



# **2014 North American Indigenous Games Evaluation Report**

**November 2014**

## 2014 NAIG Evaluation Highlights

### Sports Involvement

- 96% of participants indicated their intent to stay actively involved in competitive sport after 2014 NAIG
- 26% indicated entering into competitive sport as a result of 2014 NAIG

### Lifestyle Choices

- 52% of athletes improved the healthiness of their diets for 2014 NAIG
- 97% indicated their intent to maintain their healthy diets post-2014 NAIG
- 70% of athletes indicated their intent to pursue at least a University degree
- 25% of athletes indicated their intent to pursue a graduate studies designation
- 52% of participants believed NAIG had an influence or great influence on their decision to pursue further education

### Self Confidence and Worth

- 77% believed they felt different about themselves after participating in 2014 NAIG
- 91% believe that others in their communities saw them as role models
- 69% felt that their experience at 2014 NAIG positively influenced the way others saw them
- 89% said they felt more confidence from competing in 2014 NAIG
- 63% felt more connected with their Indigenous heritage as a result of 2014 NAIG



**North American Indigenous Games  
2014 Games Evaluation  
Final Report  
November 2014**

## **Executive Summary**

### **Background:**

Praxis Consulting was engaged by the North American Indigenous Games Council to conduct an evaluation of the impact of the 2014 NAIG on participants and team volunteers.

The research process included a mix of a quantitative survey and qualitative interviews and focus groups. The research tools posed questions to athletes, volunteers, mission staff, etc. within 5 themed areas:

1. Sport participation;
2. Competitive sport participation;
3. Physical health;
4. Lifestyle choices; and,
5. Self-worth/Self-perception.

### **Summary of Findings:**

#### **Typical NAIG Participant**

NAIG participants are very involved in sport and competitive sport. Many participants engage in at least 20 minutes of physical activity a day and live active lifestyles. The majority of athletes focus on specific areas of sport to compete in but also participate in other mainstream sports to augment their healthy lifestyles. One of the reasons why NAIG attracts many participants already engaged in sport can be correlated to how athletes become aware of the Games. Many athletes became aware of NAIG because of their coaches or from friends and family that had previously participated at NAIG. Meaning that reliance on word of mouth through the sports community will inherently attract more athletes already participating in sport.

#### **NAIG Influence**

Though a majority of participants were previously involved in sport and competitive sport, there is still a large minority of individuals that have little to no competitive sports backgrounds. There are indications that NAIG does affect some of these individuals to maintain their involvement in sport after the Games have subsided. NAIG also provides athletes with an opportunity to discover sports that aren't prevalent in mainstream sports systems. These sports also have a tendency to traditionally have cultural significance such as marathon paddling, archery, or riflery. There is some evidence that suggests that NAIG does influence participant diets. Participants indicated that they ate much healthier in preparation

for NAIG 2014 by removing junk foods, carbs, and shifting to vegetable and fruit rich diets. Participants also stated that post-NAIG they plan to maintain their healthier lifestyle. However, some athletes did indicate that financial and accessibility issues around healthy foods did prevent them from being able to implement their intended healthier diets.

### **NAIG Participants vs. Non-Participants**

Respondents also indicated that participation in sport positively impacted the way they make life choices. Many participants stated that friends who don't participate in sport in their home communities ate unhealthier, did not engage in daily physical activity, and engaged in negative social behaviour such as underage drinking, drug use, and not attending school. Participants felt that being engaged and busy in sport prevented them from engaging in this type of detrimental social behaviour.

### **Education**

The majority of participants were currently in high school pursuing a high school diploma. When prompted as to what level of education will you pursue in the future, a significant majority of respondents stated they would pursue at least a university degree (70%). Some of these respondents also suggested that they intend to pursue future schooling in a graduate program (25%). When prompted on whether NAIG influenced their decision to pursue future education, a majority believed it positively affected their decision (52%). An observation made by NAIG volunteers suggested that by having the Games at the university helped address some of the misinformed fears that athletes held previously. The venue provided them with an opportunity to indirectly experience the university lifestyle.

### **Mental and Physical Preparation**

Though a majority of participants come from competitive sport backgrounds, there is a large minority of participants with little competitive sports experience. Game volunteers were concerned with these non-competitive sport athletes having a negative experience due to their unrealistic expectations and lack of competitive experience. Many felt that these athletes needed to be better mentally and physically prepared before participating in the competition.

### **Confidence and Self Esteem**

A majority of participants felt that experiencing NAIG gave them more confidence, pride in being Aboriginal, and more influence in their home communities. Many from smaller communities noted how the entire community would closely follow their success and younger kids would be looking up to them as role models. Young girls were also identified as having a more positive perception of themselves and their abilities as they competed alongside male competitors in some sports.

### **Cultural Connection**

The number of Aboriginal youth that participated in NAIG provided a comfortable environment for athletes to compete in. Many commented on the discomfort that Aboriginal youth had experienced being on mainstream sports teams as a significant minority. NAIG provided them with an environment free of stereotyping and racist elements that can sometimes be experienced in mainstream sport. NAIG also provides the unique opportunity for athletes to carry out culturally significant activities that help them focus and prepare for competitions.

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## NAIG Background

The North American Indigenous Games (NAIG) is a tri-annual sporting and cultural event for participants of Indigenous background in the United States and Canada. The Games are designed to alternate between Canada and the United States. Regina, Saskatchewan is the most recent host city and held the 2014 NAIG.

## Purpose of the Evaluation

The purpose of the evaluation of the 2014 NAIG in Regina is to better understand the social impact that the Games generate for participants. NAIG is a unique combination of sports and cultural activities with Aboriginal participants—not seen anywhere else in North America. The intent of the report is to convey findings generated from the research process.

It was not within the scope of the evaluation to research the delivery of the 2014 games or the logistics of the Games. Data gathering was limited to athletes and team volunteers including coaches and mission staff. Host society volunteers and staff were not included in the evaluation.

## Methodology Used

The research process included a mix of a quantitative survey and qualitative interviews and focus groups. The research tools posed questions to athletes, volunteers, mission staff, etc. within 5 themed areas:

6. Sport participation;
7. Competitive sport participation;
8. Physical health;
9. Lifestyle choices; and,
10. Self-worth/Self-perception.

## Survey

The survey conducted for 2014 NAIG is statistically significant at 95% confidence with a total response rate of 589 completed questionnaires. This consisted of 265 hard copy responses and 324 online responses. (The survey questionnaire is attached to this report as Appendix A)

The sampling format creates a non-probability quota sample. A probability sample of this size would yield a general margin of error of plus or minus 4.0% at the 95% confidence level. Praxis Analytics references this margin of error range as a practical tool that can be used to help approximate the limits within which it is likely that actual opinion would be found if all persons in the population were interviewed.

In order to facilitate greater survey participation, individuals who completed the questionnaire automatically entered a random draw for one of five \$100 Visa gift cards.

The full quantitative report on specific survey findings is attached to this document as Appendix B.

## **Interviews and Focus Groups**

There were 11 interviews conducted during the week of the competition with a number of key informants, who were identified as individuals with unique or in-depth insights into NAIG. Most interviews were conducted in person and some via telephone. (See Appendix C for the interview protocol)

There were 3 focus groups that were conducted throughout the NAIG period. These focus groups were homogenous, as in each session would be comprised of a group of the same roles in the Games (athletes, mission staff, volunteers, etc.). (See Appendix D in this document for the focus group protocol)

The following is the series of questions asked and responses received that have been compiled into common themes. Included under the common theme responses are attached quotes of interest that the focus group and interview participants gave.

The full qualitative report that addresses the findings from both interviews and focus groups is attached to this document as Appendix E.

## Key Findings

The research process focused on extracting key findings that revolved around 5 theme areas that address the question of social impact on individuals and youth.

### 1. Sport Participation

#### Highlights

- The majority of NAIG participants were active in sport prior to 2014 NAIG
- NAIG participation does encourage some to remain involved in sport

#### Findings

A vast majority of NAIG participants (athletes, volunteers, etc.) reported being regularly involved in sport on a general basis. Approximately 55% of survey respondents stated they were actively involved in sport as a participant or volunteer at least 3 times per week and an additional 21% stating they were actively involved at least 1 – 2 times per week. Based on this data we can conclude that sport-oriented or generally competitive sport participants are attracted to and participate in NAIG.

Data further supports that NAIG has an influence on continued participation in sport. 96% of all respondents stated their intent to stay active in sport in the future mostly as athletes or coaches. When prompted as to NAIG's influence on this decision to stay active in sport, 81% indicated that NAIG had a "very great" to "great" influence on their decision to stay active in the future. Interestingly however, when asked if participants would have arrived at the same decision to maintain participation in sport, 76% indicated that they would continue participation regardless of participation in the 2014 NAIG. This 20% difference between respondents indicating they will continue involvement in sport and respondents stating they would have remained active in sport regardless of NAIG 2014— suggests that NAIG does have some influence on participant long-term sports involvement.

### 2. Competitive Sport

#### Highlights

- Majority of NAIG participants were involved in competitive sport prior to NAIG
- Majority have already travelled outside their province/state for sport
- Virtually all those surveyed indicated their intent to remain involved in competitive sport as a participant or volunteer following NAIG
- Many athletes will focus competitively on one sport and be involved in others to augment their active lifestyles
- Many NAIG athletes become aware of NAIG from their coaches or previous NAIG participants

*"Through the NAIG I feel that I am able to provide opportunities to youth that will have a positive impact on their lives and future well-being"*

*"I feel like now there is no limitation. And that I don't have to abide by what others think is possible"*



- NAIG provides athletes with an opportunity to discover and compete in new sports they didn't know existed previously
- NAIG has some influence on long-term participant involvement in competitive sport
- There is still a large minority of athletes that are not involved in competitive sport and are not sufficiently mentally and physically prepared to compete with higher caliber athletes

### **Findings**

51% respondents stated they participated in competitive sport 3 or more times per week prior to NAIG and an additional 23% were involved 1 – 2 times per week. 96% of respondents indicated they will continue to be involved in competitive sport following the Games. A majority of respondents (67%) stated that they had travelled outside their province or state for competitive sport.

This message coincides with interview and focus group findings that concluded that a majority of athletes were involved in a competitive sport and some participated in others to augment their active lifestyles. Many participated in mainstream sports through their school systems as well as competing in specialized areas of sport through local sports systems. Some even travelled regularly outside their home communities when the opportunities weren't readily available at home. For instance, a competitive baseball player played recreational sports in his home community but had joined a baseball team out of his home province to compete at a higher level of sport. These athletes are also quite involved in other sporting events such as the Canada Summer Games, Western Canadian Games, Arctic Games, etc.

One of the reasons that NAIG attracts so many competitive athletes can be directly correlated with the manner in which athletes become aware of NAIG. Many athletes had not heard of NAIG until their coaches or friends through sport told them about it. Some had never played some of the more niche sports offered by NAIG but were introduced to them through this informal communications network. They were able to, in some cases, leverage their athletic background in mainstream sport to excel and pursue competitively their newfound sport. For example, a school athlete involved in mainstream sport was introduced to marathon paddling by a coach that had also coached in NAIG. Other athletes participate in NAIG and witness first hand other sports that they never knew existed, prompting them to get involved in niche and often traditionally Aboriginal sport.

Though the survey suggests that the majority of NAIG athletes were already involved in competitive sport (80%), there is also a significant minority of participants that are not consistently involved in competitive sport (20%). 96% of respondents suggesting that they would continue to be involved in competitive sport, suggests that NAIG does have some influence over

*“Proud of myself for not letting feelings of not being good enough to keep me from participating - when I did overcome I then placed in medals!!!! Go me!!!!”*

participant long-term sports involvement. However, an issue brought forward during the qualitative research process was that the individuals who had little to no competitive sport background, did not have sufficient mental or physical preparations before participating in the games. The long-term concern was that these individuals would digress in their future involvement in sport due to their pre-established unrealistic expectations and negative experience in competing with higher caliber competitors.

### 3. Physical Health

#### Highlights

- Majority of NAIG participants live active lifestyles with more than 20 minutes of physical activity a day
- More than a quarter of NAIG participants indicate that they are more active now than they were prior to NAIG
- NAIG has a positive influence on healthy eating decisions
- NAIG participants generally live more active and healthier lives than non-participants
- Financial or accessibility to healthy food impact ability to live healthier lifestyles

#### Findings

NAIG participants generally live very active and healthy lifestyles. Over 87% of respondents claimed they engage in at least 20 minutes or more of physical activity a day with 44% of these individuals engaged in 60 minutes or more a day. While 71% reported being active about the same now as prior to the Games, 26% indicated that they are more active now than they were prior to NAIG. 73% of respondents said they were likely or very likely to participate in activity at least 3 times a week when they return home from 2014 NAIG.

NAIG does appear to have a positive influence on athlete's diet decisions. When prompted whether or not diet had changed toward increased healthy eating, 52% of athletes responded 'yes'. Many of the healthy dietary changes implemented by athletes included: no junk food, less carbs, more vegetables or fruit, more water, etc. When this group was asked whether they would maintain their healthier diets post-2014 NAIG, an overwhelming majority (97%) indicated they would.

Interview and focus group data also suggests that NAIG participants live healthy lives in comparison to non-participants. Many athlete participants indicated that they lived more active lifestyles and made considerably more healthy dietary decisions. They indicated that all of their active friends came through sport and sports competition events and not through other channels. An instance of this phenomenon would be the case of a young athlete from a remote rural community in Alberta. He stated that all of his friends at home eat lots of junk food and don't like physical activity.

*"I gave 11 youth from the Yukon the opportunity to participate in NAIG, to learn a new sport, to get them out of their unhealthy environment. They worked so hard and did their best. I couldn't be any prouder!"*

Whereas, he focuses on making it to the gym regularly to train for his sport and make healthier dietary decisions like utilizing protein shakes.

Despite the intent of some athletes to make healthy dietary decisions, some are not provided with the opportunity to fully implement a healthy diet. When asked about usual diets, some athletes indicated that it completely depended on what food was available at home or what their parents provided, which in some cases was not the healthiest choices. In another instance, a young athlete from a northern Territory conveyed that the lack of availability and affordability of fresh produce and fruits prevented individuals from their community eating healthily.

#### 4. Lifestyle Choices

##### Highlights

- Majority of NAIG participants plan on obtaining at least a University degree
- Majority of participants feel NAIG has influenced them to pursue future schooling
- NAIG provides an opportunity for athletes to experience university life and mitigates uninformed fears of universities
- NAIG provides some athletes with scouting and post-secondary sporting
- Some athletes feel NAIG is not a competitive enough sports competition
- Majority of participants felt that sport participation helped them make better life choices
- Vast majority of participants believed they lived healthier and more active lifestyles than their non-participating in sport friends

##### Findings

A vast majority (70%) of athletes suggested that they plan on obtaining at least a University degree with 25% of those respondents planning on pursuing graduate studies. When prompted about the level of influence NAIG had on their decision to pursue future education, majority of respondents (52%) stated that NAIG had an influence or a great influence on their decision.

Throughout the qualitative research process, the observation was made that NAIG taking place at the university provided athletes and volunteers with the ability to experience the university atmosphere first hand and address some fears that they may have had. Some mission staff recalled athletes in their delegation making comments about ‘how university isn’t as bad as they first imagined’ and how they ‘enjoyed’ their time on the university grounds.

*“Most of my friends who do not play sports are not heading toward the greatest future they deserve.”*

Some athletes also saw NAIG as an opportunity to further their sports career by attracting and being contracted by scouts that were present throughout the Games. Some saw post-secondary schooling as an opportunity to continue their sport competitively. These athletes also tended to want to continue to be coaches after their competitive sport career because it was 'a way of saying it's not over yet and continue to be involved in sports'. Others commented on post-secondary schooling as a backup plan in case they could not reach the professional level of their sport. In one instance an athlete noted: "My goal is to try and get to the MLB (Major League Baseball) but I have an interest in architecture and want to be able to rely on that in case my sports career doesn't work out".

However, there were many athletes that were disappointed with the level of competition that NAIG provided. They viewed other sporting competitions (Canada Games, etc.) as better avenues for scouting opportunities and to compete with higher caliber athletes.

When prompted whether sport participation had helped athletes make positive choices in their life and avoid unhealthy life choices, over 80% of athletes believed it had. Examples of these positive life choices included:

- "It's taught me self-discipline, leadership and many skills that I use daily at work and school"
- In order to play sports I need to get a certain grade at school and I also need to have a healthy body to compete
- Helped me quit bad habits
- Helps take out anger, makes me happy
- You don't need drugs from the high you get from running, training or winning
- The more involved you are the less time you have for being stupid

When compared with their friends, 75% of respondents believed their life choices differed from their friends that don't participate in sport. Examples of different life decisions included:

- To eat better
- They party all the time
- They look up to me
- They drink, smoke, do drugs and don't go to school. I use my manners and respect my elders.
- They drink and I play sports
- They don't go to school. They don't listen to their parents. They started to try drugs.
- Overall I have a better attitude

*"My friends just want to go party, do drugs, drink, don't care about school or family or who they hurt. I don't fit into that life style, I want to succeed and stay healthy. I want to stay in sports and all the negative things will only keep me from doing my best."*

## 5. Self-Worth/Self-Perception

### Highlights

- NAIG influences athletes to feel more confident about themselves
- NAIG helps athletes become role models within their home communities
- Young girls are being positively influenced in regards to their perceptions of themselves and their abilities
- Athletes feel more comfortable in competing with other Aboriginal youth
- NAIG is unique in it affords Aboriginal youth with the opportunity to utilize cultural activities to help them focus and prepare for competition

### Findings

A vast majority of respondents (77%) believed that they felt different about themselves after participating in 2014 NAIG. Many respondents stated they felt more proud to be Aboriginal or Metis, winning a medal, or finding out that they could push themselves.

An overwhelming 91% of respondents indicated that they believed others saw them as role models. Further, that their participation in 2014 NAIG positively influenced the way others perceived them (69%), and that they had more confidence from their participation in 2014 NAIG (89%). 81% indicated that this added confidence will help them in the future.

Qualitative research also supported these findings. Many athletes commented on how their entire community was watching and paying attention. Many felt they would return home to become well known individuals in the community and would be role models for younger kids to enter sport. One athlete shared that when he returns to his home community he has younger kids asking for training advice and autographs.

Some individuals also mentioned the impact of NAIG on the self-esteem of girls. There are more girls participating in events and competing alongside boys in some events such as rifle shooting. This leveled playing field of competition has positively impacted some girls' perceptions of themselves and their abilities.

Respondents also indicated that NAIG impacted their connection with their Indigenous heritage with 63% of respondents claiming it had an influence or influenced their connection 'very much'. Quebec and Atlantic Canada were the most heavily impacted. On a scale of 1 (very little influence) to 5 (very much influence), Quebec averaged at 4.09 and PEI, Newfoundland and New Brunswick averaged at 4.21. The cultural component and the sheer number of Aboriginal participants and athletes were two significant factors that contributed to athletes feeling comfortable in their

*"NAIG gives me a great sense of pride in my native heritage"*

environment. Throughout the qualitative research process, many athletes commented on how they felt more comfortable competing in NAIG than on their mainstream sports teams. Some participants noted that Aboriginal athletes were severe minorities on their regular sports teams and sometimes became subject to stereotyping and racist elements that persisted on some teams. Additionally, some respondents indicated that including cultural elements in sport preparation and mental therapy was significantly different than other sporting competitions. In one instance, a young rifle shooter athlete had a poor first competition performance. The next day she came with tobacco to scatter in front of her, which helped her focus and keep calm. This cultural ritual and others were identified as NAIG unique and not found in any other sports competitions.

## Consultant Insights and Recommendations of Future Evaluations

Though the 2014 NAIG Evaluations project was successful, the consulting team had a number of barriers and challenges to mitigate. This section is meant to bring to light some of these difficulties so to inform the development of future NAIG evaluations.

- **Survey Distribution Issues.** The survey was originally planned to be distributed via email addresses supplied by the GEMSPRO system, in order to reduce cost and encourage participation. Unfortunately, it was realized that the GEMSPRO software did not have a completed database of participant email addresses, which resulted in a paper/email hybrid approach to distribution. This outcome impacted survey participation and increased the overall survey cost. This issue can be mitigated in the future by having all participant email addresses collected and compiled at the time of registration thus reducing survey cost and improving anticipated participation.
- **Research Restrictions concerning minors.** Due to the fact that NAIG athletes were minors, the consulting team was unable to conduct qualitative research activities with them until they and their Chefs des Missions signed documents of consent. This restriction affected the participation rate of athletes as served as a barrier to collecting valuable data findings. In the future, it would be beneficial to distribute consent forms to athletes and their families prior to the start of the Games.
- **Chef de Mission and Mission Staff Participation.** Multiple focus group sessions and interview opportunities were scheduled in order to accommodate competition schedules and team demands. Unfortunately, even with the multiple opportunities provided, the majority of the focus groups resulted in no attendees and lost opportunities to participate in the research process. Of the three focus groups that had participants, many of them represented one to three jurisdictions. As a result, these jurisdictions dominated the research data. To address this issue with future evaluations, it would be beneficial to schedule focus groups prior to the Games and mandate participation in at least one focus group.
- **Timeliness in Awarding the Project.** The NAIG 2014 RFP process was a condensed process that resulted in the awarding of the project a week prior to the beginning of the actual competition. The short timeline hindered the consulting team from making the necessary upfront preparations to schedule and sufficiently inform NAIG participants of the evaluation process. In order to improve overall participant buy-in, it would be beneficial to provide the awarded consulting team with sufficient time to prepare, schedule and inform all affected parties of the proposed evaluation process.

## Conclusion

Praxis appreciated the opportunity to provide research and management consulting services to this important work. While we provided objective third party research services, we are delighted for the NAIG Council that the study rendered exciting and positive results for the Games program. We wish you all the best in future games and in the provision of positive opportunities for North American Aboriginal youth and sport volunteers.

# Appendix A

## Survey Questionnaire

### SCREENING QUESTIONS

First, please answer some questions to help us classify the responses.

**S1. Which best describes your role at the 2014 North American Indigenous Games (NAIG)?**

- Athlete
- Coach
- Official
- Chef de Mission
- Team Volunteer/Chaperone
- Other (please specify) \_\_\_\_\_
- Decline

**S2. Please indicate your Gender.**

- Male
- Female
- Decline

**S3. In what year were you born? \_\_\_\_\_**

**S4. What is your home province or state? \_\_\_\_\_**

**S5. Are you an indigenous person?**

- Yes            S5a
- No             A1

**S5a. In the last five years have you lived mostly ...?**

- On reserve
- Off reserve
- Decline

### SECTION A: SPORT PARTICIPATION

**A1. Prior to preparing for the 2014 NAIG, how active were you in sport as a participant or volunteer?**

- Involved as a participant or volunteer 3 or more times per week            A2



Involved as a participant or volunteer 1 – 2 times per week A2  
Seasonal or sporadic involvement A1a  
Inactive A1a  
DK/Decline A2

**A1a. Why were you not actively involved? Select all that apply.**

Didn't know how to get involved  
Didn't know anyone else involved  
Didn't feel welcome to participate  
Didn't have the financial resources to participate  
Other (please specify) \_\_\_\_\_  
DK/Decline

**A2. Do you intend to participate in sport following the 2014 NAIG?**

Yes A2a  
No A3  
DK/Decline A3

**A2a. In what role do you mainly see yourself participating in the future? Select one.**

Athlete  
Coach  
Official  
Volunteer  
Administrator  
Other (please specify) \_\_\_\_\_  
DK/Decline

**A3. Has the 2014 NAIG had a positive influence in your decision to be involved in sport in the future? Please pick a number from 1 to 5 where 1 means the NAIG has had Very Little Influence, and 5 means the NAIG has had Very Great Influence.**

1. Very Little Influence  
2  
3  
4  
5. Very Great Influence  
DK/Decline

**A4. Would you have arrived at the same decision regarding your future participation in sport as a participant or volunteer if you hadn't attended the 2014 NAIG?**

Yes  
No  
DK/Decline

**SECTION B: COMPETITIVE SPORTS**

**B1. Prior to preparing for the 2014 NAIG, how active were you in competitive sport as a participant or volunteer?**

Involved as a participant or volunteer 3 or more times per week	B2
Involved as a participant or volunteer 1 – 2 times per week	B2
Seasonal or sporadic involvement	B2
Inactive	B3
DK/Decline	B2

**B2. Prior to NAIG, have you ever travelled outside of your province or state to be involved in competitive sport as a participant or volunteer?**

Yes  
No  
DK/Decline

**B3. Do you intend to be involved in competitive sport following the 2014 NAIG as a participant or volunteer?**

Yes	B3a
No	B4
DK/Decline	B4

**B3a. How much or how little do you intend to be involved in competitive sport in the future? Please give your answer by picking a number on a 1 to 5 scale from 1 for Very Little up to 5 for Very Much.**

1. Very Little  
2  
3  
4  
5. Very Much  
DK/Decline

**B3b. Has the 2014 NAIG had a positive influence in making your decision regarding future participation in competitive sport? Please pick a number from 1 to 5 where 1 means the NAIG has had Very Little Positive Influence, and 5 means the NAIG has had Very Great Positive Influence.**

1. Very Little Influence  
2  
3  
4  
5. Very Great Influence  
DK/Decline

**B4. Would you have arrived at the same decision regarding your future participation in competitive sport as a participant or volunteer, if you hadn't attended the 2014 NAIG?**

- Yes
- No
- DK/Decline

**SECTION C: PHYSICAL HEALTH**

**C1. On average, how much physical exercise do you do?**

- 60 or more minutes per day
- 20 to 59 minutes per day
- Less than 20 minutes per day
- Rarely participate in physical exercise
- DK/Decline

**C2. Would you say you are more physically active, about the same or less physically active now than you were before the 2014 NAIG?**

- More than before
- About the same
- Less than before
- DK/Decline

**C3. When you return home from the Games, how likely are you to be physically active, participating in vigorous activity a minimum of 3 times per week? Use a 1 to 5 scale where 1 means Very Unlikely and 5 means Very Likely.**

- 1. Very Unlikely
- 2
- 3
- 4
- 5. Very Likely
- DK/Decline

**C4. Has the 2014 NAIG had a positive influence in making your decision regarding future physical activity? Please pick a number from 1 to 5 where 1 means the NAIG has had Very Little Influence, and 5 means the NAIG has had Very Great Influence.**

- 1. Very Little Influence
- 2
- 3
- 4
- 5. Very Great Influence
- DK/Decline

**C5. When you were preparing for the 2014 NAIG, did you change your diet toward increased healthy eating?**

Yes                    C5a  
No                      C6  
DK/Decline        C6

**C5a. How did your diet change?** \_\_\_\_\_

**C5b. Do you intend to maintain these changes following the 2014 NAIG?**

Yes  
No  
DK/Decline

**SECTION D: LIFESTYLE CHOICES**

**D1. What level of education do you presently have?**

Less than Grade 9  
Some High School  
Completed High School  
Some post-secondary  
Trades certification or Post-Secondary Diploma or Degree.  
Graduate Studies - Masters or PhD  
DK/Decline

**D2. What is the highest level of education you intend to pursue?**

Less than High School  
High School diploma  
Trades certification or Post-Secondary Diploma.  
University degree  
Graduate Studies – Masters or PhD  
I have completed my education  
DK/Decline

**D3. Has the 2014 NAIG had a positive influence in your decision to continue or pursue future education? Please pick a number from 1 to 5 where 1 means the NAIG has had Very Little Influence, and 5 means the NAIG has had Very Great Influence.**

1. Very Little Influence  
2  
3  
4  
5. Very Great Influence  
DK/Decline

**D4. Has your participation in sport made a positive difference in other choices you have made in your life?**

Yes                    D4a  
No                     D5  
DK/Decline        D5

**D4a. In what way?** \_\_\_\_\_

**D5. Has your participation in sport helped you in avoiding unhealthy life choices?**

Yes                    D5a  
No                     D6  
DK/Decline        D6

**D5a. In what way?** \_\_\_\_\_

**D6. Do your choices in life differ from those of your friends who do not participate in sport?**

Yes                    D5a  
No                     D6  
DK/Decline        D6

**D6a. In what way?** \_\_\_\_\_

**SECTION E: SELF-WORTH/SELF-PERCEPTION**

**E1. Does your participation in the NAIG make you feel different about yourself?**

Yes                    E1a  
No                     E2  
DK/Decline        E2

**E1a. In what way?** \_\_\_\_\_

**E2. Do others see you as a role model?**

Yes                    E2a  
No                     E3  
DK/Decline        E3

**E2a. Has the 2014 NAIG had a positive influence on how others perceive you? Please pick a number from 1 to 5 where 1 means the NAIG has had Very Little Influence, and 5 means the NAIG has had Very Great Influence.**

1. Very Little Influence

- 2
- 3
- 4
- 5. Very Great Influence
- DK/Decline

**E3. Would you say you have more confidence having participated in this year's NAIG?**

- |            |     |
|------------|-----|
| Yes        | E3a |
| No         | E4  |
| DK/Decline | E4  |

**E3a. To what extent do you feel the added confidence will help you in the future? Please answer using a 1-5 scale from 1 for Very Little to 5 for Very Much.**

- 1. Very Little
- 2
- 3
- 4
- 5. Very Much
- DK/Decline

**E4. To what degree has NAIG impacted your connection with your indigenous heritage? Please answer using a 1-5 scale from 1 for Very Little to 5 for Very Much.**

- 1. Very Little
- 2
- 3
- 4
- 5. Very Much
- DK/Decline

That is all the questions. Thank you very much for your participation! Please fill in the form on the next page if you wish to enter your name for our prize draw.

