didn't have the time, there are no community programs, or they could not find a baby sitter. Most of these leisure constraints can be remedied. The city can offer a better variety of programs to reach more people or start a day care at the recreation site.

The volunteerism rate in Jean Marie River is at 73%. This means people are willing to volunteer, but more volunteer awareness and opportunities are desired. Most people who do volunteer do so at carnivals and festivals. These events are a great opportunity to raise awareness and get the community involved. Those who don't volunteer said it is because they don't have the time or they are not aware of the programs.

Overall, Jean Marie River needs a new recreation coordinator that can raise community leisure involvement, involve youth, and provide more programs. The residents want to participate in leisure; they just need the opportunities and facilities to do so.

Enterprise

Overall, respondents within the Enterprise community rather poorly expressed their ideas on possible improvements of recreation services. However, they suggested having more trails and parks, as well as a gymnasium and a swimming pool. Out of the programs respondents participate in, hockey, parks programs and basketball are the most popular. Boating, camping and basketball are reported to be the most favorite programs among community members. On the other hand, hockey, skiing, snow mobiling are the most desirable activities, along with hiking, boating/canoeing/kayaking and Dene games. When respondents did not participate in any of the recreation programs offered, it was mainly because of the lack of time or a lack of interest in those programs of choice. Comments upon the latter revealed an idea to change operating hours of facilities and introduce a wider variety of programs to the community. Those programs already existing, were indicated as not inclusive. Furthermore, if changes were made they were not widely publicized which was another community concern.

Trout Lake

When asked about their recreation resources, Trout Lake respondents overwhelmingly replied that their community needs a bigger gym (45%), more hiking trails (40%) and a bigger baseball field (30%). Fifteen percent of respondents also suggested that a track and field arena and a skiing trail are needed. Tennis court and hockey ring were supported by the ten percent of respondents. Suggested programs in Trout Lake included coaching programs, more programs for teens and more for women, like exercise and jogging. The community agreed that out of town coaches and leaders are needed. The respondents want qualified people with outside training and new ideas to be coaches and recreation coordinators. Also, respondents noted that more people need to be active in the community through being leaders, coaches, and volunteers.

Volunteerism in Trout Lake among respondents is at 65%. Thirty percent of these people feel they need to be recognized more for their efforts. The major reason people do not volunteer is because of the lack of recognition. Some suggestions for increased recognition include volunteers wearing uniforms or being mentioned in newspapers/radio. This might enhance motivation for people to volunteer at community events. Of those who don't volunteer, 43% say they don't because they are busy with other things to do. Of those who do volunteer, the Spring Carnival and Feast activities reported the highest amount of volunteerism.

Nahanni Butte

The largest concern voiced by the respondents from this community is the need for a gymnasium. The residents want a place for youth activities and indoor sports. Nahanni Butte is worried about the opportunities for their children to participate in leisure and sport activities. Nineteen percent of respondents wanted more programs to be offered, but the need for a community gym is halting progress.

Survey respondents feel that more involvement and training is necessary for area coaches and leaders. Coaching workshops could be held to improve the quality of Nahanni Butte's sports programs.

Twenty two percent of respondents said they would volunteer if given the chance, but they were never asked. This is either a problem of awareness or lack of volunteering opportunities. Having a recreation coordinator could improve the volunteering rates in the community by planning programs and raising awareness.

Overall, Nahanni Butte's biggest problem is lack of an appropriate recreation facility to hold programs for various ages. Another concern was building a school playground.

Wrigley

Overwhelmingly, Wrigley respondents replied the community recreation services need to improve park maintenance (45%) and create extra trails for biking and walking (30%). When asked about improvement of existing facilities, most answers collapsed into a need of having a swimming pool (50%), arena and a skating rink. Out of programs most respondents participated in, cultural programs, soccer, volleyball, basketball and track and field were the most commonly cited. This is an interesting finding, as Wrigley community is if not the only one with the high percentage of community members (40%) participating in arts/cultural programs. That should be taken into consideration when developing a recreation/leisure strategic plan for the future.

Most favorite recreation activities were soccer, boating/canoeing, volleyball and swimming. Furthermore, respondents were asked to indicate three activities they have not participated in but would like to try. Those were boating/canoeing/kayaking (25%), Dene games, hunting, fishing and biking (20% each choice). When not participated in a recreation program, the reason was either a lack of time or a lack of interest in what is being offered.

The large concern in community is the lack of programs targeted towards different age groups. Over 70% of respondents said they wish to see a wider variety of programs for kids, youth and adults. They also replied they feel lack of volunteers, but probably it's because volunteer's work is not being properly recognized. When volunteering themselves, most respondents did so at community organized events (80%). Answering whether Wrigley has enough leaders and coaches, the prevalent response was that to improve the situation, coaches/leaders should be role models for youth, and it would be a positive change if a community organized a training course for coaches.

One of the major concerns regarding recreation needs of the Wrigley community was to make existing programs more inclusive, attract more volunteers and involve community into decision making process. Most of respondents were also dissatisfied with the work of a recreation coordinator.

NWT Youth Council

Youth survey respondents made a very valuable input in the study. Despite the small number of NWT Youth Council participants, all the comments collected showed high level of awareness of community recreation needs and offered some interesting ways to improve the situation.