## Appendix B

### Quantitative Report



## 2014 Evaluation Survey

### *Detail Report*

September 2014

# Introduction

This document reports the detailed results of a survey conducted by Praxis Analytics for an evaluation of the 2014 North American Indigenous Games. Demographic cross-tabulations are included where they are statistically significant at 95% confidence.

A total of 589 responses were received; 265 hard copy and 324 online.

The sampling format creates a non-probability quota sample. A probability sample of this size would yield a general margin of error of plus or minus 4.0% at the 95% confidence level. Praxis Analytics references this margin of error range as a practical tool that can be used to help approximate the limits within which it is likely that actual opinion would be found if all persons in the population were interviewed.

In some cases data is captured on symmetrical, verbally-anchored five-point response scales.

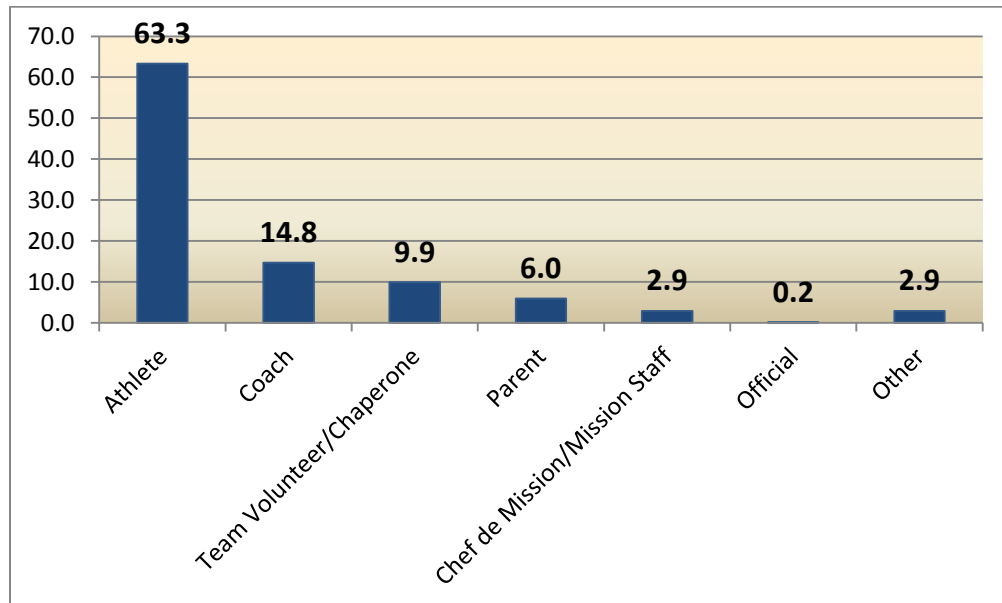
- On this scale, responses of 1 or 2 are negative; a response of 3 is neutral, and responses of 4 or 5 are positive.
- This report shows frequency of response at every option in the response set, along with a mean, to indicate of overall level of response.



# Survey Results

## DEMOGRAPHICS

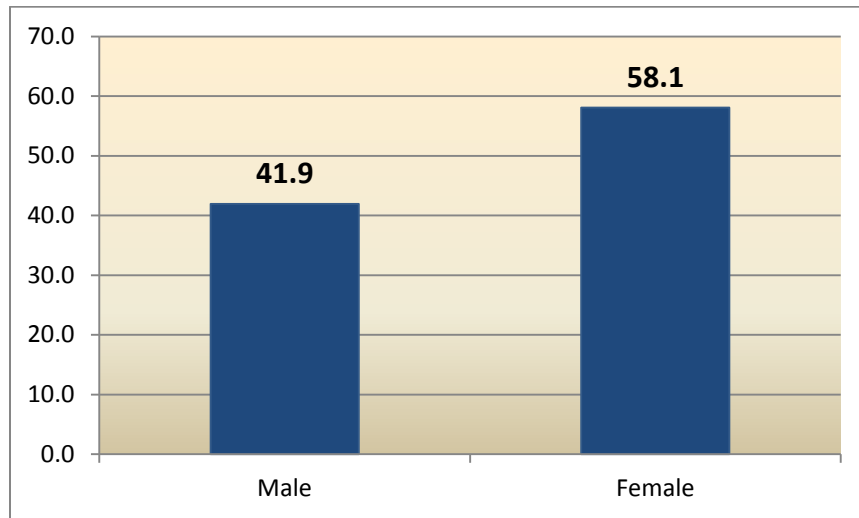
Which best describes your role at the 2014 North American Indigenous Games (NAIG)?



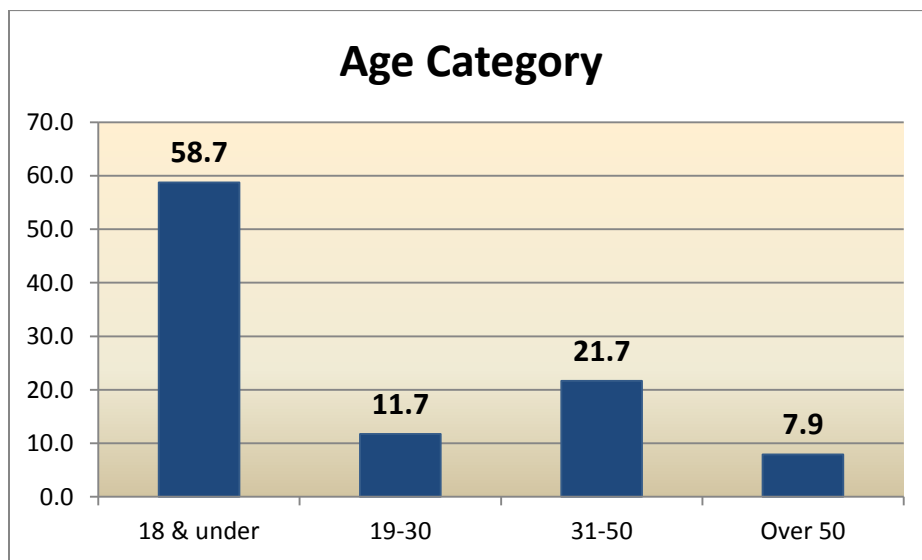
### 'Other' Responses

- Team manager
- Provided oversight of Mission Team
- Program Manager for a volunteer group
- P/TSB staff
- Manager
- Manager
- Manager
- Manager
- IIAP manager
- IIAP
- Fan
- Elder
- Elder
- Council rep for region 2 Canada, and chairperson for Alberta
- Artist-international indigenous artist program

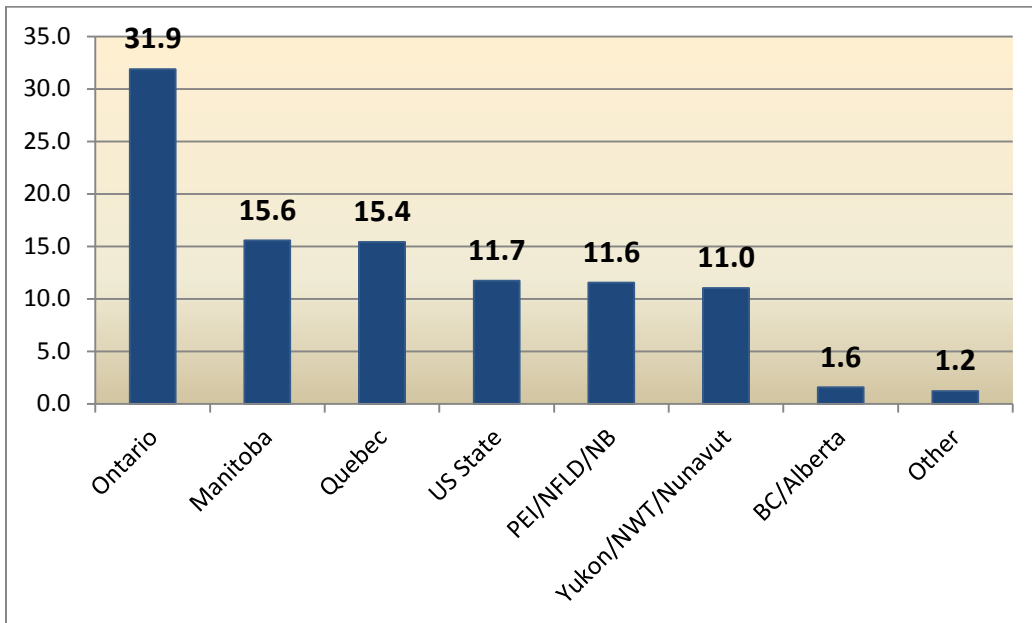
Please indicate your Gender.



In what year were you born?



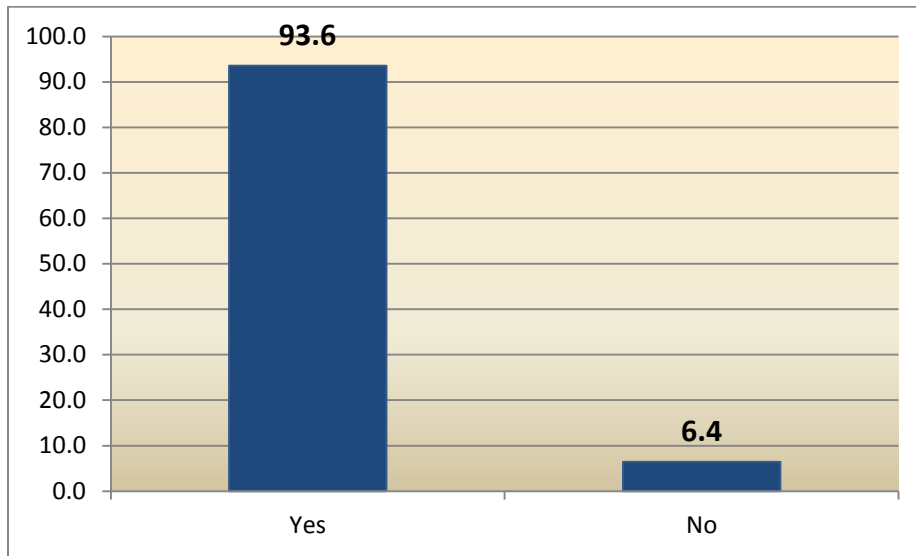
### What is your home province or state?



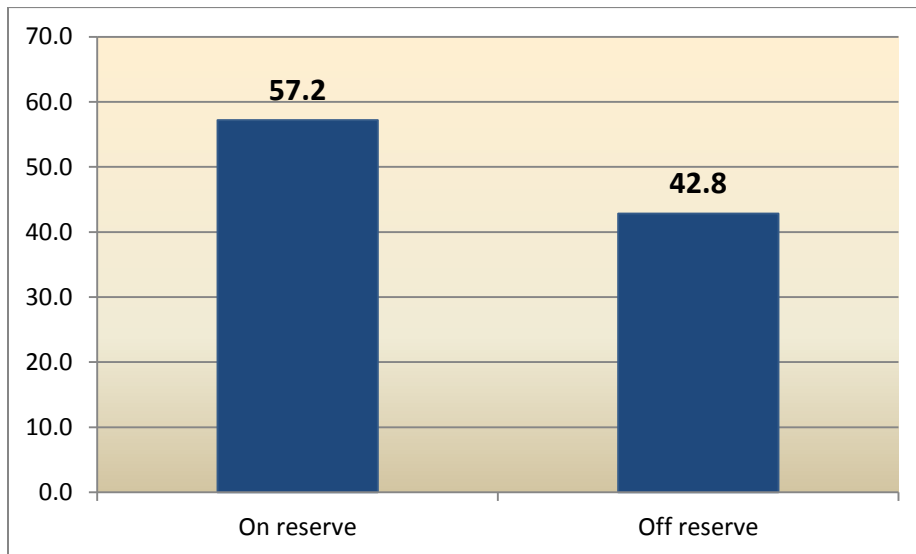
### 'Other' Responses

- Canada
- North America
- Gjoa haven Nu
- Cortez
- Akwe
- Wemenji
- Province

**Are you an Indigenous person?**

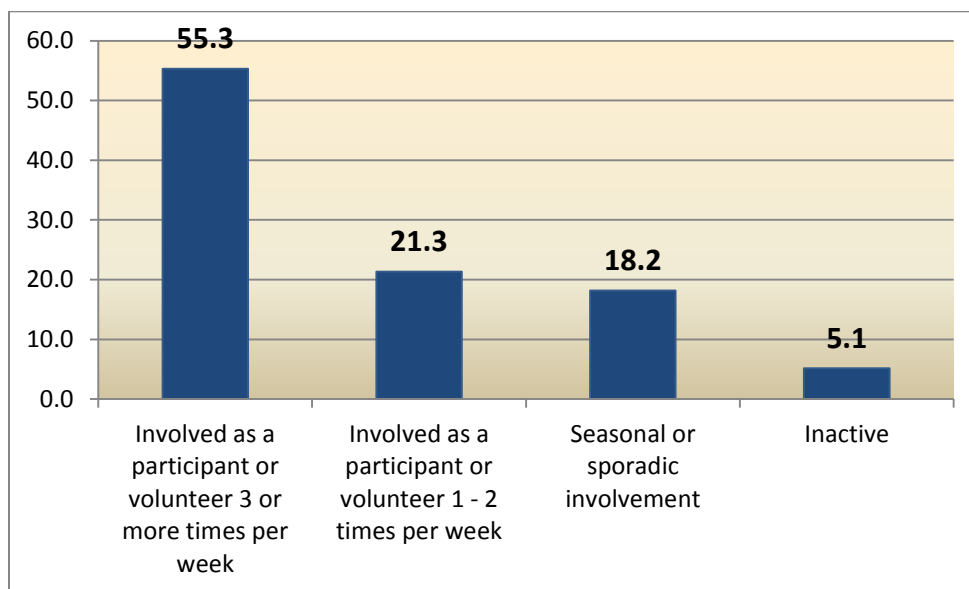


**If 'Yes' above: In the last five years have you lived mostly ...?**



## SURVEY QUESTIONS

### 1. Prior to preparing for the 2014 NAIG, how active were you in sport as a participant or volunteer?



### Statistically Significant

1. Prior to preparing for the 2014 NAIG, how active were you in sport as a participant or volunteer?				
<u>Role</u>	Involved 3 or more times/week	Involved 1-2 times/week	Seasonal or sporadic involvement	Inactive
Athlete	60.4	19.8	16.8	3.0
Coach	57.0	20.9	19.8	2.3
Chef de Mission/Mission Staff	75.0	6.3	12.5	6.3
Team Volunteer/Chaperone	38.6	31.6	21.1	8.8
Parent	13.8	27.6	27.6	31.0
Other	64.7	23.5	5.9	5.9

<u>Gender</u>	Involved 3 or more times/week	Involved 1-2 times/week	Seasonal or sporadic involvement	Inactive
Male	60.0	20.0	17.8	2.2
Female	52.2	22.3	18.2	7.3

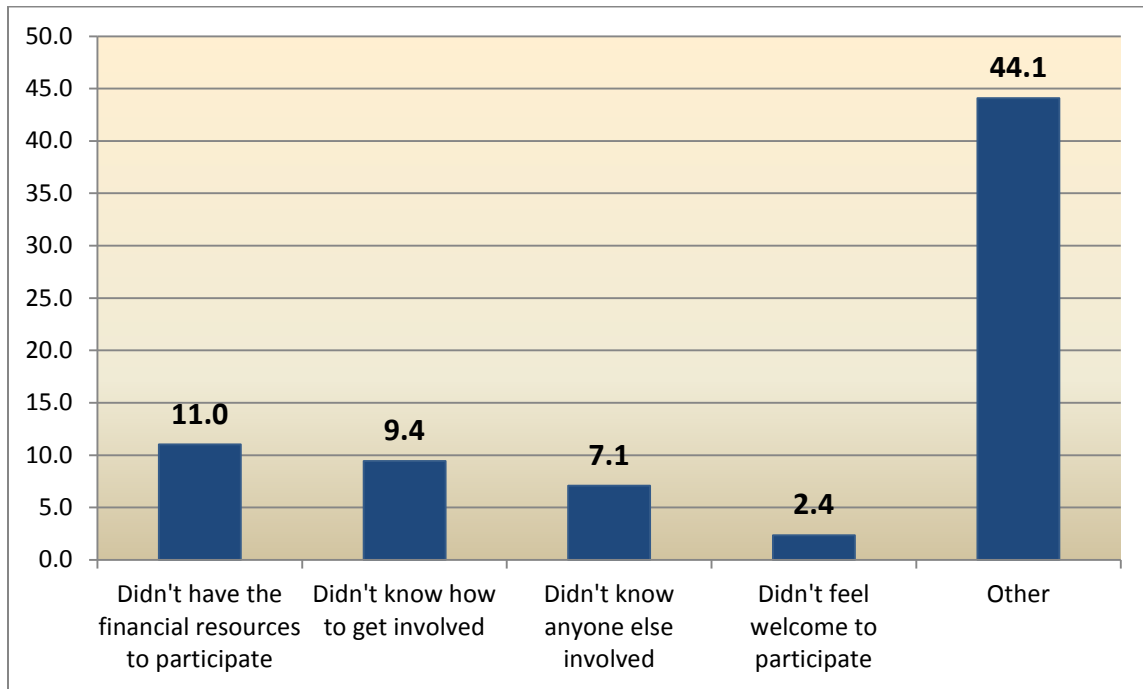
<u>Age</u>	Involved 3 or more times/week	Involved 1-2 times/week	Seasonal or sporadic involvement	Inactive
18 & under	60.0	20.3	16.6	3.1
19-30	57.1	14.3	21.4	7.1
31-50	43.5	23.5	22.6	10.4
Over 50	60.5	27.9	4.7	7.0

<u>Home Province/State</u>	Involved 3 or more	Involved 1-2	Seasonal or sporadic	Inactive
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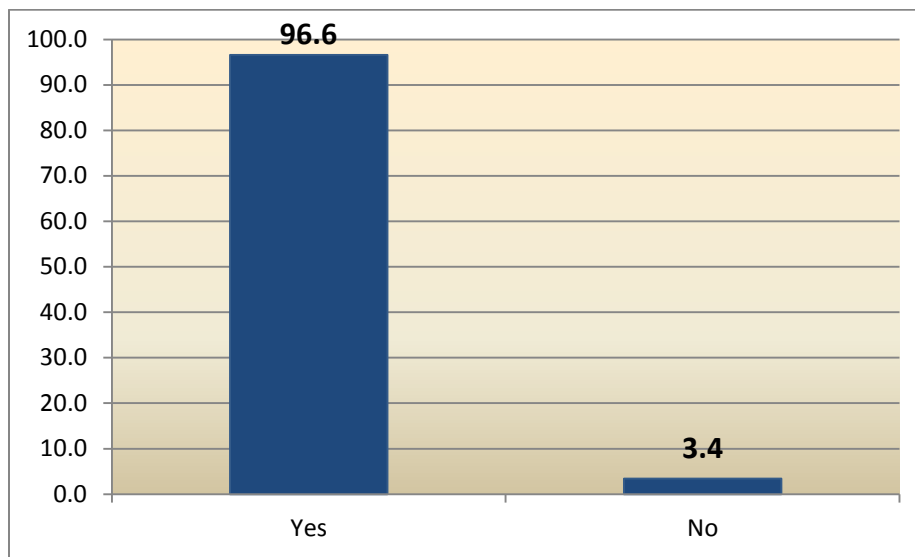
	times/week	times/week	involvement	
Yukon/NWT/Nunavut	65.0	15.0	13.3	6.7
Quebec	68.2	18.8	11.8	1.2
Ontario	49.1	26.9	17.5	6.4
PEI/NFLD/NB	57.1	14.3	23.8	4.8
Manitoba	44.9	21.8	26.9	6.4
US State	62.9	22.6	9.7	4.8
BC/Alberta	66.7	0.0	22.2	11.1
Other	16.7	33.3	50.0	0.0

**1a. Why were you not actively involved? Select all that apply.**

Asked of the 23.2% who were seasonally/sporadically active, or inactive prior to the 2014 NAIG (Q1)



## 2. Do you intend to participate in sport following the 2014 NAIG?

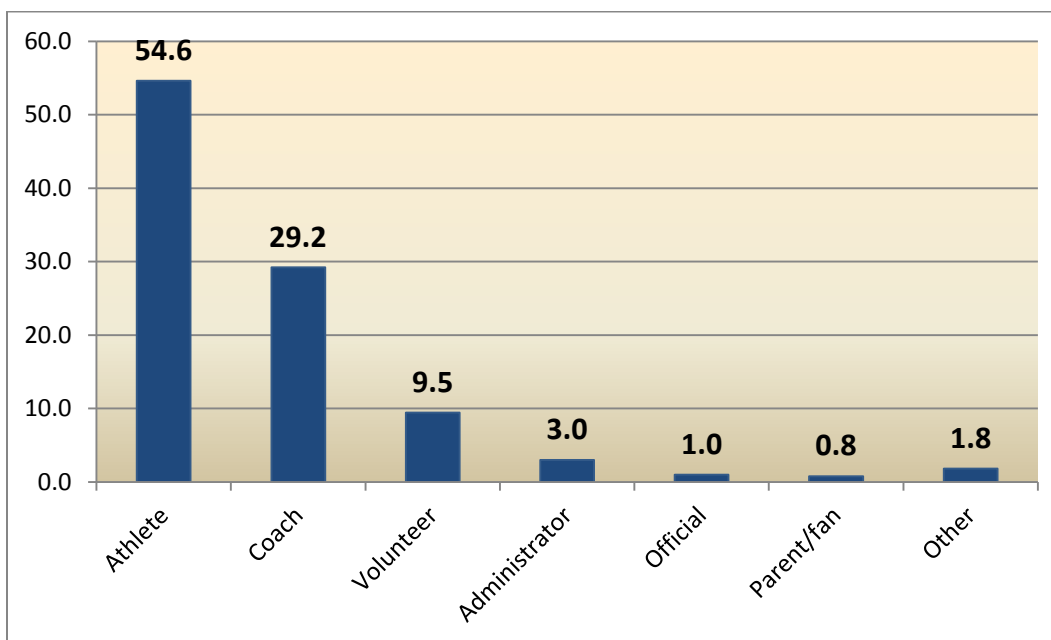


### Statistically Significant

2. Do you intend to participate in sport following the 2014 NAIG?			
<u>Role</u>	% Saying 'Yes'	<u>Age</u>	% Saying 'Yes'
Athlete	98.2	18 & under	98.6
Coach	98.7	19-30	96.2
Chef de Mission/Mission Staff	100.0	31-50	92.2
Team Volunteer/Chaperone	90.0	Over 50	95.0
Parent	87.0		
Other	87.5		