Respondents originated from different communities, most of them were included in the study. Therefore, their opinions would be a useful add-in to the data obtained from each of the communities.

The prevalent answer concerning improvement of parks/fields/trails, was the need to maintain all the mentioned recreation sites (80%) and create more parks and fields (30%). As for facilities, youth wants to have a fitness center (35%), a youth center (30%) and a community hall (25%). There is also a great need for more volunteers, more sports programs and more programs targeted on youth. Having those programs, communities would have to pay a separate attention to hiring and training coaches.

Recreation activities most of respondents participated in within the previous year, were soccer, swimming, volleyball, baseball and camping. If not participating in any of the programs offered, it was because there was nothing interesting or there was no information on current events. Interestingly, the most common answer “I don’t have time” did not appear within the Youth Council, therefore, advertising current activities and creating a wider variety of recreation programs, would attract youth to participate in them.

Favorite recreation activities respondents participate in, were volleyball (35%), soccer (30%), basketball (30%), hiking and camping (20%). Those activities respondents have never participated in but would like to try, were boating/kayaking/canoeing, skateboarding/rollerblading, camping/hiking, dog sledging, snow shoeing and soccer.

The majority of respondents would like to see more youth programs organized within the community. They do volunteer in their communities (most of the time during community organized events), and when they don’t, it’s either because of the lack of time or the lack of information. It proves once again the need to advertise recreation programs and activities so that young members of each community would know about them.

MEDIUM COMMUNITIES

Fort Resolution

Majority of respondents from the community (60%) would like to see the park upgraded. About 30% said there is a need for more trails for hiking, walking and biking. In regard to facilities, seventy percent of surveyed wish to have more facilities, including new youth center. About 40 percent said operating hours of recreation facilities should be changed. A big group of respondents expressed concern towards the lack of programs for various age groups as well as the need to develop summer programs for children. Fort Resolution also needs to develop a local training program for leaders and coaches, and to advertise volunteering to attract more volunteers. Furthermore, there was a general concern that volunteer work is not being rewarded and recognized.

When asked about recreation activities they participate in, majority of respondents said they participated in local or aboriginal activities (50%), the rest enjoyed soccer. Main reasons of non-participation were the lack of information about recreation programs offered, lack of time or

interest in programs. Favorite recreation activities mentioned were outdoor activities and soccer (60% each), followed by hockey (50%), volleyball (40%) and walking (30%). Again, reasons preventing respondents to participate in their favorite recreation activities, were lack of information and lack of time. Probably community recreation department should pay more attention to advertising recreation programs and activities. The top 8 activities desired by respondents, were boating/canoeing/kayaking, dog sledding, carnivals, hockey, broomball, skating and skiing (all over 30%).

In regard to volunteering, major group of survey respondents volunteer at community events and/or recreation/sports events. Those who do not volunteer, explained their choice by the lack of free time.

Overall, residents-respondents of the Fort Resolution agreed that their community lack long-time recreation planning and community involvement in the planning process. They greatly appreciate survey as one of the means to assess community recreation needs, and wish their thoughts will be taken into consideration by the recreation department.

Fort Liard

In regard to recreation issues, 18% of respondents reported they would like to see more trails in the community. Also 32% desire more parks and playgrounds. Maintenance of parks is another issue addressed by 10% of those surveyed. An increase in park space and trails would have a positive impact on community.

The respondents also noted the need for more volunteers in the community. Several respondents said they would volunteer, but never had an opportunity. Building and maintaining parks could become a volunteer effort in the community.

Respondents expressed an aspiration for improved recreation facilities in the area. A multiuse facility with meeting rooms and a fitness center would increase recreation programming options. Programming is an area of concern because of the lack of age-specific programs offered. A recreation facility would provide a place for a wide variety of programs. Fort Liard desires more program variety and age specific programs, along with weekend or after school activities for youth. Coaching workshops, aboriginal activities, community support programs, and sports could all be offered at such a facility.

Overall, an increase in variety of programs offered and enhanced park spaces are the biggest issues in this community.

Fort Good Hope

There are several recreation resources that need improvement. Fort Good Hope would like to see an extension of trails and parks in the area, along with better maintenance. Other recreation facilities desired by respondents include: a swimming pool (18%), a gymnasium (16%), a recreation center (12%), and a youth center (7%). The main issue with programming is the lack of age-specific opportunities. Another programming issue is the need for coaching instruction.

Volunteerism in Fort Good Hope is lacking, and could be improved if more programs are offered, and information was distributed about volunteer opportunities. Coaching instruction workshops would raise awareness and interest in coaching. A community recreation center would provide a facility for a variety of programs to be held, including age-appropriate programs, coaching workshops or volunteer opportunities.

Respondents showed interest in trying new activities such as boating, kayaking, or canoeing and camping/hiking. These are other areas programming could be extended to in the future.

Fort Providence

The foremost concern of the Fort Providence residents is the lack of programming, especially programs targeting specific age groups. The respondents' chief anxiety is the area's youth having no programming options. They feel the community needs more age appropriate program opportunities and after school activities. A large part of the problem with youth programming is the lack of coaches for sports teams. Nineteen percent of respondents agreed that coaching workshops are needed to increase the number of coaches in the area. Implementing a satisfactory coaching program facilitated by a trained professional would provide the community a solution to two problems: the shortage of coaches, and it would increase the number of youth sports programs. The youth of the community expressed interest in building a BMX/skateboarding park. A program could be implemented to involve youth in the planning and building process of the BMX Park. This would be an opportunity to get youth involved in something they are interested in and providing a facility for them to feel ownership of.

Another important matter addressed by the community is adult programming. Twenty-one percent desired an indoor swimming pool and another 25% said they would like to see a fully equipped gym with an exercise equipment room. The adults in Fort Providence want a recreation gym they can use for adult programs and that is open in the evenings. Such a facility would provide a myriad of opportunities for community recreation programming.

When asked about the condition of parks, fields, and trails in Fort Providence, the highest response was that there are not enough walking and biking trails. Suggestions were made for trails to be developed along the highways. Trail development is beneficial to the community as a whole because they are available for a plethora of uses such as, walking, running, biking, cross country skiing, or snowmobiling.

The volunteerism rate in Fort Providence is about 55%. Ten percent of volunteers reported that they are willing to work whenever needed at community events. Feast activities, Makenzie Daze, volunteering at the school, and helping with youth were the top volunteer activities listed. Twenty four percent of respondents believe there should be more volunteers in the community. This can be accomplished through extended community involvement with new volunteers, and an increase in parental involvement through children's programs. However 16% of the respondents who don't volunteer said they are willing but never had the opportunity to volunteer. An additional 25% of non-volunteers said they simply do not have the time because of work or home commitments. New volunteers could be recruited through schools, newspapers, or increasing programming to provide opportunities for those who have not previously had the chance to volunteer.

In conclusion, a community recreation center with a gymnasium, exercise equipment and a meeting space would provide this community with the opportunity to increase programming and community involvement in recreation.

Fort McPherson

One of the main concerns in Fort McPherson is volunteerism. Twelve percent of respondents said they would like to see more volunteers. The top two reasons for not volunteering are lack of time and lack of interest, followed by not having the chance to volunteer. People could be motivated to volunteer if they are recognized for their work, information about volunteer opportunities is made more widely known, or more programs are offered.

More coaches and more training for coaches is another issue in this community. Qualified outside instructors could be brought into the community to facilitate coaching workshops to raise interest and ability of coaches.

The residents of Fort McPherson would like to see more recreation facilities, or an upgrade in current facilities. Soccer and hockey are the two activities with the highest participation rates, so these facilities should remain well-maintained. For future programming options, the respondents mentioned they would like to try camping, hiking, boating, kayaking or canoeing. Fort McPherson would also like to see more trails and upgraded parks. Another focus area for Fort McPherson is the lack of age-specific programming options. Age oriented programs are important for youth development and for programs to run smoothly. This community should implement more age-specific programs and appeal to potential volunteers to help run these programs.

LARGE COMMUNITIES

Fort Simpson

The foremost concern raised at the community, is the need to have more trails for biking as well as pave trails for walking/jogging in summertime, and skiing in wintertime (almost 70%). In general, there is a concern that trails are not being maintained and upgraded, plus there is a lack of signs and maps of existing trails. Survey respondents feel the community should clean up nature areas and perhaps build a playground/recreation park for kids. In regard to facilities, more than fifty percent of surveyed said the community recreation department should open a year-round, full-size swimming pool/renovate existing pool. Other important facilities would be a skating rink and a skateboard park. Furthermore, facility management should adjust operation hours to attract wider range of community population, and make facilities more user-friendly.

Over forty percent of respondents feel there is a lack of volunteers. To encourage community members to volunteer, the work of those who do volunteer, should be recognized and appreciated (a suggestion to introduce a volunteer appreciation program). Another suggestion was to involve high school students and parents, and to organize workshops for volunteers. There is also a lack of publicity on those activities people could help with.

In regard to programs, there is a concern that there are not enough recreation activities for various age groups (adult programs, kids/youth programs etc.). About 14% of respondents said the community needs to develop summer programs/camps for kids, as well as programs running throughout the wintertime. Around 35% of survey respondents said there are not enough leaders and coaches. The reason could be the absence of a local training program (40%), so it would be beneficial for the community to develop one.

The top 10 recreation activities within the community are soccer, hockey, curling, skiing, swimming, basketball, badminton, skating, track and field, and volleyball. Out of those, soccer and ice hockey are the most popular. Community members who do not participate in any of recreation programs offered, mostly said they don't have time for it (about 50%). Twenty-five percent said they don't find programs interesting for them, and ten percent don't have information regarding recreation in their community.

Favorite recreation activities in Fort Simpson, as stated by respondents, are soccer, hockey, volleyball, swimming, basketball and walking. However, there is a concern of the lack of facilities for those programs, as well as the lack of programs themselves.

In regard to recreation programs respondents have never participated in but would like to try, the top ten activities mentioned were canoeing, hockey, snowshoeing, rollerblading, volleyball, skiing, dog sledging, fitness, broomball and Arctic/Aboriginal sports. Large number of responses leads to a thought that community recreation department should develop some of those to popularize recreation.

Survey respondents were asked whether they volunteer at their community. Over forty percent of those who do, said they volunteer at various community events. Twenty-five percent said they help coaching, and 17% volunteered at community carnivals. At the same time, there is a big number of people who don't have time to volunteer (over half of those who responded negatively to the question). The two other popular answers about non-volunteering were lack of interest and lack of information regarding programs to volunteer.