**2a. In what role do you mainly see yourself participating in the future? Select one.**  
**Asked of the 96.6% who intend to participate in sport following the 2014 NAIG (Q2)**



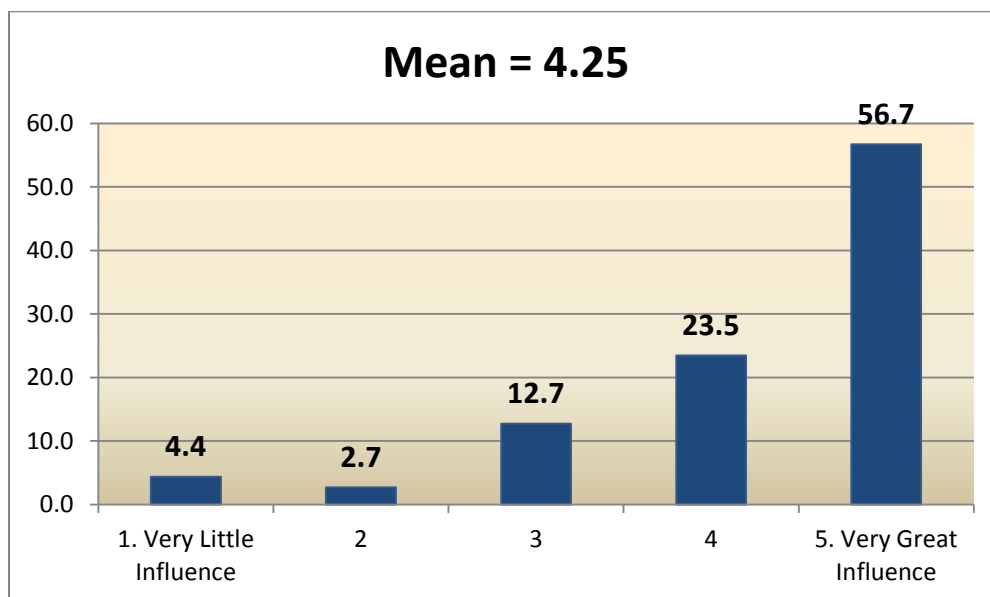
**Statistically Significant**

<b>2a. In what role do you mainly see yourself participating in the future?</b>					
<b>Age</b>	Athlete	Coach	Volunteer	Administrator	Other
18 & under	80.8	16.8	2.1	0.0	0.3
19-30	42.0	44.0	6.0	6.0	2.0
31-50	8.5	47.9	26.6	5.3	11.7
Over 50	0.0	56.8	24.3	16.2	2.7

<b>Home Province/State</b>	Athlete	Coach	Volunteer	Administrator	Other
Yukon/NWT/Nunavut	53.3	36.7	3.3	6.7	0.0
Quebec	58.2	32.9	2.5	1.3	5.1
Ontario	49.7	28.2	14.8	0.7	6.7
PEI/NFLD/NB	57.6	28.8	13.6	0.0	0.0
Manitoba	53.1	31.3	9.4	3.1	3.1
US State	63.3	23.3	8.3	5.0	0.0
BC/Alberta	0.0	33.3	22.2	44.4	0.0
Other	83.3	0.0	0.0	0.0	16.7

<b>Background</b>	Athlete	Coach	Volunteer	Administrator	Other
Indigenous	57.8	27.2	8.9	2.4	3.7
Non-Indigenous	6.7	63.3	16.7	13.3	0.0

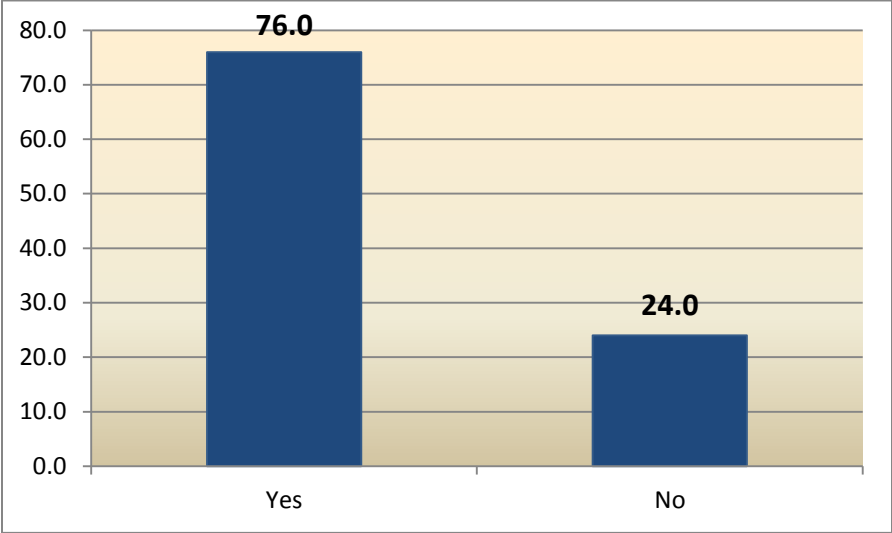
**3. Has the 2014 NAIG had a positive influence in your decision to be involved in sport in the future?  
Please pick a number from 1 to 5 where 1 means the NAIG has had Very Little Influence, and 5 means the NAIG has had Very Great Influence.**



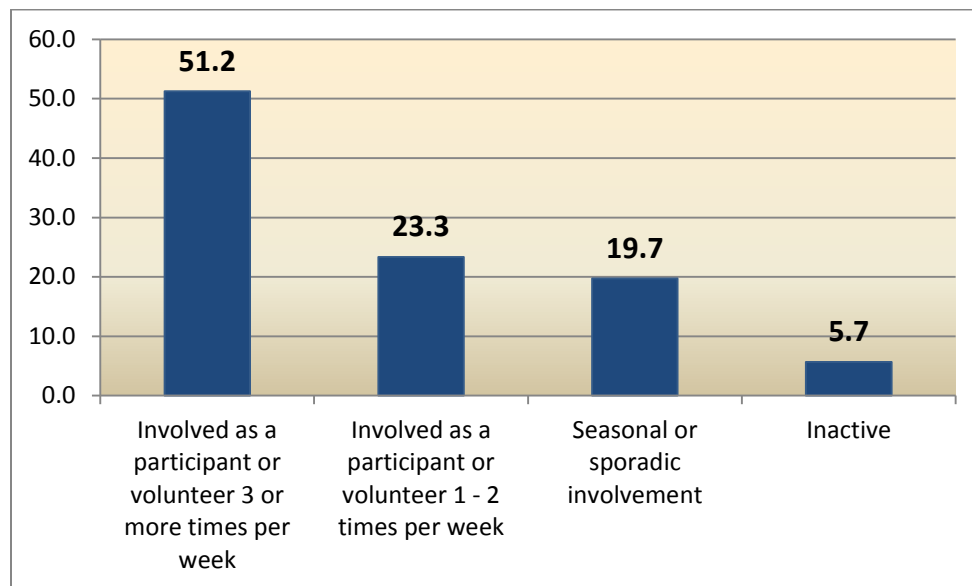
**Statistically Significant**

<b>3. Has the 2014 NAIG had a positive influence in your decision to be involved in sport in the future?</b>					
<u>Role</u>		<u>Age</u>		<u>Home Province/State</u>	
Athlete	4.37	18 & under	4.38	Yukon/NWT/Nunavut	3.95
Coach	4.21	19-30	4.39	Quebec	4.44
Chef de Mission/Mission Staff	3.81	31-50	3.99	Ontario	4.22
Team Volunteer/Chaperone	3.88	Over 50	3.98	PEI/NFLD/NB	4.24
Parent	4.31			Manitoba	4.52
Other	3.76	<u>Residence</u>		US State	4.06
		On reserve	4.38	BC/Alberta	4.11
		Off reserve	4.15	Other	4.33

**4. Would you have arrived at the same decision regarding your future in sport as a participant or volunteer if you hadn't attended the 2014 NAIG?**



**5. Prior to preparing for the 2014 NAIG, how active were you in competitive sport as a participant or volunteer?**

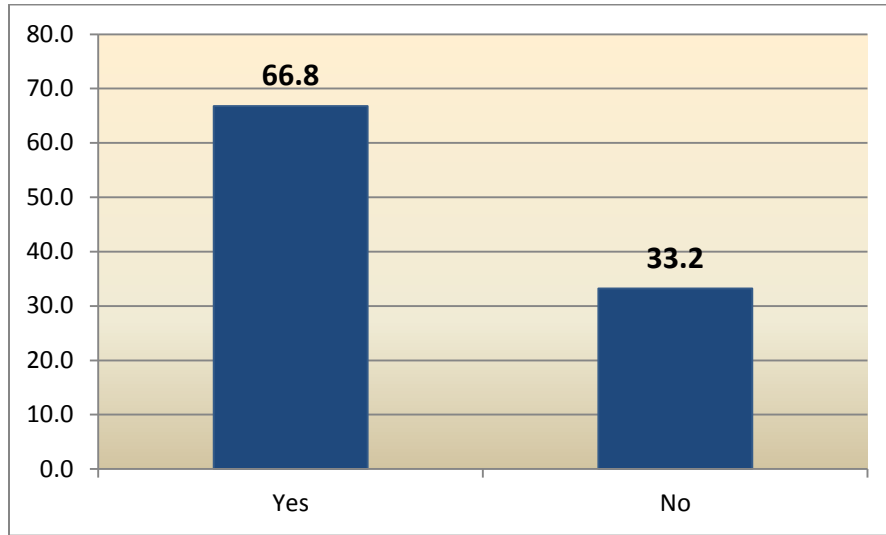


**Statistically Significant**

<b>5. Prior to preparing for the 2014 NAIG, how active were you in competitive sport as a participant or volunteer?</b>				
<u>Role</u>	Involved 3 or more times/week	Involved 1-2 times/week	Seasonal or sporadic involvement	Inactive
Athlete	55.9	23.6	17.1	3.4
Coach	58.0	23.5	17.3	1.2
Chef de Mission/Mission Staff	75.0	0.0	6.3	18.8
Team Volunteer/Chaperone	32.1	26.8	32.1	8.9
Parent	23.3	20.0	30.0	26.7
Other	29.4	23.5	35.3	11.8

<u>Age</u>	Involved 3 or more times/week	Involved 1-2 times/week	Seasonal or sporadic involvement	Inactive
18 & under	56.1	23.7	17.4	2.8
19-30	49.1	20.0	23.6	7.3
31-50	40.7	23.9	22.1	13.3
Over 50	58.5	14.6	22.0	4.9

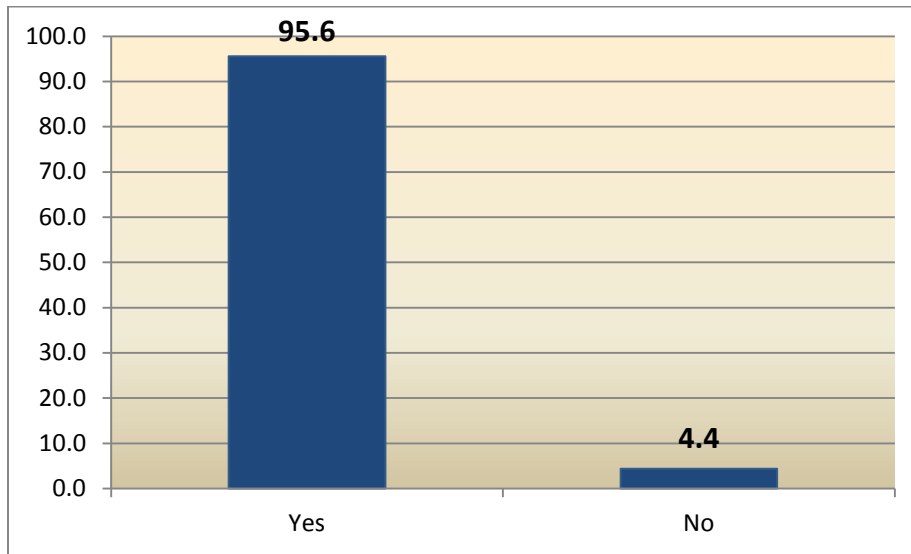
**6. Prior to NAIG, have you ever travelled outside of your province or state to be involved in competitive sport as a participant or volunteer?**



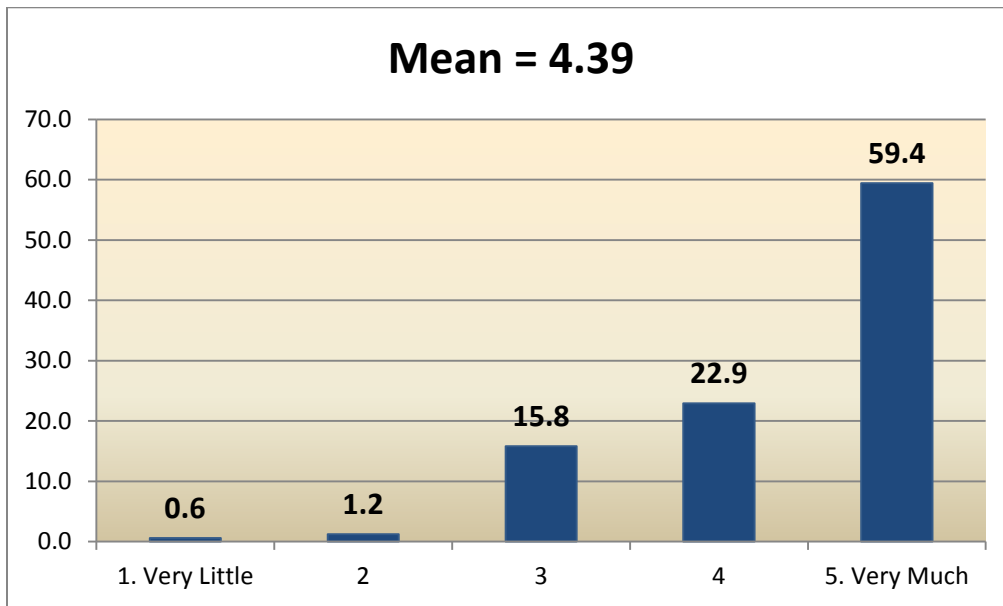
**Statistically Significant**

<b>6. Prior to NAIG, have you ever travelled outside of your province or state to be involved in competitive sport as a participant or volunteer?</b>					
<b>Role</b>	<b>% Saying 'Yes'</b>	<b>Age</b>	<b>% Saying 'Yes'</b>	<b>Home Province/State</b>	<b>% Saying 'Yes'</b>
Athlete	61.3	18 & under	59.5	Yukon/NWT/Nunavut	88.7
Coach	84.0	19-30	80.0	Quebec	59.3
Chef de Mission/Mission Staff	93.8	31-50	68.4	Ontario	58.0
Team Volunteer/Chaperone	64.9	Over 50	81.0	PEI/NFLD/NB	66.7
Parent	59.4			Manitoba	70.5
Other	82.4	<b>Background</b>	<b>% Saying 'Yes'</b>	US State	68.8
		Indigenous	64.7	BC/Alberta	88.9
		Non-Indigenous	91.4	Other	83.3
<b>Residence</b>	<b>% Saying 'Yes'</b>				
On reserve	61.6				
Off reserve	70.2				

7. Do you intend to be involved in competitive sport following the 2014 NAIG as a participant or volunteer?



7a. How much or how little do you intend to be involved in competitive sport in the future? Please give your answer by picking a number on a 1 to 5 scale from 1 for Very Little up to 5 for Very Much. Asked of the 95.6% who intend to participate in competitive sport following the 2014 NAIG (Q7)

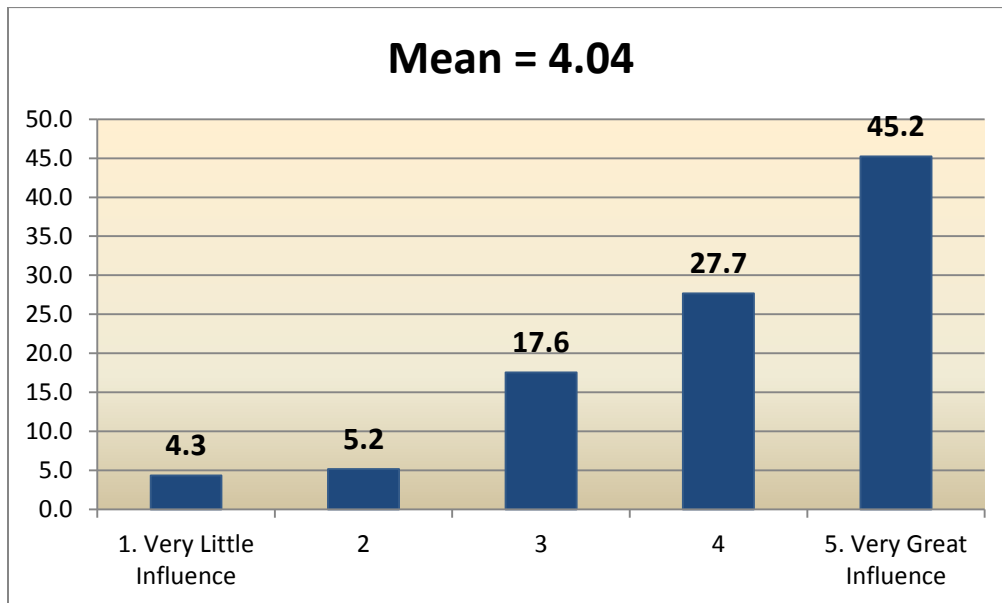


**Statistically Significant**

7a. How much or how little do you intend to be involved in competitive sport in the future?	
Role	
Athlete	4.43
Coach	4.55
Chef de Mission/Mission Staff	4.57
Team Volunteer/Chaperone	4.08
Parent	4.22
Other	4.00

**7b. Has the 2014 NAIG had a positive influence in making your decision regarding future participation in competitive sport? Please pick a number from 1 to 5 where 1 means the NAIG has had Very Little Influence, and 5 means the NAIG has had Very Great Influence.**

**Asked of the 95.6% who intend to participate in competitive sport following the 2014 NAIG (Q7)**

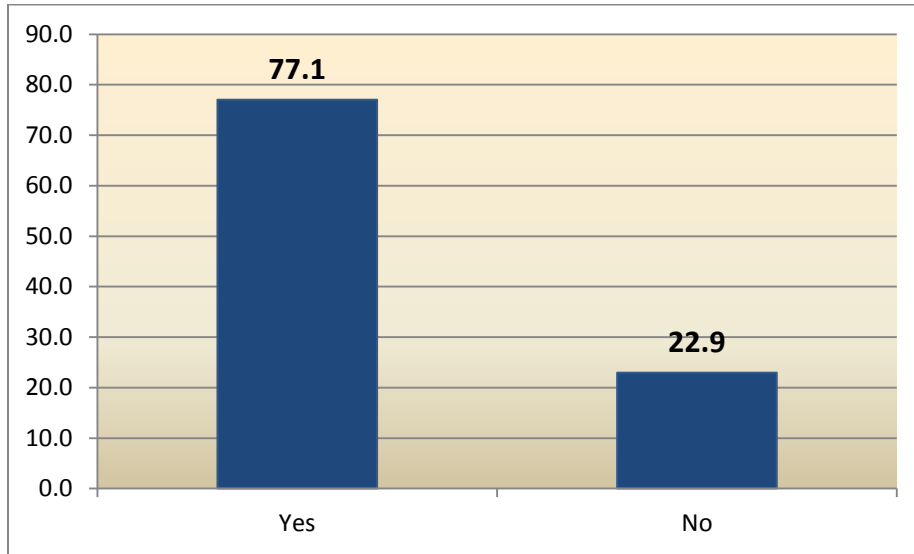


**Statistically Significant**

<b>7b. Has the 2014 NAIG had a positive influence in making your decision regarding future participation in competitive sport?</b>					
<u>Role</u>		<u>Gender</u>		<u>Age</u>	
Athlete	4.18	Male	3.91	18 & under	4.22
Coach	3.86	Female	4.16	19-30	4.06
Chef de Mission/Mission Staff	3.77			31-50	3.72
Team Volunteer/Chaperone	3.73	<u>Home Province/State</u>		Over 50	3.79
Parent	3.96	Yukon/NWT/Nunavut	3.89		
Other	3.50	Quebec	4.48	<u>Background</u>	
		Ontario	3.95	Indigenous	4.08
<u>Residence</u>		PEI/NFLD/NB	4.08	Non-Indigenous	3.62
On reserve	4.23	Manitoba	4.19		
Off reserve	3.89	US State	3.67		
		BC/Alberta	3.75		
		Other	3.75		



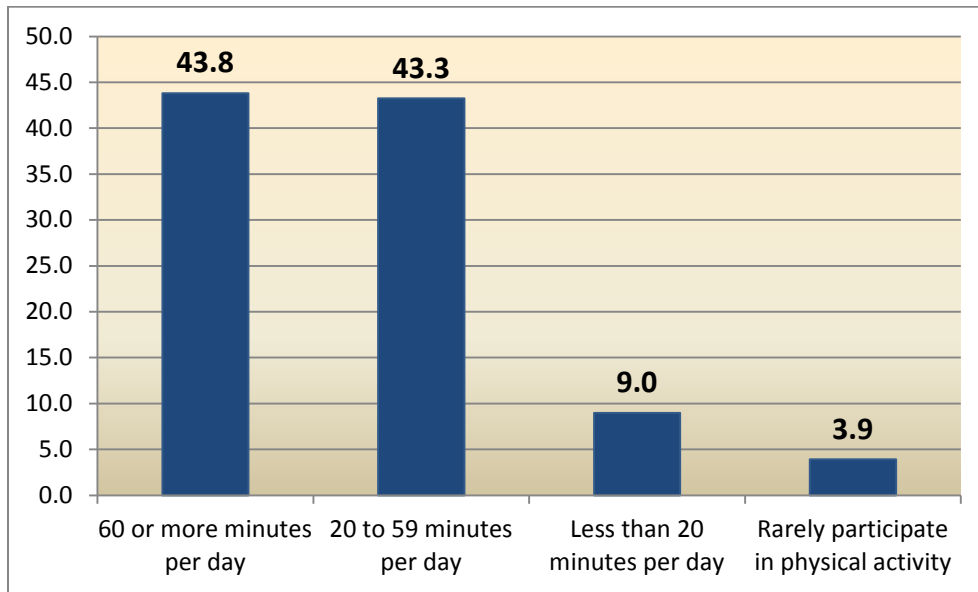
**8. Would you have arrived at the same decision regarding your future in competitive sport as a participant or volunteer, if you hadn't attended the 2014 NAIG?**



**Statistically Significant**

<b>8. Would you have arrived at the same decision regarding your future in competitive sport as a participant or volunteer, if you hadn't attended the 2014 NAIG?</b>	
<b>Role</b>	<b>% Saying 'Yes'</b>
Athlete	77.8
Coach	86.5
Chef de Mission/Mission Staff	61.5
Team Volunteer/Chaperone	69.2
Parent	62.5
Other	83.3

**9. On average, how much physical exercise do you do?**



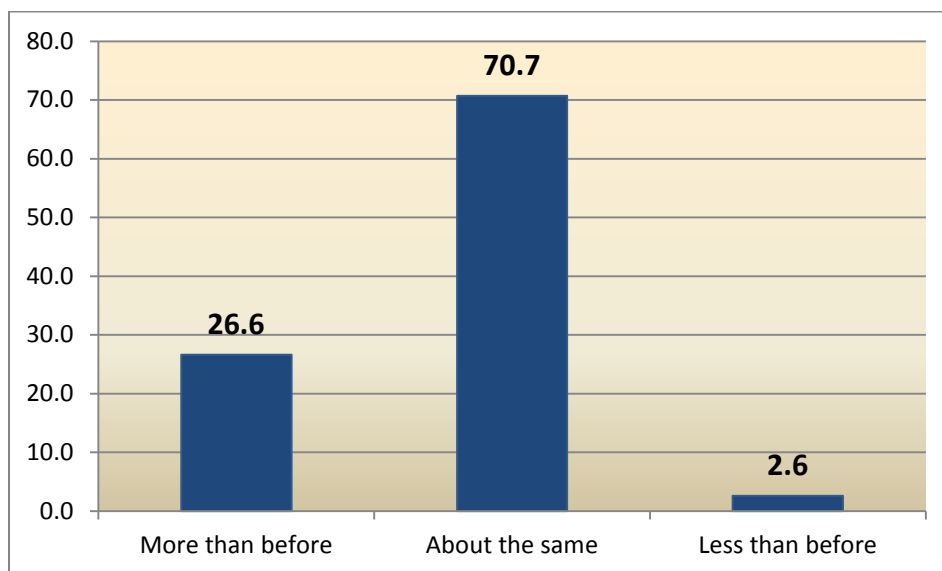
**Statistically Significant**

<b>Role</b>	60 + minutes/day	20 - 59 minutes/day	< 20 minutes/day	Rarely participate
Athlete	51.5	39.1	6.7	2.7
Coach	38.8	48.8	12.5	0.0
Chef de Mission/Mission Staff	40.0	53.3	6.7	0.0
Team Volunteer/Chaperone	19.6	62.5	12.5	5.4
Parent	33.3	33.3	10.0	23.3
Other	23.5	47.1	23.5	5.9

<b>Gender</b>	60 + minutes/day	20 - 59 minutes/day	< 20 minutes/day	Rarely participate
Male	54.3	35.7	9.0	0.9
Female	36.7	48.4	9.1	5.8

<b>Age</b>	60 + minutes/day	20 - 59 minutes/day	< 20 minutes/day	Rarely participate
18 & under	50.5	39.1	7.3	3.1
19-30	50.0	38.3	10.0	1.7
31-50	25.2	55.0	10.8	9.0
Over 50	39.0	43.9	17.1	0.0

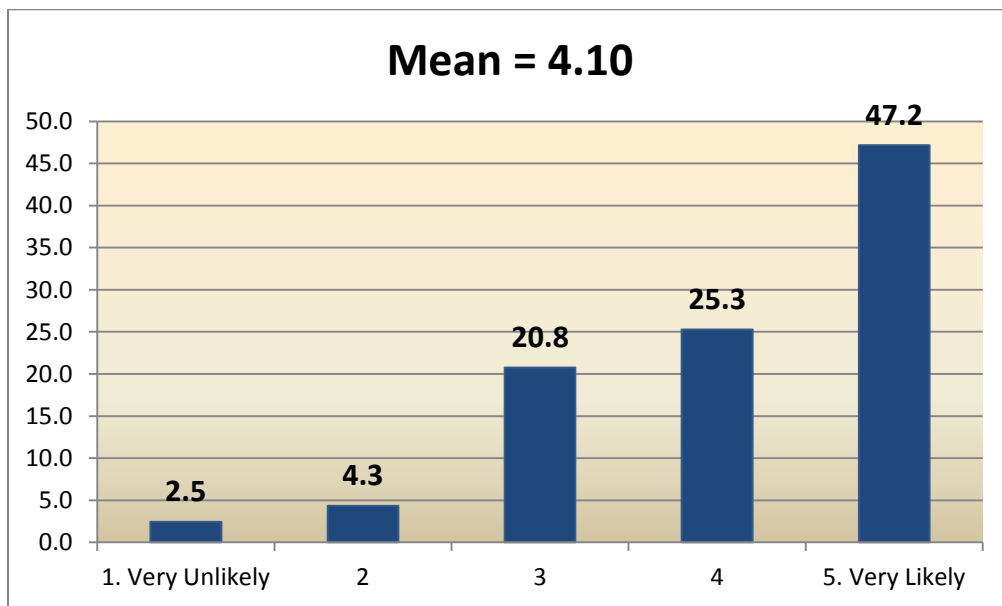
**10. Would you say you are more physically active, about the same, or less physically active now than you were before the 2014 NAIG?**



**Statistically Significant**

<b>10. Would you say you are more physically active, about the same, or less physically active now than you were before the 2014 NAIG?</b>							
<b>Role</b>	More than before	About the same	Less than before	<b>Age</b>	More than before	About the same	Less than before
Athlete	32.9	65.0	2.1	18 & under	32.4	65.9	1.7
Coach	16.0	82.7	1.2	19-30	36.1	55.7	8.2
Chef de Mission/Mission Staff	6.7	86.7	6.7	31-50	10.2	87.0	2.8
Team Volunteer/Chaperone	16.7	75.9	7.4	Over 50	23.1	74.4	2.6
Parent	15.4	80.8	3.8				
Other	23.5	76.5	0.0	<b>Home Province/State</b>	More than before	About the same	Less than before
				Yukon/NWT/Nunavut	39.3	55.7	4.9
				Quebec	34.1	64.6	1.2
				Ontario	19.3	80.1	0.6
				PEI/NFLD/NB	32.8	65.6	1.6
				Manitoba	25.7	70.0	4.3
				US State	19.4	74.6	6.0
				BC/Alberta	25.0	75.0	0.0
				Other	50.0	33.3	16.7

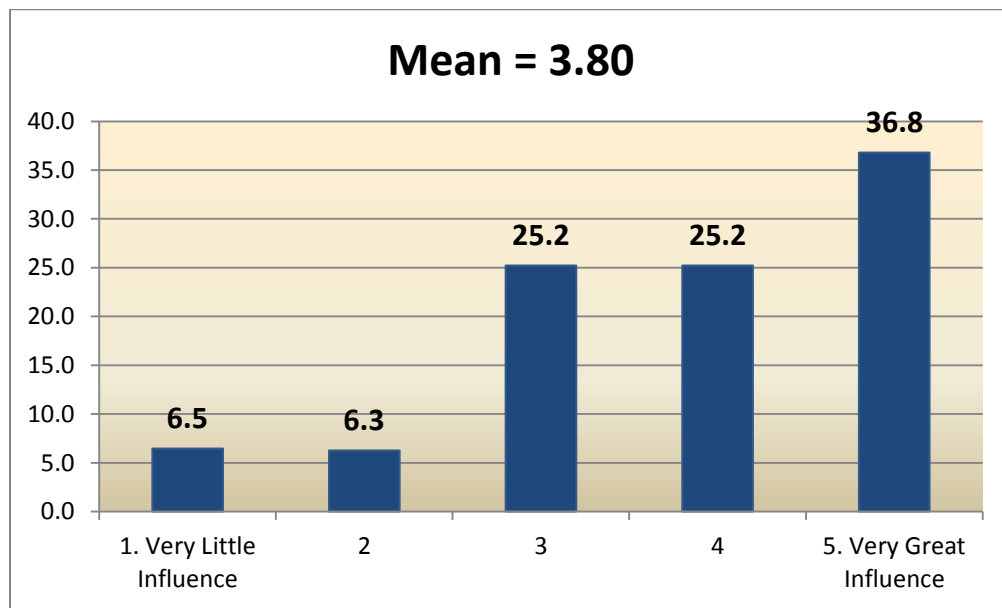
11. When you return home from the Games, how likely are you to be physically active, participating in vigorous activity a minimum of 3 times per week? Use a 1 to 5 scale where 1 means Very Unlikely and 5 means Very Likely.



**Statistically Significant**

11. When you return home from the Games, how likely are you to be physically active, participating in vigorous activity a minimum of 3 times per week?			
<u>Role</u>		<u>Home Province/State</u>	
Athlete	4.18	Yukon/NWT/Nunavut	4.23
Coach	4.31	Quebec	4.40
Chef de Mission/Mission Staff	4.29	Ontario	3.97
Team Volunteer/Chaperone	3.79	PEI/NFLD/NB	4.31
Parent	3.54	Manitoba	4.01
Other	3.76	US State	3.85
		BC/Alberta	4.13
		Other	4.20

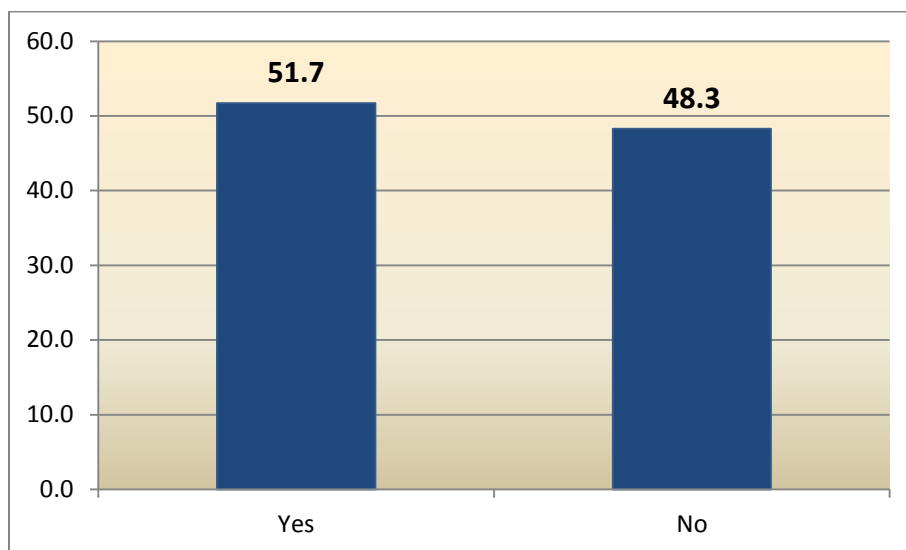
12. Has the 2014 NAIG had a positive influence in making your decision regarding future physical activity? Please pick a number from 1 to 5 where 1 means the NAIG has had Very Little Influence, and 5 means the NAIG has had Very Great Influence.



**Statistically Significant**

12. Has the 2014 NAIG had a positive influence in making your decision regarding future physical activity?					
<u>Role</u>		<u>Age</u>		<u>Home Province/State</u>	
Athlete	4.00	18 & under	4.03	Yukon/NWT/Nunavut	3.66
Coach	3.66	19-30	3.86	Quebec	4.15
Chef de Mission/Mission Staff	3.19	31-50	3.37	Ontario	3.66
Team Volunteer/Chaperone	3.38	Over 50	3.46	PEI/NFLD/NB	3.94
Parent	3.57			Manitoba	3.93
Other	2.88	<u>Background</u>		US State	3.53
		Indigenous	3.83	BC/Alberta	3.88
		Non-Indigenous	3.34	Other	3.67

**13. When you were preparing for the 2014 NAIG, did you change your diet toward increased healthy eating?**



**Statistically Significant**

13. When you were preparing for the 2014 NAIG, did you change your diet toward increased healthy eating?					
Role	% Saying 'Yes'	Age	% Saying 'Yes'	Home Province/State	% Saying 'Yes'
Athlete	57.6	18 & under	57.6	Yukon/NWT/Nunavut	67.8
Coach	47.4	19-30	44.8	Quebec	55.1
Chef de Mission/Mission Staff	33.3	31-50	38.9	Ontario	53.8
Team Volunteer/Chaperone	32.7	Over 50	62.5	PEI/NFLD/NB	50.0
Parent	57.1			Manitoba	50.0
Other	30.8			US State	33.3
				BC/Alberta	62.5
				Other	50.0

**13a. How did your diet change?**

**Asked of the 51.7% who say they changed their diet while preparing for the 2014 NAIG (Q13)**

- Went on a cleanse before departure and ate healthy on route and during the games.
- Water instead of pop, no fast food
- Watched what I ate
- Watched more closely on my food and water intake more
- Watch what I eat and exercise physical activity every day
- Vegetables - no carbs
- Tried to ensure I chose good food and also show others good habits for healthy eating to ensure good performance....
- Tried stopped eating junk
- Training and practice changed my diet
- Thought more about eating a balanced diet - more fresh/whole foods, less processed foods
- Switched to a healthier diet
- Stopped eating poutine
- Stopped eating junk food
- Stopped eating bad
- Stayed away from fast food but kept the same amount of food in diet
- Started to quit junk food

- Started to eat more healthy foods fruit /vegetable/lots of protein carbs drink lots of water
- Started eating healthy things and less pop
- Started eating clean, felt healthier than ever
- Started eating breakfast, cut out soft drinks
- Started eating accordingly to what my body needs were
- Soda to water
- Salad, fruit
- Run
- Reduced carbs and sugar
- physically active and eating healthy food
- nutrition sessions, pre-competition meal plan
- Not much
- No soda or candy
- No soda or bread
- No poutine
- No pop/junk food
- No pop, less sugars, and keep high cardio for running, sport basket ball. It was definitely needed.
- No pop
- No more pizza and a lot more salad
- No meat, organic food, less milk products, less bread, reduction of sweets and coffee
- No junk/fat foods
- No junk food
- No junk food
- No junk
- No fats, oils, sugars, salts
- No fast food - more water. Fitness for life :)
- No chips
- No bread
- No !!
- Never ate junk food
- Much more water
- More water cut down on my food size portions
- More veggies, protein, less carbs
- More veggies and fruit
- More veggies
- More vegetables, plenty of water, breakfast every morning
- More vegetables, less starch, healthy meats, more sleep
- More protein, less sugar
- More produce
- More healthy, less junk
- More healthy foods and water
- More healthy eating
- More healthy carbs
- More fruits and salads
- More fruits vegetables..less bread..more water
- More fruits and water, less junk and pop
- More fruits and vegetables and less breads
- More fruits
- More fruits
- More fruit, more water, eating more greens, walked everywhere instead of busing, jogged 3 times per week, work out sessions at home!
- More fruit less junk
- More fruit
- More fresh fruit and vegetables, More fiber
- More fresh fruit
- More fresh eating, less grease
- More directed to increased physical activity
- More conscience
- More careful to eat healthy
- More balanced meals
- Meal plan, exercise
- Made healthier choices
- Like eat a salad
- Light eating and more water.
- Less sweets, more water
- Less sugary foods
- Less sugars
- Less sugar, more fruits and vegetables
- Less sugar, drank water instead of soda
- Less sugar in my diet
- Less sugar and more water
- Less sugar and fast foods
- Less refined carbs; more protein, healthy fats
- Less processed foods, no cola, no junk food, more vegetables and fruit, calorie consciousness
- Less processed food and cleaner protein
- Less pop, less junk food
- Less meat
- Less junk, more real food
- Less junk food. Healthier choices when going out and at home.
- Less junk food, more protein
- Less junk food, more fruit and vegetables
- Less junk food, ate more fruit
- Less junk food
- Less junk food
- Less junk food
- Less junk food
- Less junk food
- Less junk food
- Less junk food
- Less junk food
- Less junk food
- Less junk food
- Less grease, more fruits, better eating habits

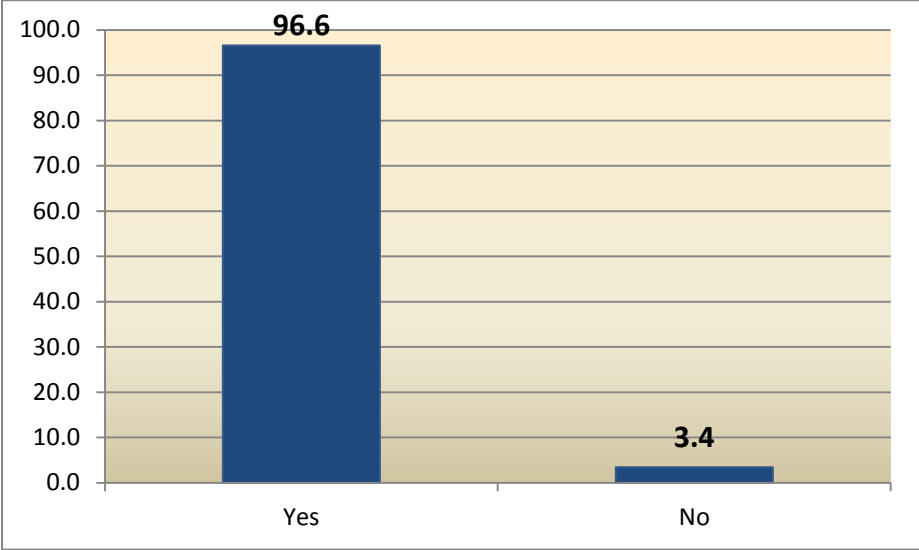
- Less fatty and sugary foods and drinks
- Less fast food and more fruit and veggies
- Less carbs/greasy foods, only water
- Less carbs, more proteins and vegetables. Very little fried foods or sugar
- Less carbs more protein/vegetables...less fast food
- Less carbs
- Junk to fruits
- In a positive and healthy way
- I was eating lots but I went to #NAIG THEN, I kept eating healthy, even my friends were eating healthy.
- I was eating healthier
- I talked to the boys about the role of protein vs. carbs, and healthy eating
- I stopped eating junk food, and stopped drinking anything other than water.
- I stopped eating junk food
- I stopped drinking less soda and i drink more water
- I started eating healthy
- I slowed down on junk
- I increased my antioxidants to decrease chance of illness and fatigue during the games.
- I had to eat lighter for my sport and could not have caffeine or high amounts of sugar. I had to drink more water.
- I had a more healthy diet.
- I felt even more healthy than before
- I eat less junk foods and more healthy foods, more aware of the differences
- I eat healthy already and sometimes indulge so I just cut out the "sometime" and ate completely healthy.
- I drink less pop and junk
- I drank water>soda
- I drank more water and stopped eating more than I need to
- I didn't really change my diet, as I was already eating healthy for my sport for a long time.
- I didn't eat a lot of junk food
- I cut down on my junk food
- I ate more veggies
- I ate more fruit & vegetables, I also ate 3 meals a day
- I ate healthy food before, but not to the extent that I cut out my cheat days as well
- I ate better food
- I ate better
- I always try to eat healthy, so it didn't change
- I already had. down here i am eating less seal meat
- I've been eating more carbs and water
- how much i ate
- high carbs, high protein, less junk food
- Healthier
- Healthy foods. salad
- Healthy eating
- Healthy
- Healthier smarter food choices
- Healthier meals
- Healthier foods more protein
- Healthier foods
- Healthier food choices
- Healthier eating
- Healthier choices
- Healthier choices
- Healthier
- Having fruits and vegetables between practices
- Gluten free/ sugar free diets
- Fruits, vegetables, etc.
- Foods and drinks
- Exercised , ate portions and cut out all junk food
- Even though I'm a coach I trained with my team for myself, because I'm a college athlete
- Eliminating fried foods for the week
- Eating whole foods, no processed
- Eating more healthy foods
- Eating more healthy
- Eating more foods that helped keep energy levels up and nutritious meals for my muscles.
- Eating me healthy
- Eating less sugary and salty foods, more fruit and protein
- Eating less junk food, eating more protein, eating reasonable amounts
- Eating less junk food increase in fruits/vegetables
- Eating less junk food during training
- Eating less junk food
- Eating less
- Eating healthy, training
- Eating healthy.
- Eating healthy food and drinking lots of water
- Eating healthy food
- Eating healthy everyday
- Eating healthy
- Eating healthy
- Eating healthier, healthier choices ie no drinks, lots of fruits and veggies



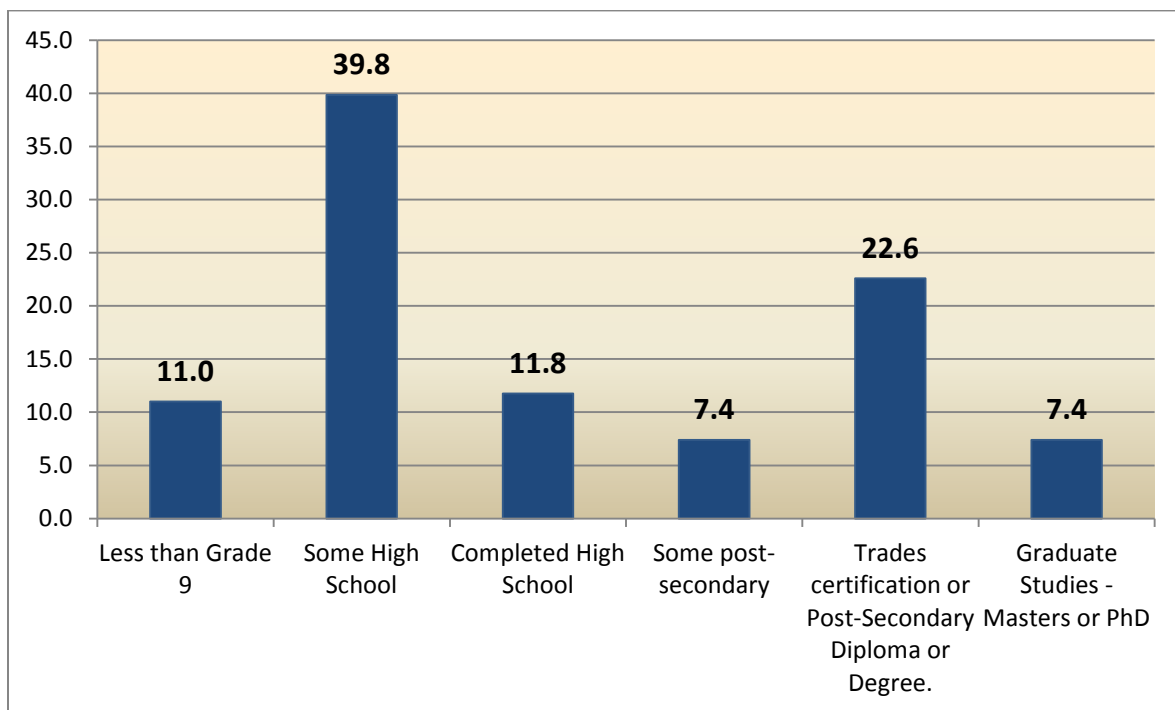
- Eating healthier, athlete meal
- Eating healthier food
- Eating healthier
- Eating healthier
- Eating healthier
- Eating fruits veggies protein
- Eat more vegetables and fruit
- Eat less junk food
- Eat less fast foods and more healthy foods
- Eat less
- Eat less
- Eat less
- Eat healthier
- Eat healthy and drink water
- Eat healthier
- Drinking more water and eating less junk food.
- Drinking more water and eating less junk food.
- Drink less energy drinks
- Drank more water lots of fruits and veg
- Did not eat as much junk food
- Did not eat as much and actually took time to make better choices
- Cut out pop and switched to gluten free foods
- Cut out carbs
- Cut back on fast food and pop
- Cut all junk food, increased water and vegetable intake. Ate 5-6 a day to promote muscle growth.
- Completely stopped eating unhealthy.
- Clean eating
- Clean eating
- Changed a lot, ate more veggies, pasta, healthy stuff
- Calorie reduced diet
- Big time
- Better choice of foods...more finer intake - fruits act
- Aware of making healthier choices. Drank a lot more water
- Ate the most healthy choices
- Ate smaller portions and less sugar
- Ate no junk food
- Ate my healthiest choices
- Ate my greens
- Ate more vegetables, and more protein products
- Ate more protein and foods that would give me more energy
- Ate more healthy good consistently to prepare for games
- Ate less junk food
- Ate healthy food
- Ate healthier foods
- Ate healthier especially when NAIG was approaching
- Ate healthier
- Ate healthier
- Ate healthier
- Ate grandmas soup
- Ate better food salads and veggies and fruit
- Ate better food group choices and no junk food
- Ate better
- Ate better
- Ate a lot healthier
- Are healthier. No fatty greasy food. Lots of water
- After initiating the NAIG process (9 months prior), as my son was an athlete!! I've made sure to cook healthy meals and snacks, promote exercise to 30-60 mins daily. In total my family is more physically active, less stressed, and eat a well balanced diet DUE to our participation in the NAIG games!!!!

**13b. Do you intend to maintain these changes following the 2014 NAIG?**

Asked of the 51.7% who say they changed their diet while preparing for the 2014 NAIG (Q13)



#### 14. What level of education do you presently have?



#### Statistically Significant

14. What level of education do you presently have?						
<u>Role</u>	Less than Grade 9	Some High School	Completed High School	Some post-secondary	Trades certification or Post-Secondary Diploma or Degree.	Graduate Studies - Masters or PhD
Athlete	17.0	61.7	15.1	4.3	1.2	0.6
Coach	0.0	6.2	7.4	8.6	54.3	23.5
Chef de Mission/Mission Staff	0.0	0.0	0.0	13.3	66.7	20.0
Team Volunteer/Chaperone	0.0	5.4	3.6	10.7	66.1	14.3
Parent	3.4	3.4	13.8	20.7	51.7	6.9
Other	0.0	0.0	0.0	18.8	50.0	31.3

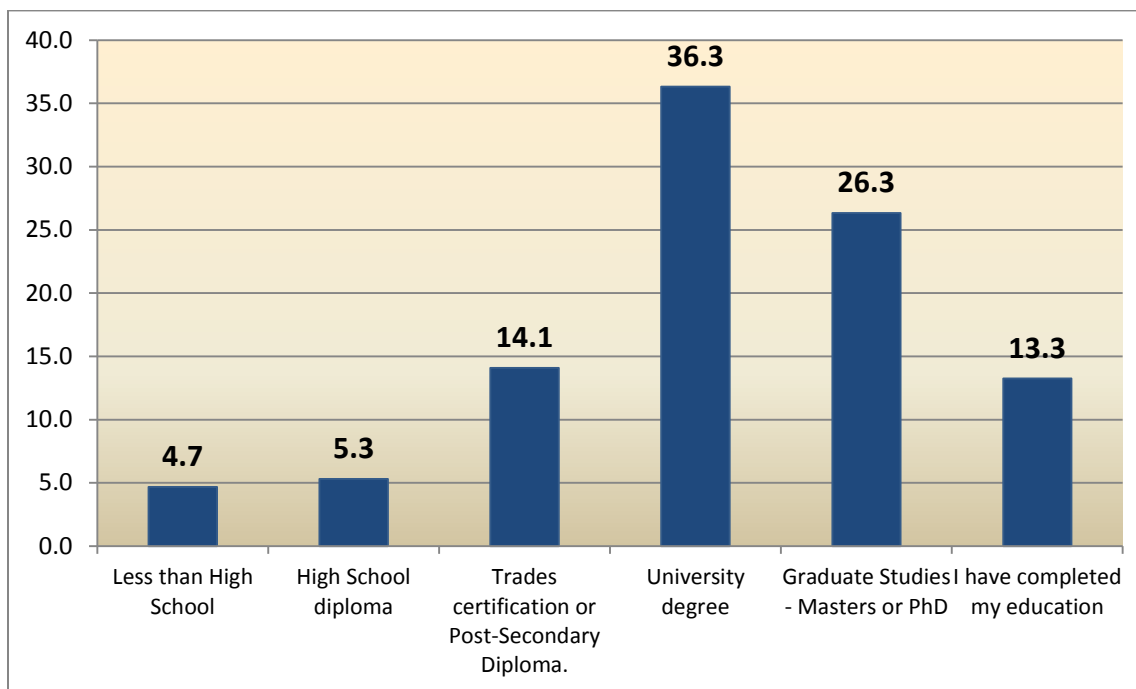
<u>Age</u>	Less than Grade 9	Some High School	Completed High School	Some post-secondary	Trades certification or Post-Secondary Diploma or Degree.	Graduate Studies - Masters or PhD
18 & under	18.9	65.7	11.9	2.1	0.7	0.7
19-30	0.0	14.0	28.1	22.8	31.6	3.5
31-50	0.9	4.6	6.4	12.8	59.6	15.6
Over 50	0.0	2.4	4.8	7.1	47.6	38.1

<b><u>Home Province/State</u></b>	Less than Grade 9	Some High School	Completed High School	Some post-secondary	Trades certification or Post-Secondary Diploma or Degree.	Graduate Studies - Masters or PhD
Yukon/NWT/Nunavut	5.0	50.0	15.0	3.3	16.7	10.0
Quebec	12.3	32.1	21.0	11.1	17.3	6.2
Ontario	12.2	29.3	8.5	9.1	34.8	6.1
PEI/NFLD/NB	17.5	52.4	4.8	0.0	15.9	9.5
Manitoba	7.4	45.6	13.2	8.8	23.5	1.5
US State	10.6	53.0	9.1	6.1	9.1	12.1
BC/Alberta	0.0	0.0	12.5	25.0	37.5	25.0
Other	0.0	40.0	20.0	0.0	40.0	0.0