Overall, there was a wealth of comments regarding recreation within the Fort Simpson community. Survey respondents are greatly dissatisfied with the work of the recreation director. They indicate the community needs a swimming pool and other recreation facilities, lacks programs for different age groups and community support in recreation development.

Fort Smith

The major concern of survey respondents regarding the possible improvement of parks, fields and trails is the lack of trails for biking, running and walking. About fifty percent of surveyed said the community would benefit from the new swimming pool, and twenty percent asked for a new arena. In regard to volunteers, majority of respondents think more volunteers is needed, and their work should be recognized. The same concern applies to leaders and coaches: more coaches are needed, and perhaps the community could develop a training program for leaders and coaches. Further on, Fort Smith recreation does not have enough programs for various age groups, and those that exist, are not well publicized.

The top four recreation activities in Fort Smith appeared to be aquatics/swimming, fitness, hockey and camping. Favorite recreation activities were running, swimming and golfing. However, a number of respondents indicated they don't participate in their favorite recreation activity because of the poor organization. The top five activities respondents have not participated in but would like to try, were kayaking, snow shoeing, dog sledding, skiing and rollerblading.

Survey respondents were asked whether they volunteer in their community. Out of those who answered positively, over half volunteered at community festivals, around forty percent helped at community events, and twenty-five percent volunteered at sports activities. Those who answered negatively, mainly did not have time to volunteer, or did not know about any programs they could help with.

Overall, respondents of the Fort Smith community have raised an issue of increasing public awareness concerning the role of recreation in their community, and wish to see some changes made.

Inuvik

When asked about their recreation resources, about 40% of respondents said they wish to have more trails for biking and walking, 25% said fields need to be upgraded and maps and signs need to be installed on trails. Twenty-two percent of respondents want to have more parks; about fifteen percent said park maintenance should be improved. Finally, twelve percent said more green areas are needed.

Survey respondents indicated the following issues regarding recreation facilities, as significant within their community: a need to upgrade existing swimming pool and perhaps build a new one (35%), a need for a new fitness center (27%), a need to renovate existing youth center and perhaps build a new one (18%), a new arena (9%), courts for squash /tennis (6%) and a movie theater (4%).

In regard to volunteering, Inuvik community respondents stated that volunteers' input into community life should be recognized. Almost 40% of respondents said the public should be informed of a need for volunteers, so they can participate. Half of respondents think youth should be involved in volunteering and overall community needs more volunteers.

Further on, sixty percent of survey respondents expressed the community need to have more recreation programs for various ages. Among programs that were offered, sports, fitness, arts/cultural programs, seasonal activities and aboriginal programs appeared to be the most important for residents-respondents. People also feel recreation programs could be better advertised and operating hours of facilities should be adjusted to suit recreation needs of a wider group of population. Regarding leaders and coaches, two-thirds of respondents think their community needs more coaches and leaders, therefore it would be beneficial to organize a local training program for them within the Inuvik.

The top 10 recreation activities respondents participated in within the previous year, were hockey, skating, aquatics/swimming, soccer, volleyball, curling, camping/hiking, baseball, skiing

and aboriginal sports. Besides identifying most popular recreation activities, the survey asked respondents to elaborate why they don't participate in recreation. The most common answers were: no time (over 50%), no information on programs that are offered (40%), and nothing of interest (10%).

Soccer, volleyball, hockey, running/walking/jogging, basketball, aquatics/swimming and biking appear to be favorite recreation activities in the Inuvik. However, some respondents answered they do not have any favorite recreation activity because there is nothing of interest to them. Probably, a community recreation department could develop a wider range of various programs to attract more community members. To assess what programs should be addressed, survey respondents were asked to indicate three activities they have not participated in but would like to try. The following activities were mentioned most often: boating/canoeing/kayaking, dog mushing/dog sledding, snow shoeing, hockey, broomball, skating, hiking/camping/backpacking, arts and crafts, skiing, badminton and hiking.

In regard to volunteering, forty percent of respondents said they volunteer at community events, thirty percent helped at community centers, twenty percent – at sports events, and ten percent of respondents volunteered during youth activities. Half of those who did not volunteer, said they don't have time for it, thirty percent said they don't know about any activities they could volunteer at, and twenty percent were not interested in volunteering.

Overall, respondents of Inuvik community feel that their facilities, trails, fields, and parks are not well maintained and there seem to be a concern for the safety of the playground equipment for the children. Many respondents indicated racism as an issue within the community, as well as the lack of public awareness regarding recreation.

Hay River

Overwhelmingly, survey respondents agreed that their community needs more trails for biking and walking, and existing trails need to be maintained and upgraded (50% and 23% respectively). They also raised a problem of conserving nature areas around community (16%). Furthermore, community residents-respondents wish to have more parks and playgrounds, and strongly wish to have a fitness center (20%), swimming pool, courts for squash/tennis/badminton and a skating rink (15% each). Existed arena and other recreation facilities need to be updated (10% each), and a new youth center could be built (5% of respondents). In regard to volunteers, Hay River needs to attract more volunteers (60%) and recognize work of those volunteering (50%). There is a complaint on the absence of the local training course for coaches and leaders, and a suggestion to involve more youth in coaching.

When asked to evaluate community recreation resources, majority of respondents said their community needs more programs for various age groups (60%). They wish to have a fitness program and more publicity for those programs offered.

The top 5 recreation activities respondents participated in, were hockey (25%), aquatics/swimming (25%), golfing (10%), skating (10%) and track and field athletics (10%). Those who did not participate in any of recreation programs, did not have time to do so (30%),

did not know about any of programs available (30%) or did not find programs interesting for them (30%).

Favorite recreation activities in Hay River, as stated by survey respondents, are walking/running (25%), biking (13%), fitness (12%), aquatics/swimming (10%), ice hockey and golfing (8% each). However, some of study participants indicated that community does not have enough recreation facilities and cost of participation is high. When asked about activity they would like to try, 7 activities appeared most often: boating/kayaking/canoeing (25%), camping/backpacking/hiking (15%), skiing (10%), arts and cultural activities (10%), fitness (9%), hockey (8%) and broomball (7%).

About 40% of respondents said they volunteer at recreation activities; 30% do social volunteering and 20% engage in community events. Sixty percent said they don't have any time to volunteer, or don't want to, and twenty-five percent don't have any information of volunteering activities.

Overall, there is quite a positive feeling about recreation and the community. However, there is a need to raise community awareness of importance of recreation to the quality of life, maintain existing facilities and develop inclusive recreation programs.



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APPENDIXES

APPENDIX 1. COMPREHENSIVE SURVEY



NWTRPA



18

Building Healthy Communities in the NWT: Community Recreation Needs Survey

Fort Providence

The Sport and Recreation Partners in the Northwest Territories and your community are undertaking the development of a plan for the sport and recreation system for the future. Please take the time to help us and your community determine the kinds of recreation programs (including sports), that you would like to participate in. The survey will take about 15 minutes of your time. Thank you very much!

1. How important are recreation programs to your quality of life?
(Please \checkmark appropriate box)
- Very Important Important Not Important No Opinion

2. In your community, are there enough of the following recreation resources: (please \checkmark appropriate box)

Parks/Fields/Trails yes no What improvements can be made?

Facilities yes no What improvements can be made?

Volunteers yes no What improvements can be made?

Programs yes no What improvements can be made?

Leaders/Coaches yes no What improvements can be made?

3. Have you or anyone in your household participated in a community recreation program or activity within the past year? (Please \checkmark appropriate box)

yes If yes, what was the program? _____

no If no, what are the reasons if you did not participate? _____

4. What is your favorite recreation activity?

In the past year, how often have you participated in your activity?

- Daily A few times a week Once a week About once a month Almost Never

How would you describe the importance of this activity to you?

- Very important Important Sometimes important

5. How do you find out about recreation programs? (Please appropriate box)

- | | |
|--|---|
| <input type="checkbox"/> Radio | <input type="checkbox"/> Special Program Fliers |
| <input type="checkbox"/> Bulletin Boards | <input type="checkbox"/> School Fliers |
| <input type="checkbox"/> Newspaper | <input type="checkbox"/> TV: Community Channel |
| <input type="checkbox"/> Word of mouth from friend, family, and/or neighbors | <input type="checkbox"/> Post office boxes |
| <input type="checkbox"/> Recreation Centre | <input type="checkbox"/> Posters |
| <input type="checkbox"/> Other (please specify) | <input type="checkbox"/> Community Office |

6. What are the benefits of participation in a recreation program? Does participation build or develop any of the following? ((Please appropriate box)

	Strongly Agree	Agree	Don't Agree or Disagree	Disagree	Strongly Disagree
A chance to meet new people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provides a physical challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provides mental stimulation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provides understanding of other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Makes me want to do better at School or work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Makes me want to volunteer in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Makes me want to be a role model for others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gives me leadership skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helps me work with others in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helps me solve problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
To have fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. The following are some reasons why you would **NOT** be able to participate in recreation programs. (Please appropriate box) (Continued on next page)

	Strongly Agree	Agree	Don't Agree or Disagree	Disagree	Strongly Disagree
Work/school commitments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No program near my home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The price of recreation/sports equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No one to go with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Don't know where to participate in the activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cost for recreation programs are too high	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have child care available	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't know where I can learn the skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Reasons why you would NOT be able to participate in recreation programs (continued)

	Strongly Agree	Agree	Don't Agree or Disagree	Disagree	Strongly Disagree
I am shy about participating in public	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends or family don't want me to go	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have the physical abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am physically unable to participate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have artistic or creative abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Programs are not interesting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Programs not offered on the right day or time for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have any program information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't like the instructor/coach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The program is too long each day I go there	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There isn't anything for my family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please describe) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. The following lists a variety of recreation activities. Please identify (✓) how frequently you and or your family participate in these activities.