<b><u>Background</u></b>	Less than Grade 9	Some High School	Completed High School	Some post-secondary	Trades certification or Post-Secondary Diploma or Degree.	Graduate Studies - Masters or PhD
Indigenous	11.7	42.2	12.3	7.2	20.6	6.0
Non-Indigenous	0.0	8.6	5.7	8.6	48.6	28.6

<b><u>Residence</u></b>	Less than Grade 9	Some High School	Completed High School	Some post-secondary	Trades certification or Post-Secondary Diploma or Degree.	Graduate Studies - Masters or PhD
On reserve	10.9	42.5	15.4	9.0	16.9	5.3
Off reserve	11.9	40.5	9.0	5.2	26.2	7.1

### 15. What is the highest level of education you intend to pursue?



### Statistically Significant

15. What is the highest level of education you intend to pursue?						
<b>Role</b>	Less than High School	High School diploma	Trades certification/Post-Secondary Diploma.	University degree	Graduate Studies - Masters or PhD	I have completed my education
Athlete	6.9	7.3	14.9	44.9	25.1	1.0
Coach	1.4	1.4	9.5	18.9	28.4	40.5
Chef de Mission/Mission Staff	0.0	0.0	6.7	26.7	53.3	13.3
Team Volunteer/Chaperone	2.0	2.0	13.7	21.6	23.5	37.3
Parent	0.0	4.2	29.2	37.5	16.7	12.5
Other	0.0	0.0	5.9	11.8	35.3	47.1

<b>Gender</b>	Less than High School	High School diploma	Trades certification or Post-Secondary Diploma.	University degree	Graduate Studies - Masters or PhD	I have completed my education
Male	5.1	6.6	18.2	37.9	19.7	12.6
Female	4.5	4.2	11.5	35.1	30.9	13.9

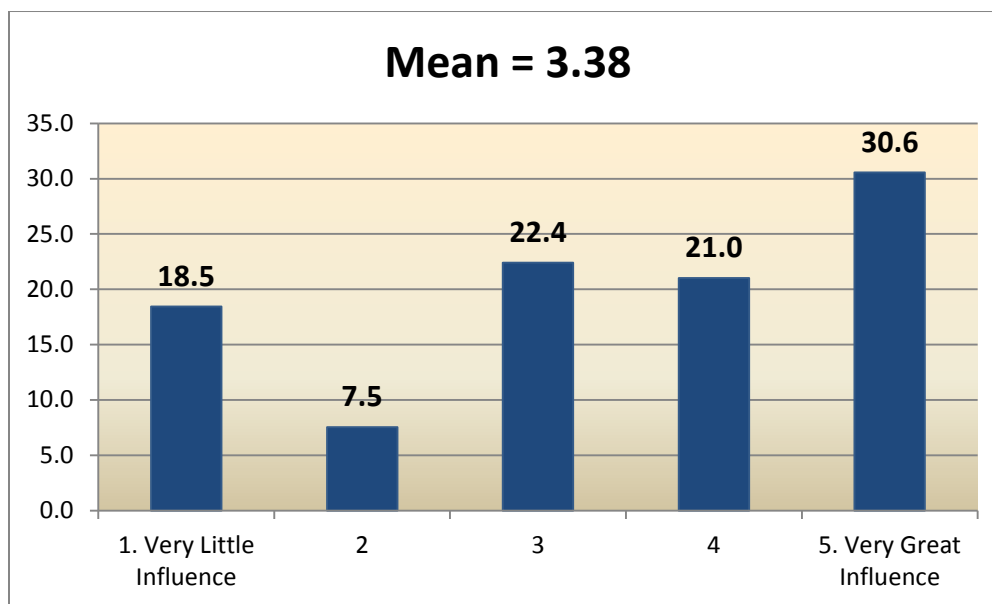
<b>Age</b>	Less than High School	High School diploma	Trades certification or Post-Secondary Diploma.	University degree	Graduate Studies - Masters or PhD	I have completed my education
18 & under	6.0	7.9	13.9	44.4	26.7	1.1
19-30	10.9	1.8	20.0	30.9	23.6	12.7
31-50	1.0	1.0	15.0	26.0	29.0	28.0
Over 50	0.0	4.9	4.9	17.1	22.0	51.2

<b>Home Province/State</b>	Less than High School	High School diploma	Trades certification or Post-Secondary Diploma.	University degree	Graduate Studies - Masters or PhD	I have completed my education
Yukon/NWT/Nunavut	12.3	7.0	15.8	28.1	15.8	21.1
Quebec	6.4	10.3	9.0	37.2	28.2	9.0
Ontario	2.7	0.7	20.0	36.7	24.7	15.3
PEI/NFLD/NB	5.2	5.2	19.0	31.0	27.6	12.1
Manitoba	1.5	6.2	10.8	40.0	30.8	10.8
US State	3.4	8.6	5.2	43.1	32.8	6.9
BC/Alberta	0.0	0.0	0.0	12.5	25.0	62.5
Other	16.7	0.0	33.3	33.3	16.7	0.0

<b>Background</b>	Less than High School	High School diploma	Trades certification or Post-Secondary Diploma.	University degree	Graduate Studies - Masters or PhD	I have completed my education
Indigenous	4.9	5.3	15.0	37.7	25.8	11.3
Non-Indigenous	3.1	3.1	3.1	15.6	31.3	43.8

<b>Residence</b>	Less than High School	High School diploma	Trades certification or Post-Secondary Diploma.	University degree	Graduate Studies - Masters or PhD	I have completed my education
On reserve	5.3	8.9	15.4	37.7	22.3	10.5
Off reserve	4.5	1.0	14.6	36.4	30.8	12.6

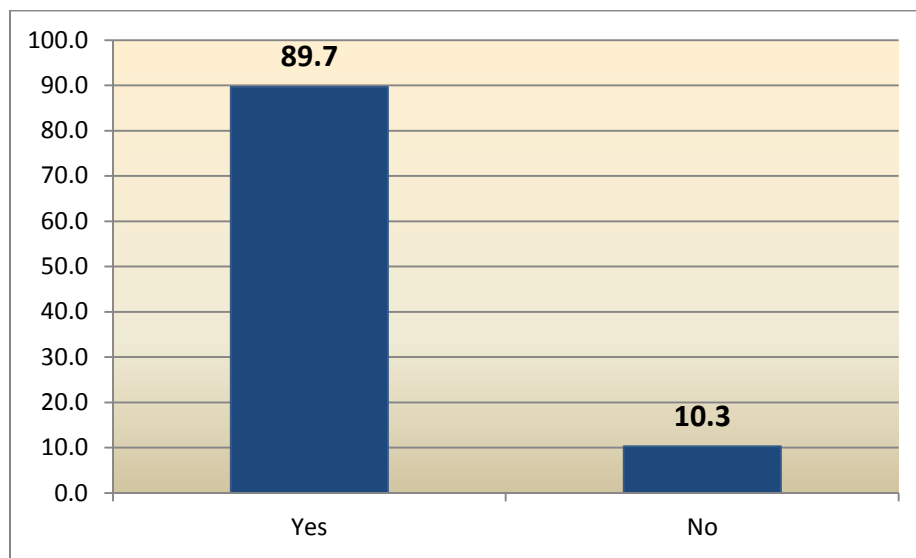
16. Has the 2014 NAIG had a positive influence in your decision to continue or pursue future education?  
Please pick a number from 1 to 5 where 1 means the NAIG has had Very Little Influence, and 5 means the NAIG has had Very Great Influence.



#### Statistically Significant

16. Has the 2014 NAIG had a positive influence in your decision to continue or pursue future education?					
<u>Role</u>		<u>Age</u>		<u>Home Province/State</u>	
Athlete	3.75	18 & under	3.77	Yukon/NWT/Nunavut	3.53
Coach	2.74	19-30	3.38	Quebec	3.75
Chef de Mission/Mission Staff	2.40	31-50	2.67	Ontario	3.10
Team Volunteer/Chaperone	2.52	Over 50	2.53	PEI/NFLD/NB	3.56
Parent	3.38			Manitoba	3.42
Other	2.29	<u>Background</u>		US State	3.23
		Indigenous	3.43	BC/Alberta	2.83
<u>Residence</u>		Non-Indigenous	2.61	Other	3.20
On reserve	3.56				
Off reserve	3.26				

**17. Has your participation in sport made a positive difference in other choices you have made in your life?**



**Statistically Significant**

17. Has your participation in sport made a positive difference in other choices you have made in your life?					
Role	% Saying 'Yes'	Age	% Saying 'Yes'	Home Province/State	% Saying 'Yes'
Athlete	86.3	18 & under	85.1	Yukon/NWT/Nunavut	96.5
Coach	94.9	19-30	96.2	Quebec	89.2
Chef de Mission/Mission Staff	100.0	31-50	96.0	Ontario	92.5
Team Volunteer/Chaperone	91.7	Over 50	97.4	PEI/NFLD/NB	87.5
Parent	100.0			Manitoba	96.8
Other	100.0	<b>Background</b>	% Saying 'Yes'	US State	75.8
		Indigenous	89.2	BC/Alberta	100.0
		Non-Indigenous	100.0	Other	100.0

**17a. If 'Yes' above: In what way?**

- Yes, I realize I love volleyball
- Yes my team got to know each other
- Yes because it keeps me in great shape and keeps me busy in my spare time.
- Yes
- Working harder in school
- Work with first nation youth in the Yukon, facing different challenges in their life
- Work hard, comes great success
- What I would do in the future
- Well my daughter plays soccer and I intend for to keep playing and push hard for what she wants. I have never had any physical activity growing up, so putting her into sports I feel that she has a greater chance of succeeding in life then I ever did.
- Was a great experience being at the NAIG watching all athletes which motivates me to possibly take a coaching role in the field of baseball.
- Wanting to be healthy to play ball
- Want to stick to sports which is better than going out and doing weed everyday I personally don't but know people that do it
- Want to be a role model
- Value of persistence, effort
- Treating everyone equally
- Training and healthy eating



- Train more
- Train and focus on positive aspects
- To think positive
- To stay involved in sports and health
- To stay healthy
- To remain healthy, to increase physical activity, to maintain health choices, to assist youth in making these choices as well
- To remain healthy and in good shape as I grow older
- To quit smoking and work out more
- To play competitive sports in high school
- To obtain more coaching clinic in different sports NCCP
- To not give up no matter what
- To not give up
- To make smart choices
- To make me an olympian
- To make better choices in life to help me go further with the sport
- To live a healthy and substance free life
- To know that I can compete at a higher level, so motivates me to progress
- To keep my grades up and it taught me to be dedicated and to not give up
- To improve as much as i can
- To go outside to be more active then I was before naig2014
- To go college for sports
- To get more young people involved in the different sports
- To get better in sports with different teams
- To encourage young people to be physically fit and active
- To eat healthier and be active
- To continue to be more active
- To continue my education and to live a healthy live
- To coach kids just like I was coached because I look back and think about how I couldn't have done it without the coaching I received.
- To coach basketball players in near future
- To become a professional in sport and rec.
- To be more involved in community recreational activities and also in my children's involvement in all area of sports
- To be more involved
- To be happy, have fun , be nice to people, be understanding , Work hard
- To be happy I'm native
- To be active
- To be active
- To be a role model for my children and other kids in our community.
- Think about others more
- The sport made me want to practice to become as best as I can be, not only in sport but various aspects of life
- The joy of sport and competition has opened myself to other relationships, to trying new things, to socializing more, to learning other things involved other than sport required for success...ie. finances, fundraising, communication, etc.
- Team building
- Teaching others
- Teaches you to push yourself to your full potential
- Teach you to keep life at the best it can be
- Striving for a better future for myself and my family
- Strength
- Staying positive
- Staying out of trouble and staying active
- Staying out of trouble and being active
- Staying out of trouble
- Staying out of trouble
- Staying healthy and active keeps me fit, in shape and out of trouble.
- Staying healthy
- Staying away from drugs and alcohol and keeping healthy and active
- Staying active, social, experience, traveling, and participating
- Staying active
- Stayed out of trouble
- Stay in school, life lessons, healthy eating, career choice.
- Stay in school, stay healthy
- Stay healthy, work out regularly with a trainer, no parties but spend quality time with friends
- Stay away from drugs
- Stay active and don't do drugs or do not drink alcohol. Stay positive.
- Stay (be) healthy
- Sports keep me on my toes and improve many aspects of my life
- Sports help individuals become athletes and team members, and allow people to set goals and develop healthy aspirations which can have a positive impact on their day to day

- decision making. Sports also help athletes gain friendships unlike any other.
- Sports have kept me pursuing challenges for myself physically instead of slowly falling apart
  - Sports have always been a positive outlet and great stress relief for me.
  - Sports give participants a reason to train, to take care of themselves, something to look forward to, something to look at in the future and strive towards.
  - Sport teaches character and respect
  - Sport opens up doors to many things. If you like doing something enough you will pursue it and overcome obstacles to continue. Sport can get you through school.
  - Sport keeps one physically, emotionally, mentally academically fit. Team sport builds character allowing one to learn how to reach for success and become Role Models for great Leadership. I witnessed this over the years through Marc L.,Gloria H-L. Strong Spirits Strong Minds
  - Sport keeps me active as a participant and as a coach. It reflects on my children as well who see me staying active and coaching other kids. I use sport as a modality of positive role modelling.
  - Sport has very much shaped all facets of my life. I continue to draw on the life skills and leadership skills I developed through my sport experiences
  - Sport has taught me discipline
  - Sport has influenced my education choices
  - Sport gave me the confidence to be where I am today. I'm a former athlete, parent of a NAIG athlete this time around, and see what sport does for my daughter as well.
  - Sport encouraged me to stay in school, career is sport related (PE teacher)
  - So it doesn't ruin my opportunity to play if I make bad choices
  - Showed me how powerful sports can be in motivating youth
  - Set goal to be health and lead a healthier lifestyle
  - Self confidence, self knowledge, ability to work as part of a team, open opportunities
  - Seeing all the youth being a part of this sport made me realize that we all need to be health as Indigenous People, including parents. Parents have to set good examples.
  - School
  - Role model to our youth I have met many people thru sport
  - Pushing myself to participate other than just sitting there and watching
  - Pushing myself to achieve things I didn't think I could. Friendships, confidence, control under pressure
  - Pursue greater goals
  - Promotion and participation
  - Presentations to youth always use NAIG as bar of measure about positive possibilities
  - Practise n think positive
  - Practice more to become better
  - Practice more and be more active
  - Positively
  - Positive thinking, keeping myself busy
  - Positive outlook on life, and that you have to put in self work to reach your goals
  - Positive mind, healthy living, good choices.
  - Positive choices
  - Participation leads to healthier lifestyle. As well have made several friends and had several positive experiences/relationships with athletes through participation in sports.
  - Participating in sport pushes me to be a healthier and overall better person in life. It pushes me to challenge myself positively, to go outside of my comfort zone, connect with people and much more.
  - Parents are proud that I'm playing sports and getting involved.
  - Overall health and healthier lifestyle choices
  - Not to give up on themselves
  - Not to do drugs and drink
  - No time for making bad choices
  - No matter how old you are, coaching can reach out to any age and make a small difference.
  - No drugs/alcohol
  - No drinking or late nights, lots of sleep
  - NAIG was a wonderful experience for my son, a friend who lives with us (and we suggested he participate) and myself. It was marvelous to see indigenous people in a positive light, without the racism. Although they were competitive during game play, they were friends afterwards. It is the first time I have been able to witness EVERYONE being equal!
  - NAIG participation helped to confirm the value of traditional First Nations levels of physical wellness and, confirms the capacity of

- Indigenous youth to engage higher levels of physical challenge.
- My sport of choice is basketball. I tried out for team MB in July 2013 but did not make it. I want to be a part of the next NAIG team Manitoba basketball team
- My sport basketball, helps me escape from all of the bad things in my life
- my life is more athletic and healthier
- my friends have been people who like sports like me so we play sports together and stay out of trouble
- My children will participate, coach in future naig
- My brother wants to attend NAIG and begin competitive sports
- My body and mind are so much stronger
- Must have a clean body and mind to compete in sports. Better lifestyle choices, and healthy way to deal with negative emotions.
- Motivated to train harder
- More sports
- More self confidence, better, stronger competitions
- More positive options to pursue
- More perseverance
- More outdoor times
- More motivated, setting the bar higher, bigger goals to achieve.
- More confident about choices and speaking up.
- More aware of my actions as a role model
- More active lifestyle
- Met new friends while playing a sport
- Mentally and physically
- Making the decision of not doing drugs
- Making positive choices
- Making people proud as native americans
- Making new friends
- Making more healthy more physical choices to working out and eating healthy
- Making friends and staying active
- Makes you aware of challenges in sports and that this could be a career wither it be baseball which I really enjoy and along with hockey sport it can be achieved with hard work ,commitment
- Makes me want to train harder for the next competition
- Makes me love it even more by meeting new people and having fun
- Make positive choices about living a better way
- Make friends
- Maintain a proper diet and healthy weight
- Made some life long friends from sports.
- Made me work on volleyball skills instead of getting high or going out partying with friends. Made me want a better future for my children by becoming the best volleyball and person I could be. Made me want to sleep early and work hard on my volleyball skills because I wanted to be the best volleyball person for myself. I wanted to eat healthy and more greens because it's healthy for you. I played outside with the ball most of the time and not inside because I heard the more your touching the ball is practicing
- Made me want to work harder
- Made me want to participate in more competitions
- Made me feel like a role model to children back home
- Lost weight. Better stamina. Better frame of mind. Team-building.
- Looking at other athletes and their motivation to strive higher is what i want to do...our young people need more positive role models and need more coaches to do so.
- Living healthy life
- Lifestyle, relationships, choices
- Less shy
- Less negative pure influence
- Less drinking
- Learn decision making, leadership, cooperation
- Leadership, drive, effort, attitude and the ability to make good decisions.
- Leadership and building capacity within my community. Awareness to youth and others ..promoting activity to all ages
- Kept me in school no drugs or alcohol
- Kept me in school
- Keeps me out of trouble
- Keeps me focussed on specific goals I have for myself being physical clears my mind and motivates my energy.
- Keeping me out of trouble
- Keeping me more active and happy
- Keeping me in a positive mood and making positives choices in my life.
- Keeping me dedicated to my sport
- Keeping me away from drugs and alcohol
- Keeping healthy, active
- Keep going with this sport

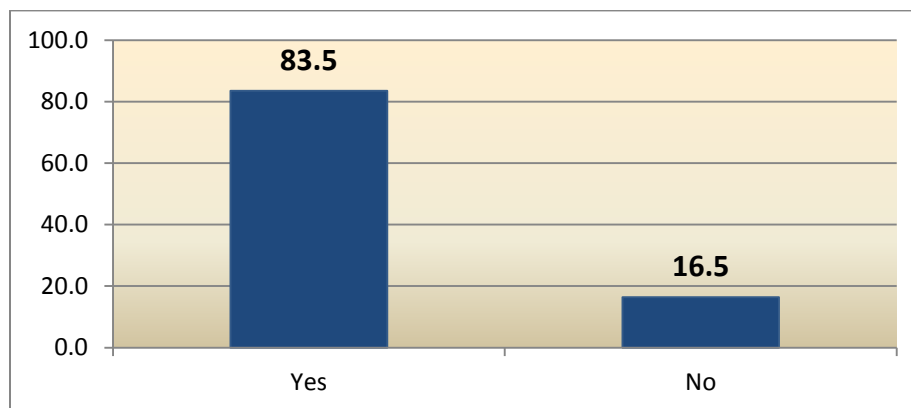
- Keep active, be positive
- Just to be a better person
- Just eating healthier walking watching my diet
- Its changed my physical and mental state; I've become a happy, healthy being
- It teaches discipline, self control and a feeling of reward
- It taught me to always chase your dreams
- It saved my life
- It opens my eyes to see many more opportunities that I could have in near future
- It made me want to travel more
- It keeps me out of trouble
- It helps me set goals I want to achieve to be successful.
- It helps me focus.
- It helped with my social skills
- It helped me kame good friends
- It has helped improve my self-confidence and motivation to keep reaching for my next life goal
- It has given me more confidence in things I do.
- It has become a huge part of my life. I focused on the subject for my Masters research paper, I am now working in the field as my career, and I am healthy and active because of sport.
- It gives me something to wake up, knowing I'm not only chasing what I love but I'm thriving in it.
- It's taught me self discipline, leadership and many skills that I use daily at work and school.
- Increased fitness level, promote health & wellness
- Increase in active volunteering with youth
- In ways that I can influence my own children to make the right and healthy choices for themselves. Sports can help them to make those positive choices.
- In order to play sports I need to get a certain grade at school, and I also need to have a healthy body
- In order to live a healthy clean life, active living plays a huge part in being balanced.
- Importance of staying healthy and active.
- Importance of staying healthy and active.
- If I live a more active life style then I will be healthier for my family
- If I didn't play sports I would probably making bad decisions in life smoking and drinking all the time. Instead I'm training
- I wouldn't have made it out of high school without sports
- I would like to help others now
- I would like to help other people
- I want to return to NAIG and bring home gold. My mom said I was heading to bad paths, and that I needed to turn it around to be able to play again, and represent our Nation. I want to be in the best shape possible, and no longer want to hang my stick up. I will try to make good choices, so my family will help me with lacrosse
- I want to live a healthy life and this helped me see that aboriginal people are interested in living well. I have always been a product of internal racism. This changed my sense of belonging.
- I want to learn more about the sport
- I want to help more young people involved in sports in my community
- I want to attend the Aboriginal University of Canada
- I think thinking of volleyball has stopped my selfharm, because before that I was harming myself, but than other than that, NAIG was all I was thinking about since our first tryouts.
- I think I choose to eat differently and exercise now on a daily basis
- I realize there are so many waiting opportunities that come with sports keeps me grounded
- I met other people, who are native, who don't live with their family but still have goals and make good choices
- I like to play lax
- I learned to better control stress
- I intend to promote NAIG in my home community. I've been in contact with a variety if agencies, school officials etc. in promoting "more" physical activity geared to NAIGs events!! Our community has many athletic individuals with no direction!! I am proposing to our chief n council that we take the lead and train our members to be ready for the next NAIG 2017!!!!
- I have to go to school to go to practice so I can play the next game.
- I have other sport that might help me to get in the 'big deal'.

- I give back to the community by volunteering for the sports that I have played. So I am a role model for youth and promote healthy living.
- I felt like I could do more
- I feel rewarded for my hard work and effort I put into my training and dedication to my sports teams, and I want to continue representing my community and family in a positive light. This experience only confirms I am on the right path to lead a positive, healthy, active lifestyle.
- I feel I have matured, talked to many positive youth, made great friends that have carried on after the games. More aware of what is right and wrong, began thinking of my future and have a better understanding of where I want to go in life.
- I exercise daily, and no longer consume alcohol. I plan to live a healthy and clean lifestyle.
- I enjoy my sports better
- I encourage my children to pursue an active and involved lifestyle. Leading by example is key to their success as well as my own. Participating in on-reserve events as well as events in the outside arena is important to build character, relationship and opens up the world to our children.
- I choose healthy lifestyle everyday - no caffeine, no smoking, no drugs. Sport helps me be a positive role model to my children too.
- I can go to college for a sports
- I am very active in sports all year round. I have participated and have been invited to attend and participate in sports events across Canada and the USA. I am a Grade 11 honours student, participate on the student council, was elected Junior Male Athlete two years in a row, volunteer coaching disadvantaged children in hockey and track in the core area of Wpg. I will graduate from High School and will further my education at the University of Mb. I will continue participating in sports, coaching and volunteering my time in my community.
- I am on the Executive of our Swim team & Officials Chair. I am a role model to swim parents. I must promote the sport, volunteerism, healthy lifestyles & sportsmanship
- I am more obligated to maintain a healthy lifestyle so that I am able to play at the highest possible level.
- I am busy with sports and volunteering in the community. I know how important it is to be healthy and I have made decisions like drug free. I enjoy every sport and working out.
- I was shy and kept to myself going to NAIG gave me the chance to meet new friends who have become like family
- I've stayed away from drugs and alcohol
- I've been re-inspired to pursue sport goals and educational goals.
- I've been getting healthier over the last year.
- I've always been active in a variety of sports and also encourage my children to be active as well
- I'm not as depressed and or angry as I have been in previous years before sports
- I'm happy all the time and want to be active
- I'm a jingle dress dancer therefore, maintaining a healthy diet, exercise and active life is important to this sport.
- Honoring our athletic abilities as Native Americans
- Helps take out anger, makes me happy
- Helps me maintain a positive attitude and get along with everyone and controlling aggression and learning that I shouldn't take it out on other people, but in a more constructive, positive way (sports etc.)
- Helping youth stay active and be involved in sports and continue their education
- Helping me stay fit
- Helped me quit bad habits
- Help stop smoking
- Healthy living, new friendships, networking
- Healthy lifestyle; volunteering; mentoring/leadership for young athletes
- Healthy lifestyle
- Healthy lifestyle
- Healthy lifestyle
- Healthy lifestyle
- Healthy life style
- Healthy eating and positive lifestyle to the sport.
- Healthier eating, sense of pride increased, motivation to teach youth increased
- Healthier choices. Responsibility for ones own actions, reminder.. especially as an adult/sport leader influence.

- Health, relationships.
- Health
- Having a healthy positive life
- Have been involved in sports most of my life and will continue, between sports and school keeps me busy and away from any trouble.
- Have always been involved in sports, and like challenges
- Hardwork
- Hard work pays off and effort will make dreams come true
- Had to ask another for a reference, on a short notice, they kind of got excited about hearing about it, and others have made it a goal to have a team from our state to participate at the next games
- Goal setting, self-esteem, healthy life. My whole family is involved in sport and support each other
- Give every challenge 100%
- Give back to the community
- Getting into other sports
- Getting greater opportunities
- Focusing on Volleyball has kept me away from a lot of drugs, parties and other unhealthy choices many of my family and friends were making at the time.
- Focus, strive for goals
- Fitness and accomplishment
- Fair play, being honest, keep striving for the end goal, work hard to get the best results.
- Everyway
- Every way, healthy lifestyle, healthy eating and healthy choices, allows for me to be a better educator and student
- Educational ways
- Education, healthier lifestyle
- Eating healthier is one of the many
- Eating healthier
- Eating better, sleeping more
- Eating
- Eating
- Eat healthier and keep grades up in school so I can continue playing sports
- Eat better, exercise more
- Don't smoke, maintain healthy weight, exercise, good sleep habits
- Doing sports and staying active helps me continues to encourage me to go to school, I see the progress with my athletic abilities so I believe my academic will get better with practice
- Do better in school
- Do better in school
- Diets, exercising
- Dedication, time management
- Decided to try out for more sports and play football at school
- Coaching is very rewarding.
- Coach
- Clearer thinking
- Choice of those whom I associate with and also contact with Elders who were coaches
- Characteristics
- Capable of trying new thing in my life
- Calming
- By wanting to be engaged in the community to help inner city and northern indigenous youth have the opportunity to participate in sport
- By reaching my goals
- By helping me interact with others
- By giving me activities to do that I enjoy that keep me from getting bored and perhaps into trouble.
- By expanding my interest in the arts
- By being competitive, and self reliant
- By being at NAIG and participating I have a reinvigorated energy again to help my community in sports.
- Busy with sports, no drugs
- Builds and fosters determination
- Better outlook on other Aboriginal people in other places
- Better health, created special relationships with coaches and players
- Better
- Being social and active
- Being part of sport which contributes to a healthy lifestyle and in turn offers great benefits...
- Being out of trouble
- Being more active
- Being involved in varsity athletics caused me to have better attendance and to work harder in my classes.
- Being involved in sport has helped me want to keep fit and make positive choices
- Being involved in my children's sports and now my grandchildren's sports. I've coached my children, been a and still am a community sports builder, as well as a nurturer, funding

- agency, time management multi-tasking mother/grandmother.
- Being active, eating healthy, the importance of exercise, sport is about discipline and teamwork and sportsmanship
  - Being active and helping the youth by being a role model.
  - Being a better athlete means having a clean lifestyle. to be good you need to be healthy
  - Because of the healthy lifestyle you need for it
  - Because it keeps me focussed on the positives instead of all the negatives out there
  - Because all I do want to do is play sports
  - Be more involved in my community
  - Be more active
  - Basketball saved me
  - Basketball and participating here has taught me a lot. Too much to name
  - Balanced me mentally, physically, emotionally and spiritually.
  - Awareness of aboriginal sport and health
  - Avoiding unhealthy choices
  - As I get older I have started to coach as many teams as possible
- As a parent, of an athlete, role modeling healthy living, eating properly, being active
  - As a chaperone/official the youth inspired me to be more active in sport.
  - Appreciate people more
  - Always live a clean life
  - Always being positive in things.
  - All choices I make affect not only me, but my team. I think before I do things. I prepare mentally and eat right so I can do my best so that my team can be its best.
  - Alcohol
  - Aids in my awareness of the importance of physical activity.
  - After performing so well in my sport for NAIG, I was inspired to continue training and pursue the Junior Olympics.
  - After attending NAIG, I like to go out more and play ball
  - A lot of ways
  - A lot

## 18. Has your participation in sport helped you in avoiding unhealthy life choices?



### Statistically Significant

18. Has your participation in sport helped you in avoiding unhealthy life choices?	
Residence	% Saying 'Yes'
On reserve	79.0
Off reserve	88.3

### 18a. If 'Yes' above: In what way?

- You gotta be healthy
- You don't need drugs to get the high you get from running, training or winning.
- You can't perform at your best if you fill your body with unhealthy things like alcohol, drugs or smoking.
- Yes working out more
- Yes healthy
- Work hard therefore restrict yourself to healthy diet
- While I do eat unhealthy on occasion, I only do so in moderation because I know the harms it will have on my well being.
- We eat healthy and continuing physical activity for a healthier lifestyle.
- Watching what I eat, going to bed earlier and avoiding junk. ( Pop, pizza, alcohol...etc)
- Wanting to stay active
- Wanting to be healthy and competitive
- Want to feel good about myself.
- Want to be healthy
- Want to be better so eat better
- Trying to stay fit while doing the games
- Trying different things
- Too busy to be bad
- Too busy for unhealthy decisions.
- To stay healthy, eating
- To stay active and healthy
- To love myself more :)
- To keep me out of trouble and doing bad things
- To keep a positive live style
- To eat healthy
- To be proactive and healthy.
- This is for my child. I used to go out and party all the time but now that I have her, all my money goes to her for sports and travel to NAIG as well as her competitive league back home
- The practice of sport is more enjoyable when you are fit and healthy. Therefore it encourages a fit and healthy life style.
- The more involved you are the less time you have for being stupid
- The more healthy the more fun activities are
- The food we out in Regina was healthy and good. :) c:



- The benefits of physical health has helped me feel better about myself, helped me to compete at a higher level, and to admire my body and all it does for me!
- Team sports
- Stopped me from doing a lot of drugs and partying
- Stopped eating junk foods
- Stopped drinking. Don't smoke. No drugs.
- Stopped drinking soda
- Stop eating fast food
- Staying positive
- Staying physically and mentally fit
- Staying away from excessive drinking and poor diet.
- Staying away from drugs/ alcohol
- Staying away from drugs and alcohol, staying physically active in various sports also don't smoke cigs
- Staying away from drinking and smoking
- Staying away from bad/negative choices ex: smoking, drugs, etc.
- Stayed out of trouble
- Stay your weight
- Stay healthy, and be ready to run. If I'm thinking I can play at a higher level, then I must stay in shape
- Stay healthy
- Stay away from drugs & alcohol
- Stay away from drugs
- Stay away from drinking and drugs.
- Sports keep you motivated for the future
- Sports has helped me or has sheared me to discontinue my usage in drugs and alcohol!! This has helped me considerably refocus my dreams and goals!! Sniff sniff!!! After my son showed interest, I quit everything and began to train with him!! This process has brought us closer together and I have NAIG to thank for that!!
- Sports 2nd priority. To get better and better
- Sport goals have motivated me to maintain physical fitness.
- Smoking and eating unhealthy
- Smoking
- I do not smoke
- Same as mentioned before as well as keeping friends with athletes who make good lifestyle choices
- Role model
- Realizing that I need to make healthy choices in order to be able to dance.
- Realized that my friends and I were drinking too much changed all that
- Pursue my dreams and help the community, deter away from crime
- Positive peer influences, dedication and discipline
- positive choices to model for the youth of the community
- Positive choices- no drugs, exercise, diet
- Positive attitude
- Playing sports makes me strive to be more healthy and active. It also keeps me from doing some things I shouldn't be doing (ex. drinking or doing drugs) as I am constantly participating in something to do with sports
- Physical activity makes me stronger mentally to make good choices like not smoking.
- Participation allows for benefits in healthier lifestyle choices in diet and physical/physiological benefits of exercise.
- Participating in sports helps me stay away from bad influences
- Participating in sport pushes me to make healthy decisions in terms of diet, physical fitness and to be sober.
- Our coach saying no to unhealthy food
- Not to make any dumb choices that can ruin my career/life
- Not to do drugs or drink alcohol.
- Not smoking
- Not good if you're not at peak performance
- Not eating unhealthy food
- Not doing drugs, travelling, not getting in trouble
- Not doing drugs
- Not doing drugs
- Not doing drugs
- Not doing bad things
- Not being too lazy
- Not being overweight
- No to drugs and alcohol
- No smoking, quality physical activity
- No smoking drugs over eating and only occasional drinking
- No drugs or alcohol
- No drugs
- No drinking
- No drinking
- No alcohol

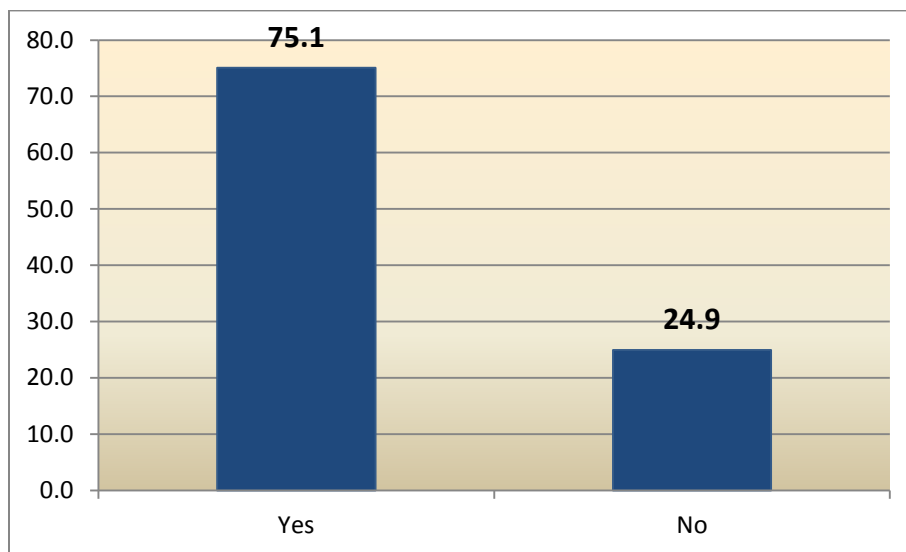
- No alcohol or drugs
- NAIG is like almost Olympics to me, it just motivates me a lot, an getting healthy and train harder ever before.
- My health is very important in the sports I play
- My entire life I have been sports orientated: athlete, coach, management from a local, community provincial national international sports organizations. Have been involved in: school sports programs. Community sports teams, minor sports Board of Directors (Provincially. Developed a "Niya" program for youth within the Province based on a Transfer of Knowledge in youth. Best Fan supporter for my children (when they were children) and now the best for my grandchildren.
- My children will be healthy
- My age not getting any younger look forward to next NAIG use that as a motivation to healthier life
- Mother helps
- More positive choices and people to hang with
- More positive
- More involved in sports
- More healthier
- More determination
- More conscious of healthy choices
- More aware of importance of exercise/ healthy eating
- More active
- Minimized bad habits
- Meeting the right people, not drinking or doing drugs
- Making positive choices and sharing the possibilities to get others involved...
- Make positive choices
- Love of sports
- Living a smoke and drug free
- Less time for other activities than sports
- Less eating of unhealthy food choices.
- Less drinking
- Learning what can help in ways
- Learning new things
- Learned correct nutrition to fuel body.
- Lead by example!
- Kept my energy focused in positive environment
- Kept me busy and active. No sugary foods and prevalence to diabetes has been decreased due to diet and exercise.
- Keeps you busy
- Keeps my family busy, no room for boredom.
- Keeps me smoking and other
- Keeps me fit
- Keeps me busy.
- Keeps me busy, intend to be tired after 11pm
- Keeps me away from drinking and doing drugs. It gets me out of the house so I don't lay around all day.
- Keeps me active and involved in community. Healthy lifestyle habit to be involved in sports. Keeps me in shape and off the couch living a sedentary lifestyle.
- Keeps away from drug and alcohol abuse
- Keeping with the habit of being physically active and doing something on a regular basis.
- Keeping me off the streets and away from violence drugs and alcohol
- Keeping in school
- Keeping hydrated/less junk food
- Keeping away from drugs and alcohol!
- Keeping away from alcohol consumption
- Keeping active helps me to want to eat healthier and say fit and make good decisions
- Keep the engine clean for better performance! eat well, no smoking, no drugs, no alcohol
- Keep me off the streets
- Keep away from drugs
- Just staying out of drugs and alcohol
- Just helped :)
- Just healthier choices
- Junk food
- I've stayed away from drugs and alcohol
- It makes me feel PROUD to be native, I want to be a role model for my younger people , being the best in sports helps me be confident.
- It made me want to participate on volleyball skills instead of smoking up, drinking or partying with my friends. I wanted to become the best volleyball person there could be because I made the NAIG team! It kept me from the wrong crowd and to pursue an education with a brighter future ahead of me. It taught me that I want to play college ball or university ball when I go to university. NAIG opened up many doors for me and university ball is only one of the things I want to do, I also want to volunteer for NAIG 2017 as an assistant coach
- It kept me motivated to stay in school, it kept me away from drugs and with a positive peer group that wasn't getting into trouble

- It keeps you busy. Participating in sports gives you something that you can always develop and grow on, within a life time.
- It keeps me busy at times when I could easily be staying up later or joining others for a drink and dinner.
- It keeps me away because I know how hard I worked to get here and drinking and doing drugs would have made it a waste of time.
- It helped me to no start smoking
- It gives me a reason to say no to a lot of unhealthy choices. I'm very serious about my sport and am constantly trying to improve my game, physically and mentally.
- It's hard to train when you are partying and stuff
- It's given me things to do and people to meet and continue to converse with.
- Inspires me to be more physically active
- In order to be active you have to be active and live healthy
- In high school, sports and extracurricular activities helped me avoid peer pressure to party and participate in other less healthy choices
- In a good way
- I'm a role model in my community
- If you like something enough you will not jeopardize losing it because of poor choices.
- If you eat fat food it slows you down
- If I didn't want to stay fit I'd be eating all the time not working out
- If I ate something unhealthy I feel lazy and tired
- I wouldn't have done it but sports keep me busy
- I was hanging out with some people who I would do stupid stuff with. Now I only talk to them on my phone so I don't do what they are doing.
- I was carefree, did not have a positive attitude about school, sleep, exercise, my parents. Since the games all those unhealthy thoughts and habits are now a thing of my past. I want to succeed and know I can do it. I have greater respect for my family and the people around me.
- I wanted to be fit for the tournament
- I want to stay healthy and continue on in my sport. Too hard to do that if you are partying, doing drugs/alcohol.
- I want to retain my health
- I want to do it again. So I will get in better shape to make the team again
- I want to be the best I can be physically so I can compete at the highest levels I can. As a coach I think it's important to set an example for the players ... therefore no smoking, no drinking (around players), regular physical exercise, good nutrition.
- I want to be a positive role model for the younger kids in my community. I want them to see that sport will get you farther then drugs, gangs and alcohol. those are nowhere streets. I want to show that living a healthy lifestyle opens doors and gives you positive opportunities
- I try not to eat so much fried foods, stay away from fast foods, try eat vegetables and fruit
- I refuse to put anything in my body that impairs my decision making and I eat healthier than normal because of the sports I play
- I quit drinking and smoking for years now
- I put a lot of time into sports so it gives me no time to goof off with any other time I have
- I now want to get up and do stuff where as before I just wanted to sleep
- I now exercise
- I learned a lot through our program about drugs and alcoholism
- I know what to eat and what not to prepare/stay in shape for sports
- I have to say healthy to stay fit
- I have to be prepared for practices and it gives me a good excuse when asked to do things I should not do
- I have no time to stray away from being a positive role model
- I have always taken care of myself, and sports is part of that. In order to participate in sports, I fuel myself properly.
- I feel better and healthier
- I feel better about myself when I'm active and have a more positive outlook.
- I enjoy recreational activities involvement with my children , family and friends
- I eat better in order to perform better
- I eat a little better
- I don't eat so much junk food
- I don't do drugs or drink alcohol
- I don't smoke or drink

- I don't smoke cigarettes because I am too committed to my sport. I need to have healthy lungs to play at my full potential.
- I don't eat junk food anymore
- I don't drink, smoke or do drugs. I go to school.
- I don't drink or do drugs
- I don't do drugs or drink alcohol
- I do not drink alcohol or smoke, and plan family events where we eat wholesome home cooked foods and play games
- I didn't want to get fat
- I could not stuff myself with unnecessary amounts of food and could not drink unhealthy drinks.
- I chose to stay healthy
- I ate unhealthy food just the other day and made me feel sick
- I at least make an effort to make health food choices, stay somewhat active by walking a bit more parking farther to do so, talking to others about making overall health conscious choices
- I always look to improve rather than let my talent go to waste on junk food or any other unhealthy choices that can be made.
- I always avoid unhealthy life choices
- I abstain from alcohol, drugs and smoking to keep my body healthy and to be able to feel good when I am physically active.
- I'd like to be a better me
- Hobbies
- Helped with growth
- Helped stay away from drugs
- Helped me stay in shape
- Helped me quit bad habits
- Heightened levels of physical capacity through sport challenge provides personal understanding of capability and fitness wellness
- Healthy relationships and friendships steers me away from negative events
- Healthy lifestyle
- Healthy eating, staying fit, feeling good
- Healthier food to offer t the athletes
- Healthier choices in diet and exercise
- Hanging out with the right crowds and not being pressured to something i do not want to do.
- Going to bed earlier, or choosing not to go out so it won't mess up the next day work out.
- Going out walking everyday
- Gets my mind off it
- Gets me out from in front of the TV.
- From being more active
- For me to stay fit
- Food
- Food
- Focusing on improving physical health which makes a healthier mindset - better self esteem and working with others to improve theirs and own motivation
- Feel much healthier when active
- Feel a lot better and training has been better
- Exercising, eating healthy
- Everything I do in my life
- Every way!
- Every way
- Eating unhealthy
- Eating too much
- Eating better, working out. So you can get better at the sport
- Eating better
- Eating better
- Eating bad
- Eating a balanced diet to maintain good health and weight
- Eating
- Eating
- Eating
- Eat healthy
- Drugs/alcohol
- Drugs/ alcohol/ parties
- Drugs, trouble with the law etc
- Drugs eating right
- Drugs and alcohol
- Drugs and alcohol
- Drugs and alcohol
- Drugs and alcohol
- Drugs and alcohol
- Drinking less alcohol
- Don't get mad at stuff
- Don't do drugs, eat healthy, exercise to stay in shape
- Discipline, self control
- Discipline
- Diet, friendships
- Diet
- Didn't allow me to use substance
- Did not smoke or do drugs
- Cut back on fast food
- Controlled drinking
- Continuing to ensure proper rest and food choices. Consciousness around social media

- and youth who find interests in role model qualities.
- Continuation of exercise/healthy eating
  - Code of conduct. Behave in best athletic manner.
  - Choosing healthy food instead of junk
  - Choices like alcohol and drug free, and also team sports showed me how to get along with others, also team leader, and keeping fit.
  - Can't eat McDonalds before a game
  - Can't smoke because I will have bad lungs
  - By trying to keep physically fit
  - By starting more physical activities, and eating habits.
  - By showing what it can do to your life choices
  - By getting a lot of rest support from family friends and your nutritionist with following Canada food guide
  - By eating healthier
  - By eating better and keeping out of "trouble"
  - By being physically active everyday
  - By being more active and choosing healthier meals for myself
  - By being involved in sports I feel it naturally gives oneself a better energy and makes one feel better about them self
  - By being clean and sober
  - Blocking it out
  - Better eating, more exercise
  - Better
  - Being more active and eating less junk
  - Being lazy, eating unhealthy
  - Being fit, abstaining from drugs/alcohol/tobacco
  - Being an athlete requires you to take a good look at how you treat your body. We need a lot of sleep, healthy foods.
  - Being active keeps mind and body fresh and healthy allowing for sound judgment decisions. Helps keep me in focus with other persons who are also healthy and active.
  - Being active in sports make you stick to making healthy life decisions for your body and future
  - Being active has me have a less interest in unhealthy choices
  - Being able to travel out of my community and participate competitively in sports
  - Being a positive role model to my child who is an athlete.
  - Being a coach means being a good role model
  - Because if I made unhealthy choices it will ruin my opportunity to play
  - Because I am motivated to keep healthy so that my play doesn't worsen.
  - Be healthy
  - Be healthy
  - Bad foods
  - Avoiding drugs/alcohol
  - Avoiding drugs/alcohol
  - Avoiding drugs, alcohol, junk food
  - Avoiding drugs and alcohol.
  - Avoiding drugs and alcohol
  - As coach I seek to lead by example to my athletes.
  - As a teenager, too busy with sport to get into too much trouble
  - As a parent, healthy eating, being active, role modelling
  - Always on the go year round fall/winter hockey, volleyball spring/summer baseball, lacrosse for either practice or games too busy for bad influence like drugs & alcohol
  - Alcohol, drugs, sloth and gluttony is not a part of Anishinabe Culture, Sports or daily living. So I teach healthy living and team sport because it works for me and my family. Pow-wow dancing is the best workout and I never forget to swim. Being proactive saves tax \$\$\$\$\$
  - Alcohol and drugs
  - Again the youth were inspiring. Watching the play their sport with passion and determination had an impact on my own level of activity and healthy eating.
  - A sense of belonging. I am not interested in learning about my heritage.

### 19. Do your choices in life differ from those of your friends who do not participate in sport?



#### Statistically Significant

19. Do your choices in life differ from those of your friends who do not participate in sport?			
Role	% Saying 'Yes'	Home Province/State	% Saying 'Yes'
Athlete	72.5	Yukon/NWT/Nunavut	78.0
Coach	81.3	Quebec	68.3
Chef de Mission/Mission Staff	76.9	Ontario	85.0
Team Volunteer/Chaperone	65.9	PEI/NFLD/NB	59.6
Parent	94.4	Manitoba	83.3
Other	100.0	US State	64.3
		BC/Alberta	100.0
		Other	100.0

#### 19a. If 'Yes' above: In what way?

- Yes, in walk more of ten
- Yes in some ways. Not everyone is gifted in sports so they choose their path. I choose mine. Still friends but we do is different. That is life.
- Yes because they don't have to worry about staying in shape as much as I do and there schedule is not as busy as mine with the sport.
- Why would you ask me this...this has nothing to do with NAIG on my choices and why..
- When I look back when I was younger, I had an awesome role model who ran a basketball program on our reserve. Along with this program we were trained to be Leaders to the

younger children by coaching them in basketball every Saturday. All the lessons that I learned from this man has influenced the way I made choices in my life. I come from a family of 14 children and I am the only one who chose to live a clean life for the most part (I did experiment when I was young and I did have a few drinks along the way). The life lessons I have learned from this man has brought me where I am today 44 years old and live a clean and sober life!

- What I eat
- What I do to have fun
- Well they have no motivation to stay in shape as I do

- To stay on a good path
- To help my team
- To eat better
- This program sets to better education
- They want to work in an office all day be lazy
- They thought it was weird because I'm anti-social
- They spend time making bad choices and getting in trouble
- They spend their time differently and not particularly fitness oriented.
- They smoke, drink and eat junk
- They seek out other ways to feel "happy", or deal with their problems.
- They party, I don't. Diet
- They party I don't
- They party and consume alcohol far more than I do.
- They party all the time
- They need to play
- They make worse decisions
- They look up to me
- They like to celebrate after a win with a few beers, I'd rather not
- They have unhealthy eating habits.
- They have too much free time on their hands and get in trouble. Sports/physical activity/ teamwork build self esteem
- They have the possibility to drink and do drugs. as well as make unhealthy lifestyle choices.
- They have the bad influences around them more. So more peer pressure.
- They have more bad habits
- They have bad habits
- They have a void and are always bored
- They have a lot of free time
- They have "enjoyed" the stuff listed above
- They had time to use substance
- They go out and drink and party and eat whatever they want
- They get into trouble
- They get bored and do things not good for them
- They eat a lot of junk food. they don't do much exercise
- They drink, smoke, do drugs and don't go to school. I use my manners and respect my elders. My friends never admit when they are wrong and can be very rude.
- They drink and I play sports
- They drink and are not disciplined
- They don't care
- They don't think of the effects it has on their lives.
- They don't go to school. They don't listen to their parents. They started to try drugs.
- They do some illegal stuff
- They do other things that are fun like movies and dinner while I'm at gym , stuff like that
- They do not play sports
- They could all eat what I could not and they did just that.
- They choose to party and such when I have to think about the progress I'll be losing if I do go out partying and such
- They choose to be less physically active
- They choose things that won't make a proper living
- They aren't focused
- They aren't as active, they don't care for the same activities as I do, some of them smoke
- They are not into fitness, weight lifting, and clean eating as I am. But I encourage my friends to join me in my sports and have done so for a few years. I have two starting football this year.
- They are not active.
- They are more apt to make unhealthy life choices
- They are less busy
- They are less active and less healthy, do not play sports.
- They are into alcohol and drugs
- They are fatter
- They are a bad influence
- They all like to smoke and drink and stay out late and cause trouble
- They're not motivated to continue
- The choices I make are healthier
- Technology has a major influence on my friends. My parents encouraged me at a nearly age to be physically fit and active in our community.
- Stays busy
- Staying out of trouble and out of drugs
- Stay out of trouble
- Sports have contributed to a healthy lifestyle and avoiding negative choices
- Sometime friends don't have any interest in sports this can be a drawback especially if friends only want the easy way which is to make bad choices party drugs no curfew

- Some people i know don't do anything at all to better their lives
- Some party often and eat junk food quite a bit
- Some of them enjoy the sport and also enjoy the negative aspect of alcohol afterwards as a reward.
- Some of them are still in the same place, others have healthier children and making sure they participate, others are heavy into drinking, not being able to live without it and truly forgetting what their body is capable of.
- Some of my friends smoke, and don't get much exercise.
- Some of my friends live unhealthy lifestyles and do not attend school. When they saw me at NAIG, they were disappointed that they did not have the same opportunities I have. I tell them, quit what you are doing, it is not too late, and join sports and go to school
- Some of my friends don't play sports
- Some of my friends choose different ways to spend their leisure time. Sports has always been my choice to keep healthy and active & to also have fun
- Some of my friends are unhealthy and do drugs while I am healthy and choose not to do drugs
- Some never did play sports, never signed their kids up to play, now they just kind of sit around, while we play 3 times a week
- Some friends lack opportunities and make poor choices which result in problems....
- Some don't care about their health and choose bad choices in life
- Some do not maintain a healthy life or a productive one.
- Some do bad stuff like weed and booze and drugs
- Some choose drugs
- Some are sedentary and passive, or more technology based actively.
- Some are not as active, some are only seasonal where I like to be involved throughout the year if I can
- Smoking & drinking, I don't
- Smoking
- Smarter thinking
- Smarter choices about eating and drug awareness
- School
- Push harder
- Preferences in personal recreation are different
- People tend to drink and smoke more and aren't about continuing life dreams
- Partying , not active
- Partying
- Participation in sports
- Overall better attitude, feel like being more active
- Others are not as involved with opportunities like this
- One of my friend's in grade 9 for the third time and I just graduated without her
- Obesity, smokers, drinkers, I tend not to hang out with people who do not have the same lifestyle choices as I do.
- Nutrition/exercise
- Not to make stupid decisions
- Not as healthy
- Not a lot of my friends have the same desire to compete competitively, or they haven't had the support or opportunities to do so.
- No smoking or drinking
- No drugs/alcohol
- My three children are very active in sport and pow wow dancing. They inspire me to be active and live a healthy lifestyle.
- My friends only want to hang out and don't want to do sports anymore
- My friends want to graduate high school and get a job and are not sure whether to pursue university and don't want to pursue university volleyball. They're more focused on graduating high school and are not too sure after that! Meanwhile I want to work in the medical field and play college volleyball, because I know I got the skills! I want to become a role model for my brother and sister and to all the children in the community.
- My friends that don't play sport smoke
- My friends just want to go party, do drugs, drink, don't care about school or family or who they hurt. I don't fit into that life style, I want to succeed and stay healthy. I want to stay in sports and all the negative things will only keep me from doing my best.
- My friends drink a lot and party who don't play sports
- My friends don't choose the best pass times.
- My friends do not get involved with any type of physical activity.