ACTIVITIES

General	Most Frequently	Sometimes	Not at All
a) Cadet programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Guide or Scouting programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Jogging / running / walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Playing bingo or cards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) Playing video games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) Practicing self-defense	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) Spending time with friends / family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i) Taking a class at a community center	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j) Using a computer / internet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k) Visiting elders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l) Volunteering time for my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m) Watching television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n) Watching videos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o) Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ACTIVITIES

Cultural, Art or Drama	Most Frequently	Sometimes	Not at All
a) Attending a concert or play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Beading, quill work, tufting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Carving or painting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Crafts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) Dancing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) Drumming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) Participating in a dramatic play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) Playing a musical instrument	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i) Quilting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j) Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ACTIVITIES	Most Frequently	Sometimes	Not at All
Special Community Events			
a) Canada Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Carnivals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Christmas Games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Hamlet Days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) Spring Games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) Summer Active / Sneaker Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) Summer Festivals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) Traditional Games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i) Treaty Days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j) Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ACTIVITIES	Most Frequently	Sometimes	Not at All
Physical Activities / Sports			
a) Arctic Sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Badminton	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Broomball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) Dene Games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) Fitness programs (e.g. aerobics, weight training)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) Floor Hockey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) Ice Hockey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i) Organized team sports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j) Soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k) Softball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l) Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m) Speed Skating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
n) Volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
o) Wrestling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
p) Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ACTIVITIES	Most Frequently	Sometimes	Not at All
On the Land and Water Activities / Sports			
a) Bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Boating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Camping / going out on the land	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) Cross Country Skiing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) Dog Sledding / mushing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) Fishing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) Hiking / backpacking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) Hunting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i) Kayaking / Canoeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j) Skateboarding / Rollerblading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k) Snow mobiling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l) Snow Shoeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
m) Other _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Of the Activities listed above, indicate three activities you have **NOT** participated in but would like to try?*

_____ Activity _____ Activity _____ Activity

9. Have you participated in the Arctic Winter Games, Territorial or Regional Trials?

____ Yes ____ No If yes, ____ Athlete ____ Coach ____ Volunteer ____ When? 19 ____

Do you think that participation in the Arctic Winter Games, Territorial and Regional Trials does any of the following?

	Strongly Agree	Agree	Don't Agree or Disagree	Disagree	Strongly Disagree
Helps provide an understanding of other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Makes youth want to do better at school or work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Makes people want to volunteer in the community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helps people be a role model for others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gives people leadership skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helps people work with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The Games brings my community together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Games builds excitement and involvement of the people in my community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TELL US ABOUT YOURSELF AND YOUR COMMUNITY

I am: ____ Male ____ Female I am: ____ Years old

In what community do you live? _____

My ethnic background is: ____ Inuvialuit ____ Dene ____ Metis ____ Inuit ____ Non Aboriginal

Do you volunteer in your community? Yes ____ No ____
If yes, what do you do? _____

If no, why not: _____

If yes, do you think being active in recreation helps you become a community volunteer? Yes ____ No ____
Why do you volunteer? Please check any of the following reasons:

____ Give something back to the community
____ Give your time to your community
____ To help with the youth

____ To help others
____ To meet other people
____ Other: _____

Please tell us how you feel about your community.

	Strongly Agree	Agree	Don't Agree or Disagree	Disagree	Strongly Disagree
Recreation helps make this a good place to live	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am satisfied with the quality of life in this community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
This community is an ideal place to live because of recreation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The future of this community looks positive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People will not work together to get things done	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
This community has good leaders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not much can be said in favor of this community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People of this community continually look for new solutions to problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is an adequate number of recreation opportunities here in this community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreation offers ways to be with friends and relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being in recreation programs allow me to have input into community decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are opportunities for participating in volunteer activities in this community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel I can volunteer in this community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreation is one of the most important services here	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you have any other comments, concerns, or suggestions regarding current recreation facilities, maintenance and recreation programs in your community? Please describe below.

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____

Mahsi-cho Taigu Quana Quyanamiq Merci Thank you
For Your Help!

APPENDIX 2. LISTING OF FAVORITE RECREATION ACTIVITIES

Badminton	Outdoors
Baseball	Paintball
Basketball	Ping Pong
Bingo	Reading
Boating	Rock Climbing
Cards	Running
Cross Country Skiing	Skating
Cultural Events	Skiing
Curling	Snowmobiling
Cycling	Soccer
Dancing	Sports
Dog Mushing	Swimming
Drinking	Television
Exercise	Tennis
Fastball	Track and Field
Fishing	Traveling
Fitness	Video Games
Floor Hockey	Volleyball
Golf	Walking
Gymnastics	Water Skiing
Hiking	Weight Lifting
Hunting	Work
Ice Hockey	Yoga
Ice Skating	

APPENDIX 3. LISTING OF GENERAL RECREATION ACTIVITIES

Arctic Sports	Diving
Art	Dodge Ball
Backpacking	Dog Mushing
Badminton	Dog Sledding
Baseball	Drumming
Basketball	Fastball
Biking	Festivals
Boating	Field Hockey
Bowling	Fishing
Boxing	Fitness
Broomball	Floor Hockey
Bungee Jumping	Flying
Cadet Program	Fly Fishing
Camping	Football
Canada Day	Gardening
Canoeing	Girl Guides
Carnivals	Guide Programs
Classes	Gymnastics
Computer	Hang Gliding
Crafts	Hiking
Cross Country Skiing	Horse Back Riding
Cub Scouts	Hunting
Cultural Festivals	Ice Climbing
Dancing	Ice Hockey

APPENDIX 4. PARTICIPATION IN GENERAL RECREATION ACTIVITIES, BY COMMUNITY (PERCENTAGES)