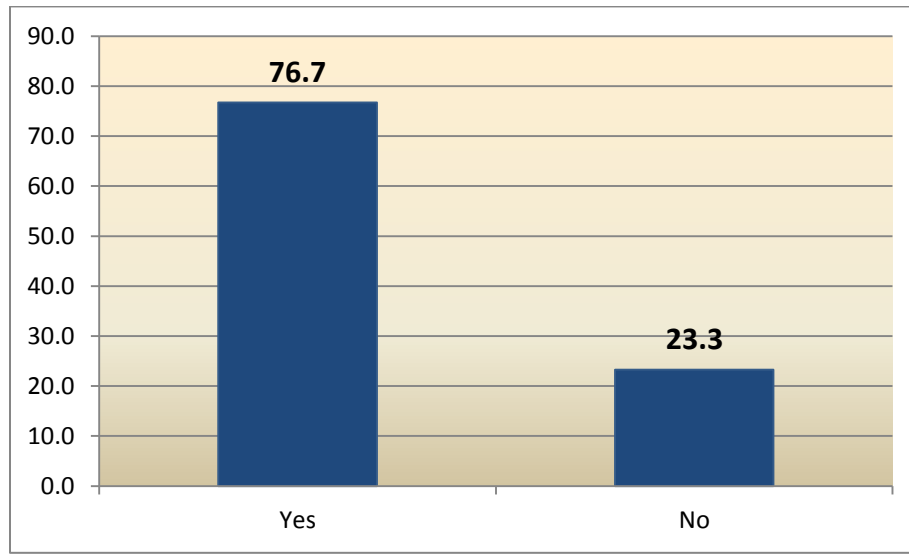


- My friends barely play sports, but I'm going to change that.
- My friends aren't as active as me
- My friends aren't serious about anything.
- my friends are involved in the party lifestyle
- My family is very involved in all winter and summer recreational activities . some of my friends are not into any sports
- My best friend tried out but she didn't make it because she wasn't trying and she's really good at volleyball, really wish she got to experience it in Regina knowing she hasn't left Ontario her whole life. Not even Winnipeg.
- Most of them would rather go out and party.
- Most of my friends who do not play sports are not heading toward the greatest future they deserve.
- More travel
- More healthier
- More community involvement
- More committed.
- More busy
- More active, healthy
- More active
- Many of my friends do not exercise regularly. While they are not "un-fit", they could be in a lot better physical condition if they did exercise regularly.
- Many dropped out of school, became teenage mother's, never travelled, did not secure skilled jobs, fought with alcohol and or drugs
- Many are into drugs, alcohol or smoking. Many have dropped out of school, or are failing.
- Making healthier choices based on what makes me happy.
- Mainly the commitment to exercise
- Living healthy
- Lifestyle choices and preparation involved in sport leadership
- Life style
- Less likely to do bad things
- Less focus on healthy living. No commitment to role model.
- Lack of eating healthy foods and reducing weight
- Keeps you from drinking and doing unhealthy things
- Keep playing
- Just healthier
- It would be easy if they participate as well
- Involving themselves in choices that may not be as positive.
- Involved
- In almost every which way possible. Especially financial wise. My friends would prefer to spend their money and time elsewhere rather their children in sports
- I'm a healthy person who lives sports
- I work hard to do well in sports and school which means I avoid partying, drinking, and doing drugs
- I want to keep playing
- I want to have a future with sports
- I want to work out and eat healthy , my friends that don't play sports do not
- I try to be involved with the students
- I tend to be healthier and more competitive
- I take chances most don't
- I stay healthy and sleep well
- I stay focused. Eating is different. after school activities are so different
- I spend a lot of time with my own family and being actively involved. A lot of my friends only focus on their family or themselves.
- I received a higher education, I believe that the leadership skills, motivation, goal setting, etc. acquired through sport helped me to reach higher in terms of a career
- I noticed some friends are into smoking and boys.
- I never get to see them much
- I make healthy choices
- I make healthier and safer life choices
- I make better choices
- I live an active, healthy lifestyle but not all my friends do
- I like to participate in different sport activity to stay healthy
- I like to follow
- I know of some kids my age who are not involved in sport and are more likely to do things they shouldn't
- I keep healthy
- I have much more energy and endurance- I do not experience illness the same way they do
- I have determination and motivation to be a healthy and positive community member that will contribute to a healthy community and its members.
- I have bigger goals, more passion ,desire and heart to achieve them

- I have a goal I am working towards; they don't seem to have long range goals.
- I feel that I have lost many friends because of my choice to change!! Change by training with my son!! They do not see the positive impacts!! My friends continue to make bad choices while I continue to move forward.
- I eat healthy, go to the gym and rarely drink
- I don't stay out as late
- I don't like to be with lazy friends
- I don't drink or do drugs. I am very involved in sports.
- I don't drink or do drugs
- I do them, and they do not. That is how they differ.
- I do not party like they do
- I do my best to make the right choices
- I can't see them
- I can have fun without drinking alcohol
- I behave in school
- I behave better than my friends
- I ask more of myself physically. In return, I benefit from greater fitness and an inner strength to help me through the tough times.
- I am more dedicated and it makes me a lot more nice and social
- I am more active and travel more
- I am healthier, and able to do more at my age because of my healthy choices. My friends who are not as active look and feel older than I do.
- I am fitter
- I am always with my family on sports events, although I do make time for my friends when I am home.
- I am a lot healthier compared to my friends who don't exercise
- I've seen the inactive same age community members age faster, in handicapped situations, healthy eating choices. Very sad. It was very disheartening for me when I was younger to have community people point their fingers or laugh at me for (in their words not growing up-still runs, plays sports, she's a mother, etc..) But I showed my children as long as you took care of your body your body would take care of you. Which is now what they show my grandchildren. But can still do some exercises but not as strong, just mentally.
- I've lived longer & better
- I'm there for the youth to help them in the sport of archery
- I'm out of the house more and meanwhile they're inside all day until night time
- I'm better
- Helps me maintain a healthy lifestyle
- Healthy living
- Healthy eating, staying active and avoiding drugs and alcohol.
- Healthier living
- Healthier
- Have different opinions on education and sport.
- Get out more and do things not stay in my room
- From keeping a healthy style and keeping my life clean and staying away from drugs and alcohol
- Friends, family still continue to make unhealthy choices, drinking, drugs etc.
- Friends who are not active in sport are more likely to be smokers, drinkers, weight issues
- Friends out of sport party, drink, and do drugs
- Friends not in sports tend to use drugs
- Friends just sit around and do nothing
- Family lifestyle and community involvement.
- Every way... My choices are a lot healthier than those of my unfit buddies.
- Every possible way
- Eating habits/ healthy lifestyle, volunteer work
- Eating habits
- Drugs/alcohol/college
- Drugs man
- Drugs and alcohol
- Drugs and alcohol
- Drugs and alcohol
- Drugs and alcohol
- Discipline
- Different mindsets and motives
- Different life style drinking, smoking, doing drugs
- Different choices & paths
- Diet, working out
- Diet, bedtimes
- Clean living- no smoke, drink, drugs
- Breaking things in hotel rooms
- Better overall health and not overweight
- Better lifestyle
- Better choices
- Benefits of travelling and further education for myself

- Being more active allows me to stay away from negative influences
  - Being academically eligible
  - Being a role model you have to lead by example
  - Being a mover and shaker
  - Because you can't really go places without being active.
  - Because they think differently. As in they would rather be lazy and I would want to go for a run
  - Because they do drugs and I don't
  - Because I participate in sports I am excited to try new sport activities where a friend who does not participate in sports is too shy and reluctant to even try
  - Because I joined the games and learned all that I could from it
  - Bad things
- Avoided teen pregnancy, completed high school & attended (and completed) post-secondary school.
  - As through my daughter the athlete's eyes, I am continuing to see her make good choices. Many of her peers are making choices that will affect them long term. these are not the choices my daughter wants to make
  - All the time playing video games; eating junk food, bored and getting into trouble
  - Activity level, healthy lifestyle
  - Active
  - A few of my acquaintances are obese, don't walk, eat too much carbs and have developed Type 11 diabetes. I know people who have gone blind because of diabetes, heart disease, high cholesterol which are all preventable through exercise and healthy eating. I choose the later

## 20. Does your participation in the NAIG make you feel different about yourself?



### Statistically Significant

20. Does your participation in the NAIG make you feel different about yourself?	
Home Province/State	% Saying 'Yes'
Yukon/NWT/Nunavut	74.1
Quebec	79.5
Ontario	82.0
PEI/NFLD/NB	72.4
Manitoba	85.0
US State	57.6
BC/Alberta	83.3
Other	66.7

### 20a. If 'Yes' above: In what way?

- Yeah just more proud to be Aboriginal
- Won gold, feel awesome
- Witnessing my son participate in this event has encouraged me to support his pursuit in his chosen sport; in our community, lacrosse is the number one supported sport while my son is going to excel in soccer. I was finally able to put my bias aside and this event has opened my eyes to the awesome game of soccer/football. I am now a huge fan of soccer and dedicated to help my son find a league to join.
- Winning a bronze and silver in track has boosted my confidence
- Well, physically and psychologically but also through training outdoors more appreciative of our natural environment.
- Way more confidence on and on the track now knowing I can achieve anything
- Watching the athletes compete at NAIG gives me a sense of pride knowing that I helped guide them to the sport which brought them so much growth and confidence.
- Very opposite experience in large group setting
- Valued
- Try to encourage other youth and inform parents of kids that are very athletic and could

have or should have had an opportunity to try out. Very little awareness or interest, almost need advocates in the communities who have experienced NAIG to advocate in the communities, would be a more in depth publicity.

- To think I could do more than I thought I could do
- To love myself, confidence
- To knowing where I'm at
- To have fun and be yourself
- To be in the NAIG
- Through the NAIG I feel that I am able to provide opportunities to youth that will have a positive impact on their lives and future well being
- This was a once in a lifetime experience, it makes me feel good to be a part of this
- That I can work hard and my hard work and good choices can open many doors.
- That I can push myself
- That I can have a good skill
- That I can do anything by setting my goals.
- Thankful to watch our youth athletes!
- Spending more time with kids
- Shows dedication, commitment to sports and my team and community
- Self-worth
- Seeing the future much better and clear
- Responsible for getting Team Ontario to NAIG. Largely responsible if I hadn't been there it would not have happened. Also the president and founder of Aboriginal Sport and Wellness Council of Ontario ( as a volunteer)
- Respect myself
- Representing my community
- Realizing how good I am at my sport and not being cocky about it but giving myself a little credit
- Prouder
- Proud to participate and assist our youth.
- Proud to indigenous
- Proud to be Native American!! :)
- Proud to be native
- Proud to be Metis.....
- Proud to be metis
- Proud to be anishnabe
- Proud to be aboriginal
- Proud of the experience
- Proud of myself for not letting feelings of not being good enough to keep me from

participating - when I did overcome I then placed in medals!!!! Go me!!!

- Proud of my heritage, proud of my family, my community and others from my province for participating
- Proud of my heritage and what my team accomplished at the games.
- Proud of athletes
- Proud and humbled
- Proud
- Proud
- Proud
- Proud
- Proud
- Proud
- Proud
- Proud
- Proud
- Proud
- Proud
- Proud
- Pride, hope, inspiration of culture
- Pride and accomplishment
- Pride
- Positive way
- Positive
- Person wise
- Our friends just don't play sports
- Not a lot of people do it
- No comment
- Nicer, happier, good times
- Need to stay focused
- Native pride.
- NAIG made me feel like I belong, that I am proud to be indigenous. It brought me out of my comfort zone to meet and connect with new people.
- NAIG has been an awesome experience, so my path way is in a different way of being a part of something great. It made me to be more mature about my health and eating
- NAIG gives me a great sense of pride in my native heritage
- NAIG and the Ontario Council made me feel like a integral part of the overall mission of the games. Also, my son and I felt an immense level of pride as indigenous representative of our traditional territories and urban community!
- My two older boys are very athletic and always participant in recreational activities and community involvement. My boys participated

in the NAIG in the Basketball and Canoeing. My two younger are willing to participate in the future NAIG. I really enjoy participating in sports with my boys. I proud to be a apart of NAIG

- My sense pride has increased for my accomplishments that I have achieved in life and as an athlete has been recognized and acknowledged.
- My daughter brought a gold back, we are very proud of her. Her hard work and determination and also our countless hours of support are paying back
- Much more positive
- Much better and more motivated
- More responsible
- More proud of who u are and goes to show as aboriginal people we can do anything
- More proud of my indigenous heritage.
- More proud of heritage
- More pride, and striving for better athletes for the next games.
- More pride
- More pride
- More practising archery
- More outgoing
- More involved, feeling positive
- More in touch culturally
- More culturally aware
- More cultural
- More confident/proud/pride
- More confident.
- More confident
- More confident
- More confident
- More confident
- More confident
- More confidence in myself
- More aware of other First Nations peoples and customs
- More nationally aware
- More active
- More accepting
- Meeting other players and talking with them, I am not the only one who lives with friends, I feel better about saying where I live and am more proud of who I am.
- Makes me realize I'm different and different is good
- Makes me proud to be on team Manitoba and makes me proud to be native.
- Makes me proud to be indigenous
- Makes me proud to be indigenous
- Makes me proud to be an aboriginal woman and positive role model for other youth especially girls from low income or dysfunctional homes.
- Makes me more proud to be an athlete
- Makes me more confident
- Makes me feel part of a cultural family, young and enthusiastic.
- Makes me feel more proud of who I am and where I came from.
- Makes me feel more confident in everything
- Makes me feel more confident and more energetic.
- Makes me feel more confident about myself
- Makes me feel like leader
- Makes me feel like I can travel and see more of the world
- Makes me feel like I can be good at what I do. That there is so much that I can accomplish if I set my mind to it.
- Makes me feel like a champ or a role model, I want to become a gym teacher. ;)
- Makes me feel like a better ball player
- Makes me feel important
- Makes me feel human
- Makes me feel good
- Makes me feel better as an athlete to move forward
- Made me feel lucky to have the opportunity to come out
- Made me feel important, that I was representing Ontario, and my reserve Walpole Island at the games
- Made me feel better about myself
- Made a better person
- Losing good friends
- Like I had accomplished a once in a life time opportunity.
- Like I can do anything
- Like a champion
- Like a better athlete
- Learning
- Knowing your supporting the youth and may influence someone else's life
- Knowing that if I work hard I will succeed
- Knowing that I make a difference in other people lives by modeling for them.

- Knowing that I am a bronze medalist from NAIG feels really amazing, everyone is like "Where's your medal?"
- It's my second games was a great name for myself
- Its good being known as an athlete
- IT was nice to think about my heritage, and I have continued to since.
- It was a wonderful experience as everyone was a positive influence for everyone. So looking forward to participating in the next NAIG!
- It was a great experience coaching the boys U16 soccer team and I would like to do it again. Sport is key for the health of our youth.
- It rekindled a higher sense of pride of who I am and to love being nish!
- It makes me feel special that I was chosen to represent Ontario
- It makes me feel like I have accomplished something.
- It makes me feel like a hero to my reserve
- it makes me feel like a good athlete
- It makes me feel different because now I know there are people that have faith in me and want me to make it far in life. I met people that just don't give up no matter what circumstance there dealing with, and that gives me strength to become a better person and a better volleyball player! I want to represent the U OF W Wesman because I know I'm good enough. After coming from NAIG I feel like I can become anything because I made the NAIG team, I just have to work my butt off and continue playing no matter what the circumstances are! I can do anything
- It made me think more positively
- It made me realize how lucky i am to have participated. Once in a lifetime experience
- It made me more proud
- It made me look above and beyond at what our future generation could become. They are powerful and watching them succeed in the sports at NAIG. I have never given them that much appreciation. But now I believe our children can make their dreams come true
- It made me feel proud to be indigenous and that I come from a culture and group of people who get along and understand each other, but also being around so many other native athletes who were also there to have fun and make friends made me feel at home and comfortable.
- It made me feel proud of the youth in my community.
- It made me feel more confident and like I can do so much more. Naig has made such a positive influence on me
- It made me feel closer to the native community and very proud of the talent and determination of all the participants
- It help me realize what a great athlete I am ., it opened my heart and eyes , I want to train harder for next NAIG
- It has really given me the opportunity to see other youth have worked so hard at and came home with metals this in itself is very rewarding to see it brightens up your view on sports good to see that we as youth can be very proud of achievements accomplished
- It has made me feel more confident.
- It has increased my own and my daughter's interest in learning more about our ancestral culture.
- It gave me pause to reflect on my heritage and appreciate my family before me.
- It gave me more confidence in what I do. Also that there are people out there like me doing at we're doing because we love the sport.
- It gave me hope for Canada.
- It felt good to watch the boys win a bronze, they didn't even know if they were going to have a team due to coaching
- It feels good to be part of something as big as NAIG
- It does because it means I'm good enough to make it farther in sports
- in more confident as a medal winner now.. I'm a role model
- Improve my game and compete
- I'm proud to be associated with the games and my team. I happy to have been involved in making such a positive event successful and relaying information back to our home community.
- I am proud of myself
- I would like to get back in shape! LOL...again, former athlete, now a bit of an arena-mom physique going on...
- I won a gold medal
- I was so proud of both my girls who participated. It was an honour to see them and

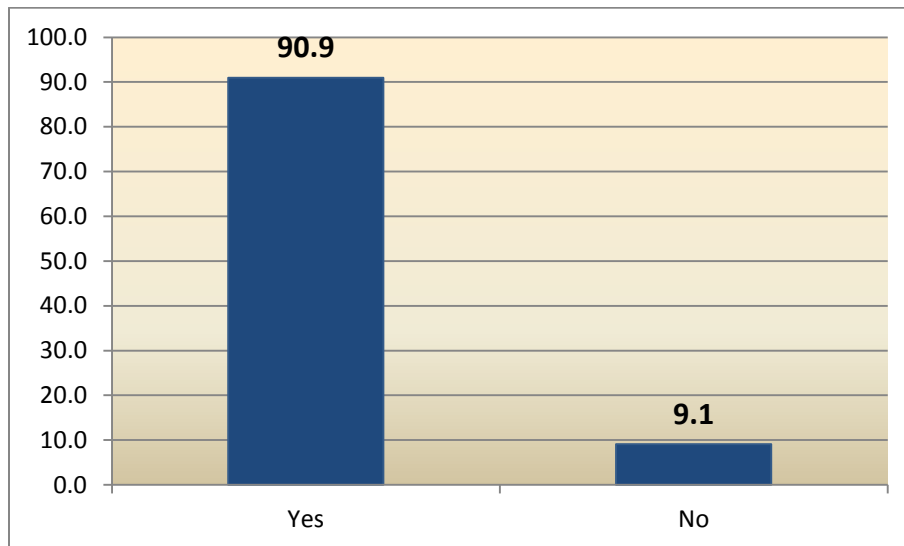
- all the other MB athletes. It instills so much pride in us as a people, even if our kids did not get medals. You can just see the pride in the youth's faces because they are a part of this event, all I kept thinking is that these are future olympians somewhere in the crowds at NAIG.
- I was shy so it just made me open up to other people, make new friends
  - I was already coaching most sports, on Walpole island, realized I can train way more kids and have them preparing for future games
  - I want to try and go farther
  - I want to participate in more sports
  - I represented my town there
  - I represented my state, my tribe, and my family
  - I realized I am capable of playing out of my home town
  - I proved my athlete could succeed
  - I now walk with a sense of pride because I won a bronze medal
  - I now love me for me
  - I never thought I'd go that far
  - I met more people, NAIG has taught me to not be shy and just talk to people
  - I left more open than before
  - I learned how my behaviour influences others
  - I know that I can pursue of what I am capable
  - I know I have to be more patient, and understanding about situations I cannot change and be thankful for the gifts we all possess.
  - I have pride.
  - I have more confidence in myself.
  - I have been blessed to experience something that has such a positive vibe bringing Indigenous people together. It was surreal to know that everyone was Indigenous and came together as one and understood the cultural aspect of the event
  - I have always been proud of who I am, and the choices I have made but just like my kids, have always been judged and/or treated differently as I live off reserve.
  - I got silver, I am accomplishing my dreams.
  - I gave 11 youth from the Yukon the opportunity to participate in NAIG, to learn a new sport, to get them out of their unhealthy environment. They worked so hard and did their best. I couldn't be any prouder!
  - I felt very proud of all the indigenous people and athletes, it was inspiring.
- I felt good knowing I was not the only "white looking" Native American. Doing so well in my sport also made me feel really good because prior to NAIG, I had no idea what my skill level was.
  - I feel very proud to be a part of indigenous people
  - I feel stronger, physically and mentally, more happy
  - I feel proud to be native
  - I feel PROUD to be INDIGENOUS!!!! am inspired to inspire youth and adults alike to participate in the games, get excited, fundraise and create awareness of participatory options
  - I feel proud of what I accomplished. I never canoed before tryouts in July 2013. I just decided to give it a try, and I qualified for NAIG. this made me realize that you don't know what you have in your heart until you try new things. I now know I love canoeing and I will continue to canoe. my parents are going to buy me a canoe so I can continue with this great sport.
  - I feel proud of myself/culture
  - I feel proud and very fortunate to have attended these games and see how my daughter has gained much more confidence in attending. it was good for me to travel too so that I'm not mainly at home on the rez
  - I feel privileged
  - I feel pride in myself
  - I feel much more capable of things
  - I feel more representative
  - I feel more prouder and luckier to be native
  - I feel more proud to be an Indigenous person, and I want to keep improving as a player.
  - I feel more productive with my summer
  - I feel more experienced
  - I feel more connected to my Indigenous roots and culture when gathering with thousands of other Indigenous people. I feel proud to be who I am and to celebrate where I come from along with my Aboriginal brothers and sisters. It is amazing to see thousands of Indigenous youth thriving and being a part of an event that is so positive.
  - I feel more confident in my sport.
  - I feel more confident in my playing abilities in my sport.
  - I feel more confident about myself, and it makes me dream big.
  - I feel more confident



- I feel more accomplished
- I feel like now there is no limitation. And that I don't have to abide by what others think is possible
- I feel like I want to get more youth involved
- I feel like I could do anything
- I feel like I came out of the NAIG with a more positive outlook on life and a more positive outlook on pursuing future endeavors, whatever they may be.
- I feel like I am able to be a great athlete and do my best
- I feel like a real contributor
- I feel I have given back
- I feel extremely proud of myself, even though I did not earn a medal I had lots of support and people were proud of me. I am proud to have been a participant of the Indigenous Games.
- I feel empowered that we take a bunch of kids and show their talent and athleticism and show the rest of North America that First Nations can do it.
- I feel confident
- I feel accomplished, confident, and proud. It was amazing to see that I am not the only aboriginal who likes to compete in sports at a competitive level. I had no idea there were so many.
- I can do things I did not think I could; met people who liked me
- I can be better
- I can always do something if I set my mind to it
- I believe I have more confidence now
- I am more socially active
- I always deal with racism. In Saskatchewan, I saw many others who looked like me, and were all friendly. No one treated me different. No one said rude things.
- I've made a lot of friends and I am much more social
- I'm team Ontario.
- I'm so proud to be Indigenous
- I'm proud to say I participated and received a gold medal and I can share my awesome experience with my friends.
- I'm proud in a very humble way to be healthy and strong enough to walk with the Future Leaders. My heart swelled with pride to see all those young people, 5,000 strong, healthy, and confident and drug free. I commend the Mission Staff for their exemplary work.
- I'm more proud/ confident
- I'm happy to have been involved, and made such great connections and met so many amazing people.
- Honouring my family to participate in Naig 2014
- Helps me to express myself
- Helps me feel like I can do anything
- Helped realize opportunity available and ability to excite youth in their passion (s).. Recognizing myself as more of a sport leader than realized.
- Healthier and physically active
- Have more confidence
- Happy
- Happy
- Happiness knowing that our athletes are proud of themselves.
- Greater self-confidence in my role as a coach
- Great memories of all the athletes and games we were involved in
- Great
- Got more experience with my culture
- Good medicine, feels good rewarding
- Good experience
- Good
- Good
- Gold champ
- Going back to practice more and get better
- Giving back to my community
- Gives me a sense of great achievement and very confident in my abilities
- Following the rules
- Fit and lost weight
- Felt appreciated by coordinating team
- Feeling more positive and knowing giving back to our youth to participate in sport.
- Feeling accomplished and a step further to where I want to be
- Feel proud to be indigenous
- Feel more like a positive influence
- Feel more confident in my talent
- Feel like I've accomplished more
- Feel like I need to improve my game for the next NAIG
- Feel it makes me stand out as a leader. It shows that hard work and sacrifice gets rewarded.
- Feel greater pride in our culture
- Feel good about encouraging sport in youth living in the where opportunities for sport where it is not as available as in the south