Community	Cadet programs			Guide or scouting programs			Jogging/running/walking			Playing bingo or cards			Playing video games			Practicing self-defense			Reading		
	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all
<i>Small communities</i>																					
Jean Marie River	7	7	87		27	73	27	53	20	21	50	29	27	53	20	13	53	33	67	33	
Enterprise		10	90		10	90		40	60	10	20	70		20	80		10	90	18	36	45
Trout Lake		12	88		12	88	22	56	22	22	33	44	32	42	26	29	29	41	50	40	10
Nahanni Butte			100		7	93	21	59	21	3	38	59	17	20	63		24	76	34	55	10
Wrigley	11	15	74	4	15	81	27	62	12	28	36	36	12	36	52	12	16	72	38	46	15
NWT Youth Council	6	6	88	6	12	82	22	61	17	16	47	37	28	56	17		28	72	56	39	6
<i>Medium communities</i>																					
Fort Resolution	2	9	88		5	95	18	67	16	16	60	24	11	39	50		30	70	36	49	16
Fort Liard	2	14	83	10	15	76	40	54	6	22	36	42	32	26	43	17	26	57	54	41	4
Fort Good Hope	1	26	73	3	15	82	20	57	24	11	50	39	18	43	39	11	21	68	28	54	19
Fort Providence	1	10	89	2	13	85	29	61	10	39	43	17	19	41	40	12	24	65	54	40	6
Fort McPherson	1	4	94	3	7	90	33	51	16	15	46	39	19	42	39	7	20	73	19	56	25
<i>Large communities</i>																					
Fort Simpson	7	6	87	2	10	88	32	55	13	17	34	49	17	42	41	6	29	65	48	40	12
Fort Smith	9	8	82	2	11	87	36	53	11	9	34	57	19	42	40	14	24	62	47	37	16
Inuvik	8	9	83	9	13	77	31	55	14	12	44	44	23	44	33	10	30	60	39	51	10
Hay River	12	7	81	6	14	80	36	48	16	12	36	52	26	44	30	17	26	58	45	38	17
Overall	7	9	84	5	13	83	31	54	15	15	40	44	21	42	37	11	26	63	42	44	14

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

PARTICIPATION IN GENERAL RECREATION ACTIVITIES, BY COMMUNITY (PERCENTAGES), CONT.

Community	Spending time with friends/family			Taking a class at a community center			Using a computer/Internet			Visiting elders			Volunteering time for my community			Watching television			Watching videos		
	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all
<i>Small communities</i>																					
Jean Marie River	57	36	7	20	67	13	27	47	27	36	64		21	64	14	36	57	7	27	73	
Enterprise	9	45	45		20	80		20	80	9	27	64	10	20	70	10	30	60		40	60
Trout Lake	65	30	5	21	26	53	30	55	15	21	63	16	20	60	20	55	30	15	55	30	15
Nahanni Butte	74	22	4	4	21	75	15	35	50	33	44	22	28	45	28	30	63	7	32	46	21
Wrigley	54	42	4	8	31	62	23	46	31	23	65	12	19	50	31	28	60	12	31	42	27
NWT Youth Council	72	22	6	17	28	56	39	44	17	28	50	22	28	50	22	50	44	6	44	50	6
<i>Medium communities</i>																					
Fort Resolution	60	31	9	9	32	59	30	55	16	19	63	19	27	43	30	31	60	9	27	49	24
Fort Liard	60	36	4	15	28	57	48	38	15	15	56	29	23	40	38	35	48	17	40	47	13
Fort Good Hope	54	36	10	8	24	69	24	42	35	22	49	29	12	50	38	37	52	10	33	52	15
Fort Providence	64	29	7	6	31	63	34	41	25	22	56	21	17	51	32	33	61	5	26	60	15
Fort McPherson	59	30	11	15	21	64	22	49	29	15	51	33	15	29	56	38	58	4	28	56	17
<i>Large communities</i>																					
Fort Simpson	61	29	10	7	27	66	38	42	20	10	45	45	16	49	34	33	57	10	23	60	17
Fort Smith	63	28	9	10	33	56	46	44	10	7	40	53	14	43	43	35	55	10	33	56	12
Inuvik	65	28	7	10	32	58	39	46	15	15	52	33	12	50	37	39	51	9	32	57	11
Hay River	70	25	6	12	23	65	48	40	12	12	41	47	16	46	38	44	51	5	40	54	7
Overall	64	29	8	10	28	62	38	43	19	15	48	37	16	47	37	38	54	9	32	55	13

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

APPENDIX 5. PARTICIPATION IN CULTURAL, ART OR DRAMA ACTIVITIES, BY COMMUNITY (PERCENTAGES)

Community	Attending a concert or play			Beading, quill working, tufting			Carving or painting			Crafts			Dancing		
	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all
<i>Small communities</i>															
Jean Marie River	27	53	20	20	53	27	7	60	33	21	64	14	27	67	7
Enterprise	10	10	80	10		90	10	10	80	10	30	60	10	30	60
Trout Lake	11	50	39	32	37	32	16	32	53	33	44	22	18	35	47
Nahanni Butte	3	55	41	14	29	57	7	21	72	10	40	50	17	31	52
Wrigley	15	27	58	20	36	44	12	24	64	12	36	52	16	48	36
NWT Youth Council	12	59	29	11	28	61		39	61	17	39	44	22	56	22
<i>Medium communities</i>															
Fort Resolution	7	42	51	14	23	64	2	40	58	11	48	41	21	43	36
Fort Liard	16	40	44	21	40	40	13	46	41	17	46	38	18	41	41
Fort Good Hope	7	51	42	8	39	53	4	37	60	10	40	50	8	45	47
Fort Providence	11	49	40	12	41	47	9	30	61	13	61	26	19	55	26
Fort McPherson	10	38	52	11	26	63	9	19	73	15	41	44	13	31	57
<i>Large communities</i>															
Fort Simpson	6	50	45	4	23	73	5	23	72	12	41	47	8	47	45
Fort Smith	8	57	35	4	20	76	7	23	70	10	36	54	16	41	43
Inuvik	11	49	40	9	33	59	6	27	66	14	47	39	16	40	44
Hay River	9	48	43	4	21	75	6	32	61	10	45	46	12	40	48
Overall	9	48	43	8	28	64	7	29	64	12	45	43	13	43	44

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

PARTICIPATION IN CULTURAL, ART OR DRAMA ACTIVITIES, BY COMMUNITY (PERCENTAGES), CONT.

Community	Drumming			Participating in a dramatic play			Playing a musical instrument			Quilting		
	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all	Most frequently	Sometimes	Not at all
<i>Small communities</i>												
Jean Marie River	20	33	47	13	7	80	20	20	60	13	33	53
Enterprise	10		90	10		90	10	10	80	10		90
Trout Lake	12	18	71		24	76	18	24	59	6	22	72
Nahanni Butte	3	3	93	3	3	93	4	4	93	4	11	86
Wrigley	16	12	72	4	24	72	16	20	64	8	29	63
NWT Youth Council	28	33	39	6	17	78	6	28	67		17	83
<i>Medium communities</i>												
Fort Resolution	9	36	55	2	14	84	7	21	72		12	88
Fort Liard	14	33	53	9	13	79	9	30	62	7	20	74
Fort Good Hope	11	30	59	6	15	80	7	22	71	3	17	80
Fort Providence	5	32	63	3	12	85	15	20	65	1	17	82
Fort McPherson	3	8	89	6	13	82	8	19	72	3	10	87
<i>Large communities</i>												
Fort Simpson	2	16	82	1	14	85	6	23	71	2	11	87
Fort Smith	6	13	81	2	13	84	20	35	45	5	11	84
Inuvik	6	16	78	3	17	80	10	28	62	3	15	82
Hay River	4	13	82	8	19	74	17	28	54	5	10	84
Overall	6	18	76	4	15	80	12	25	63	4	13	83

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

APPENDIX 6. FACTOR ANALYSIS OF LEISURE BENEFITS

Leisure benefits	Factor coefficient
<i>Factor 1. Interaction within community</i>	
Makes me want to be a role model for others	0.807
Makes me want to volunteer in my community	0.798
Helps me work with others in my community	0.776
Makes me want to do better at school or work	0.774
Gives me leadership skills	0.762
Helps me solve problems	0.754
Provides understanding of other people	0.672
<i>Factor 2. Personal development</i>	
Provides a physical challenge	0.828
A chance to meet new people	0.733
Provides mental stimulation	0.730
To have fun	0.698

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

APPENDIX 7. FACTOR ANALYSIS OF LEISURE CONSTRAINTS

Leisure constraints	Factor coefficient
<i>Factor 1. Social/physical issues and constraints</i>	
I don't have the physical abilities	0.846
I am physically unable to participate	0.800
I don't have artistic or creative abilities	0.752
My friends or family don't want me to go	0.736
I don't have transportation	0.716
I am shy about participating in public	0.680
<i>Factor 2. Personal issues and constraints</i>	
The price of recreation/sports equipment	0.752
Don't know where to participate in the activity	0.746
Cost for recreation programs are too high	0.733
I don't know where I can learn the skills	0.673
No one to go with	0.666
No program near my home	0.646
I don't have child care available	0.553
Works/school commitments	0.525
<i>Factor 3. Program issues and constraints</i>	
I don't have any program information	0.768
Programs are not interesting	0.753
The program is too long each day I go there	0.746
Programs not offered on the right day or time for me	0.737
There isn't anything for my family	0.730
I don't like the instructor/coach	0.721

Source: Building Healthy Communities in the NWT Survey, 2002-2003.

APPENDIX 8. FACTOR ANALYSIS OF THOUGHTS REGARDING COMMUNITIES

Thoughts regarding communities	Factor coefficient
<i>Factor 1. Positive community thoughts</i>	
This community is an ideal place to live because of recreation	0.853
I am satisfied with the quality of life in this community	0.805
The future of the community looks positive	0.788
There is an adequate number of recreation opportunities here in this community	0.687
People of this community continually look for new solutions to problems	0.676
The community has good leaders	0.671
<i>Factor 2. Negative community thoughts</i>	
Not much can be said in favor of this community	0.861
People will not work together to get things done	0.822
<i>Factor 3. Impacts and benefits of recreation</i>	
There are opportunities for participating in volunteer activities in this community	0.796
Recreation offers ways to be with friends and relatives	0.776
I feel I can volunteer in this community	0.757
Being in recreation programs allow me to have input into community decisions	0.735
Recreation is one of the most important services here	0.732
Recreation helps make this a good place to live	0.617

Source: Building Healthy Communities in the NWT Survey, 2002-2003.