- Famous where I'm from
- Experience in traveling and meeting people of different places
- Excited, spirited, and healthy
- Every way
- Encourages me to do more
- Empowered
- Continue development with youth as a role model
- Confident.
- Confidence
- Cause I have a good achievement
- By just having faith in myself can make a huge difference
- By helping me realize my capabilities
- Brought more confidence to myself
- Boost confidence, improves my self esteem
- Better, more confident
- Better understanding of my heritage
- Better player, better person
- Better in shape
- Better at softball
- Better about myself
- Better
- Better
- Being part of great model for future events and links with other people who want to carry on a legacy...
- Being part of such an amazing thing gave me the chance to get to know so many other native kids from all over. It is nice to have met so many new people
- Being more charismatic
- Being more active than I was before NAIG
- Being involved in the games and sport has a positive impact on self-esteem, partnership; and gives an individual a greater sense of connection and relationship with other Indigenous peoples and communities.
- Being called a city boy
- Being at the NAIG has inspired me to be more active and get involved with sports and to get my children involved, so they can be prepared for the next games.
- Being around aboriginal people reminded who I am and remembering what my mother taught me about our people and respect. Was a great experience and look forward to next NAIG
- Being aboriginal
- become more active
- Because of the experience I've had at NAIG. This is pushing me to promote NAIG 2017 here in our community!! I'm looking at securing funding for additional equipment required to assist out children in being successful candidates for NAIG 2017!!!
- Be proud of who I am
- Be more active
- After NAIG, I just wanted to go out and be active
- Actually the only thing it showed me is as an assistant Chef that I can argue for my children from the Province so that they were taken care of. I actually have a voice now and will be heard.
- Accomplishment, achievement
- A sense of belonging to my culture and a different perspective regarding aboriginal heritage
- As a role model..leader..motivator and influence to others around me.
- "known"
- I feel like I can do anything

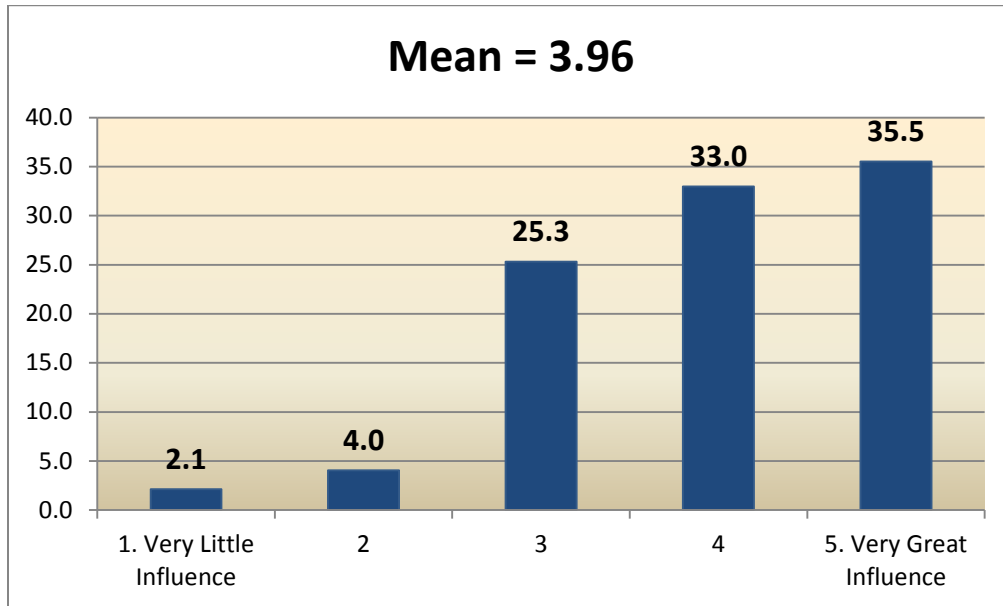
**21. Do others see you as a role model?**



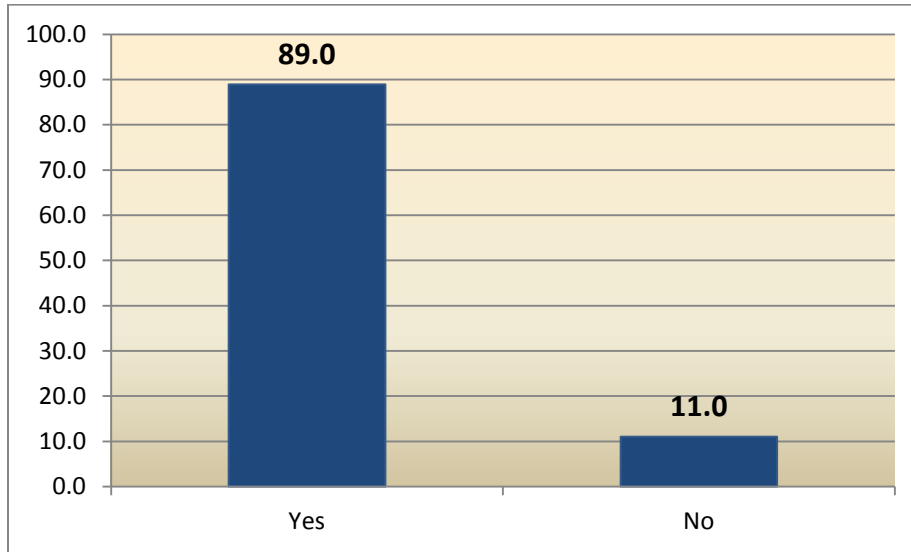
**Statistically Significant**

<b>21. Do others see you as a role model?</b>			
<b>Gender</b>	<b>% Saying 'Yes'</b>	<b>Home Province/State</b>	<b>% Saying 'Yes'</b>
Male	87.4	Yukon/NWT/Nunavut	98.0
Female	93.6	Quebec	96.4
		Ontario	89.0
		PEI/NFLD/NB	92.3
		Manitoba	94.3
		US State	77.6
		BC/Alberta	100.0
		Other	66.7

22. Has the 2014 NAIG had a positive influence on how others perceive you? Please pick a number from 1 to 5 where 1 means the NAIG has had Very Little Influence, and 5 means the NAIG has had Very Great Influence.



**23. Would you say you have more confidence having participated in this year's NAIG?**

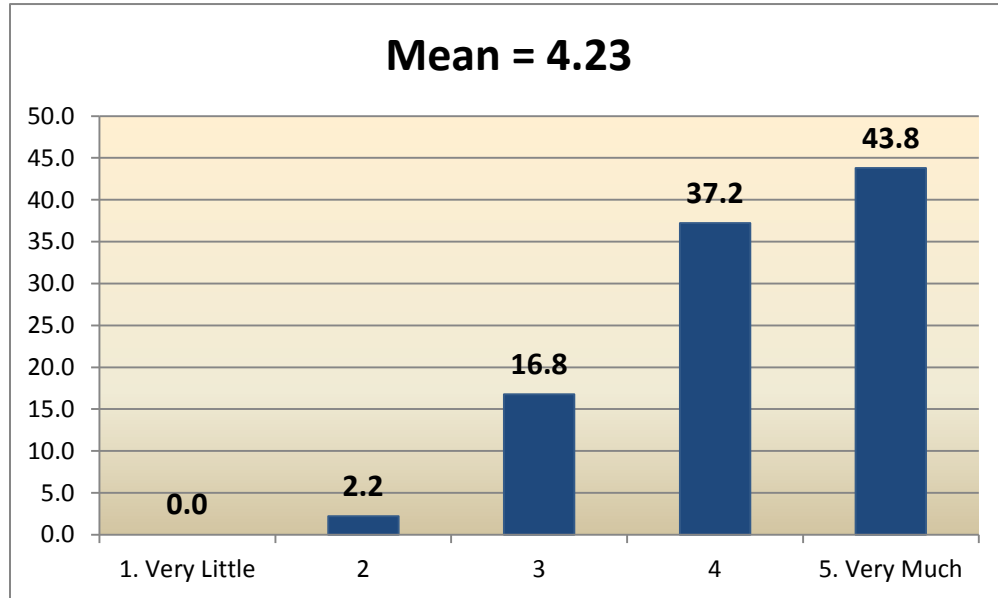


**Statistically Significant**

<b>23. Would you say you have more confidence having participated in this year's NAIG?</b>					
<u>Role</u>	% Saying 'Yes'	<u>Age</u>	% Saying 'Yes'	<u>Home Province/State</u>	% Saying 'Yes'
Athlete	92.7	18 & under	93.6	Yukon/NWT/Nunavut	92.9
Coach	83.3	19-30	85.2	Quebec	88.5
Chef de Mission/Mission Staff	71.4	31-50	80.2	Ontario	87.7
Team Volunteer/Chaperone	77.3	Over 50	78.4	PEI/NFLD/NB	89.1
Parent	88.9			Manitoba	100.0
Other	86.7			US State	78.0
				BC/Alberta	100.0
				Other	60.0

**23a. To what extent do you feel the added confidence will help you in the future? Please answer using a 1-5 scale from 1 for Very Little to 5 for Very Much.**

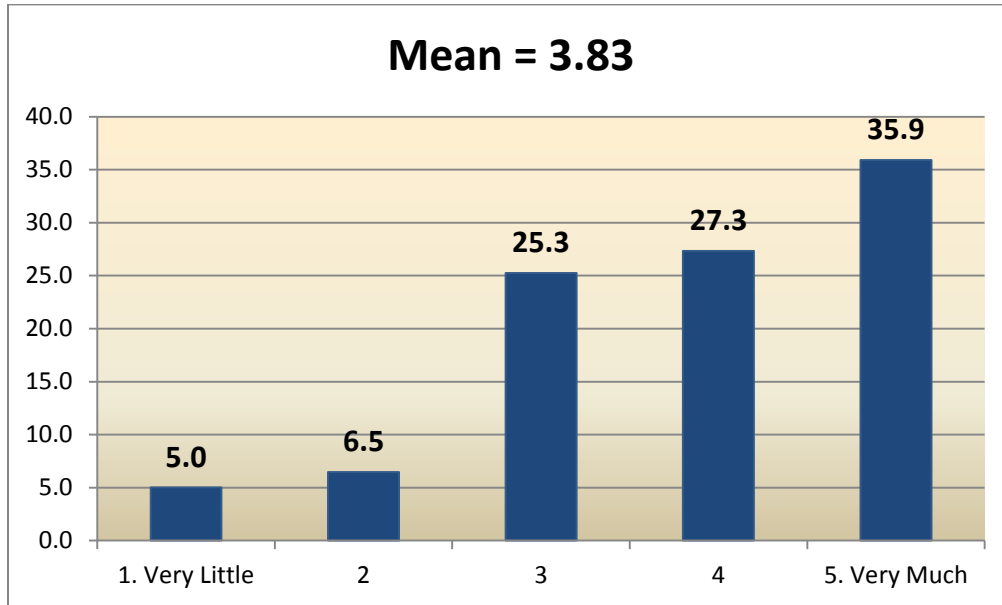
**Asked of the 89.0% who say they have more confidence having participated in this year's NAIG (Q23)**



**Statistically Significant**

<b>23a. To what extent do you feel the added confidence will help you in the future?</b>	
<b><u>Background</u></b>	
Indigenous	4.25
Non-Indigenous	3.93

24. To what degree has NAIG impacted your connection with your indigenous heritage? Please answer using a 1-5 scale from 1 for Very Little to 5 for Very Much.



**Statistically Significant**

<b>24. To what degree has NAIG impacted your connection with your indigenous heritage?</b>	
<b>Home Province/State</b>	
Yukon/NWT/Nunavut	3.63
Quebec	4.09
Ontario	3.75
PEI/NFLD/NB	4.21
Manitoba	3.75
US State	3.67
BC/Alberta	3.50
Other	2.75

# Appendix C

## Interview Protocol

### Pre-Amble:

My name is \_\_\_\_\_. I am with Praxis Consulting. We have been engaged by the NAIG Council to conduct an independent third party evaluation of the NAIG. Thank you for agreeing to answer a few questions regarding the NAIG. The purpose of this evaluation is to research the impact of the North American Indigenous Games on the participants. I understand that you are a key stakeholder involved in these games. I am interested in your perspective.

### Questions:

1. Based on your observations of NAIG, what do you believe are the key benefits to participants and volunteers?
2. Have you observed this first hand or is this hearsay/anecdotal? In other words, do you have any evidence to support these benefits?
3. If you have seen the benefits, do you have a story to tell?
4. Do you believe participation in this event serves to increase long-term participation in sport for these participants and volunteers?
5. Many people believe that participation in NAIG gives participants the confidence to make broader life choices such as staying in school, denying substance abuse, eating healthy and staying physically active. What are your thoughts on this statement?
6. Have you observed any downfalls or negative impacts to athletes or volunteers as a result of participating in NAIG?
7. From your viewpoint, what can be done to improve the positive impact on NAIG on participants?



## Appendix D

### Focus Group Protocol

Research Objective	Research Question
The likelihood to continue participation in sport as a participant, volunteer, coach or administrator	1 Prior to the 2014 how active were you in sport?
	2 Do you intend to participate in sport following NAIG?
	3 If so, in what role do you see yourself participating? Athlete, Coach, Volunteer, Administrator, Other?
	4 What influence has NAIG had, if any, in making your decision regarding future participation?
	5 If you had not participated in NAIG would you have arrived at this decision?
Interest in pursuing ongoing competitive participation beyond the NAIG program.	6 Were you involved in competitive sport prior to the 2014 NAIG?
	7 Had you ever travelled outside of your province/state prior to the 2014 NAIG to participate in competitive sport?
	8 Do you see yourself continuing to participate in competitive sport following NAIG? If so, to what degree?
	9 If you had not participated in NAIG, would you have arrived at this decision?
Health of the participant including maintaining a physically active lifestyle, healthy eating, etc.	10 How physically active are you?
	11 Were you this physically active prior to NAIG?
	12 How likely are you to participate in vigorous physical activity following NAIG?
	13 Has your NAIG experience influenced this choice?
	14 Did your diet change while you were training for NAIG? If so how?
	15 Do you intend to maintain these changes following NAIG?
	16 What level of education do you have?
Lifestyle choices of the participant including staying in school, absence of substance abuse, etc.	17 What level of education do you intend to pursue?
	18 Do you believe that your participation in NAIG has had any influence on your education choices? (e.g., attend university, tech school or simply stay in school.
	19 Has your participation in sport impacted other choices in your life?
	20 How do your choices differ from that of your friends who are not participating in sport?
Self-worth/self-perception	21 Does your participation in NAIG make you feel different about yourself. If yes, explain how?
	22 Do you see yourself as a role model for others? To what degree does your participation in NAIG influence your perception of yourself as a role model?
	23 I feel more confident having participated in NAIG? Yes or no?

General

## Appendix E

### Qualitative Report

#### North American Indigenous Games Qualitative Report November 2014

### Introduction

The following report is comprised of information collected from a series of key informant interviews and focus group sessions.

There were 11 interviews conducted during the week of the competition with a number of key informants, who were identified as individuals with unique or in-depth insights into NAIG. Most interviews were conducted in person and some via telephone.

There were 3 focus groups that were conducted throughout the NAIG period. These focus groups were homogenous, as in each session would be comprised of a group of the same roles in the Games (athletes, mission staff, volunteers, etc.).

The following is the series of questions asked and responses received that have been compiled into common themes. Included under the common theme responses are attached quotes of interest that the focus group and interview participants gave.

### Interview Responses

1. **Based on your observations of NAIG, what do you believe are the key benefits to participants and volunteers?**
  - Benefits to Participants
    - Provides training beforehand and engages youth in sport
    - Provides venue to better understand culture
    - Provides sense of belonging and community, especially to youth in rural backgrounds
    - Creates positive role models that impact others in their home communities when they return after the Games
    - Provides goals to work towards and opportunity to be successful
    - Opportunity to meet peers and develop relationships
    - Is the pinnacle sporting competition for many Aboriginal youth
    - Participate in sport in a comfortable and discriminate free environment
    - Provides an experience the life of a university student because of its location on campus.

- Most of our participants come from poverty. For most this is a opportunity at a life changing experience
- Benefits to Volunteers
  - Allows individuals to give back and facilitate community building
  - Positive validation of identity and associate with Aboriginal community
  - Provides opportunity to develop and refine leadership skills
  - Personal growth opportunity and associating with an event that espouses good values

**2. Do you have any evidence that supports these benefits?**

- Making connections by watching other competitors and forming relationships
- Spurs sports engagement and provides incentive to participate in other sporting events like the Canada Games
- Promotes active lifestyle
- Athletes working towards achieving a goal
- Provides comfortable environment for Aboriginal youth to freely participate in sport without fear of racist and discriminatory elements
- Have developed friendships with other Micmac teams – they feel a connection with these other teams despite what jurisdiction they come from
- We encourage them to pay back to the Games and 50% of our mission staff were athletes in previous Games

**3. If you have seen the benefits firsthand, do you have a specific story to tell?**

- Saskatchewan suicide rates drop before and after NAIG years. There may be connection between the two and providing youth with a sense of purpose.
- Youth can be seen jogging around Nunavut communities in training for NAIG. Something you wouldn't otherwise see.
- Knew a baseball player that came from a difficult upbringing and struggled in school. Reason they stayed in school was hoping to be selected for the NAIG team. He ended up making the team and it had a tremendous positive experience on his life in the long-term.
- In Nova Scotia, there was a girl in the shooting competition at a previous NAIG and now she's a coaching facilitator for the Canada Games.
- Son was on a peewee hockey team and he didn't enjoy how the coach and other kids were treating him, as he was the only aboriginal on the team. He played in NAIG and enjoyed playing sports more in a safer environment, "It's not like playing with those white kids."
- You see some simple things being done like a kid giving up his seat to an elderly person or an extremely introverted kid starting to come out of his shell and showing leadership skills.

**4. Do you believe participation in this event serves to increase long-term participation in sport for these participants and volunteers?**

- Yes
  - You start to see kids jogging in communities that don't see this type of activity and youth getting interested in nutrition and healthy living.
  - The Games provides an opportunity for youth to explore active interests and allows them to start believing in themselves.
  - You also see a number of athletes that will continue to participate in other high-level competitive events such as the Canada Games.
  - See kids starting to get engaged in sports that they traditionally haven't played. i.e. my daughter is a gymnast but has started participating in track and field events and competing in NAIG.
  - Even for kids that don't succeed in NAIG at first, they want to come back and prove themselves.
- No
  - It's a five-day event and doesn't have significant impact on sports participation over a longer-term period.
  - There's a definite drop off in engagement after the Games and youth need programs, mentors, and proper funding in their home communities to ensure they participate in sport long-term.
- It's a Factor
  - It motivates and provides personal goals to achieve, but long-term engagement depends on home province's sports system and level of support in home community.
  - It's dependent on the grassroots base and coaches are key in furthering sports involvement and participation.
  - NAIG provides a goal to achieve and training beforehand can act as a starting point, but it is just one small factor in addressing the issue.
- Maybe
  - We don't track individual athletes long-term unless they make a national event.
  - Other groups such as the Canada Games Council and National Sport Organization track athlete progression. They and other partners would be interested in that information from NAIG.

**5. Many people believe that participation in NAIG gives participants the confidence to make broader life choices such as staying in school, denying substance abuse, eating healthy and staying physically active. What are your thoughts on this statement?**

- Yes
  - There is a code of conduct (for some teams) in regards to drinking, substance abuse, staying in school, etc. that needs to be adhered to in order to participate in NAIG. Unfortunately, some had to be cut from the team because they violated the code. However, the remaining participants all have the mindset of wanting to compete at a higher level and succeed and they carry it on when they get home after the Games.
  - Anytime kids are exposed to this it can't hurt. It is better to be involved in organized sport versus doing nothing and being idle.

- It's a Factor
  - The Games are a starting point to provide a goal to achieve and gives focus. But it all starts at home where there needs to be the support or programs available to address social issues. NAIG can't be in isolation of someone's life and its dependent on an individual making the right decisions throughout life. It will require mentors and coaches in the home communities to promote standards and support and engage participants.
- Maybe
  - It's not being measured. The goal is to influence these youth to make right life choices and that's why we contribute funding but there is not the data to support it.

**6. Have you observed any downfalls or negative impacts to athletes of volunteers as a result of participating in NAIG?**

- Games Mismanagement
  - It's difficult to have an event run smoothly of this magnitude and dependent on volunteers.
  - Not having team Manitoba announced during the Opening Ceremonies was a big oversight and takes away from the participants' experience. These kids missed out on the true NAIG experience.
  - Logistical, communications, and transportation issues caused confusion and created idle athletes that couldn't attend different competitions.
- Financial Inconsistency
  - Games mismanagement leads to unforeseen costs. Meals ended up not being included and some kids are not in a position to afford this.
  - Significant out of pocket travel costs to get to the Games also restricts kids from poor backgrounds from participating in NAIG altogether.
- Participant Preparation
  - Sometimes kids underestimate the level of competition at NAIG. They think they are going to win and get a harsh lesson. Its difficult at times to take and some get negatively impacted.
  - Coaches aren't preparing their kids mentally or physically beforehand properly. They don't realize some of these kids have seen more people on the plane than their home community. This can lead to injuries, conflict, or lack of cohesion. One team's coach didn't know who was playing what position during the Games and another team had conflict with a group of kids communicating in their own language. All of these issues could have been mitigated if the coaches and their athletes had been sufficiently prepared ahead of time.
- Political Intervention
  - The Council has become too political and don't follow their own guidelines. When the Council overruled the Hosting Committee to unsanctioned the swimming competition had huge negative consequences especially to funders. Was a huge slap in the face to Sport Canada and degraded any attempt in trying to be comparable to other sporting events like the Western or Canadian Games.
- Games Inconsistency

- Not holding NAIG consistently every 3 years has huge negative effects on kids that will never get the opportunity to participate.
- Gap Between National and Local Competitions
- Nothing
  - Would like to see more Federal/Provincial/Territorial (FPT) government support and funding.

**7. From your viewpoint, what can be done to improve the positive impact on NAIG on participants?**

- Games Consistency
  - NAIG has to be on a 3-year cycle to provide all kids with the opportunity to participate. Having a cycle skipped because of a lack of commitment from the US can be a ruining experience for many would-be participants. Having the Games every 3 years would improve long-term impact and coaches and participants would start training earlier. It stems from a lack of leadership, specifically from the States, and it would be beneficial to reconsider US involvement in the Games and possibly establishing a coordinating council that would be dedicated to establishing host cities on 3-year cycles.
- Games Management
  - Expectations of the Host Society need to be clearly communicated. There needs to be a solid foundation for feeding, housing, and transportation in order to be successful.
  - There needs to be a better way to communicate and get people to different events around the city. Possibly a central location that shows what, when and who is playing in different competitions with buses that take spectators straight to the events.
  - There needs to be an easier, smoother way to register teams. Everything should be in place prior to the Games and pre-registration services that reduces the chaos of trying to get everyone organized.
  - Reduce size of the delegations. Some teams are too large and disorganized which is detrimental to the experience of some athletes.
  - Have rules set beforehand and don't change them mid competition. *You cannot change your paddle midstream. Have 45 min coaching debriefs and not hours of heated debates. Why are so many people riled up if it really is for the kids? It has to be about the kids and there are too many headstrong coaches.*
  - Need visitors to feel welcome. Have friendly greeters and volunteers throughout the Games that make everyone feel welcome.
- Define Intent of the Games
  - There needs to be a clear purpose to the Games. NAIG started out as a cultural event with some sporting events on and now has developed into a sporting competition with a cultural component. Is it a high-level sports competition for serious athletes or is it a participatory event that strives to include everyone. You cannot do both and need to decide what's important.
- Improve Cultural Component

- Reduce events and focus competitions on events that are traditionally Aboriginal and instill a sense of culture. Use traditional bows instead of composites and sights that puts everyone on the same level and doesn't illustrate real skill.
- Be trilingual in the Games and add a third, culturally significant language of the host community. When it was in Saskatchewan there should have been Cree with French and English because it's our identity.
- NAIG should work to develop an Aboriginal manual for sport that can be added and expanded to by participating coaches. The manual could then be used in mainstream sports by coaches to help address the issue of discrimination and racism in mainstream sport.
- Better Funding Plan
  - Many participants are from poverty and some non-status Aboriginals doesn't get government grants or money from tribal bands. Its expensive and preventing some kids from participating. Their needs to be continuous fundraising activities and keep funds in a bank. The poverty barriers are too great.
  - Need more stable funding from government and a consistent line form of funding rather than the traditional lump sum system. This would help in the budgeting process and ensure there is a stable foundation for the Games.
- Research and Reviews
  - There should be an external review of sports programs that will improve relationships with stakeholders and provide funding opportunities in sport and culture.
- Athlete Preparation
  - There needs to be a mental and physical component prior to the Games to get participants ready for NAIG. They should think about seeding the teams beforehand so weaker teams don't have misplaced expectations and don't get beat up really bad.
- Regional and Community

## Analysis of Focus Group Responses

The following tables provide an analysis of the focus group and interview data. Those responses in the blue portions of the tables were provided by athletes, those in the green portions were provided by team volunteers or stakeholders.

### 1. The likelihood to continue participation in sport as a participant, volunteer, coach, or administrator.

Theme Response	Notable Responses	Response Frequency		
		Few	Some	Most
<b>Train year round in sport</b>			X	
<b>Want to be coaches</b>	<ul style="list-style-type: none"> <li>- A way of saying it's not over yet</li> <li>- Give others the chance to excel</li> <li>- There are lots more talented kids in my home community</li> <li>- Want to pass down the understanding of working hard to succeed and the joy of sport</li> <li>- Want to revive a sport that's suffering from a lack of participation back home</li> </ul>			X
<b>Unsure about future involvement</b>		X		
<b>Deciding to continue sport directly because of NAIG</b>	<ul style="list-style-type: none"> <li>- I didn't even know about marathon paddling until told about it from a NAIG coach</li> <li>- NAIG opened up new sports to play in</li> </ul>		X	
<b>Involved in refereeing</b>		X		



**2. Interest in pursuing ongoing competitive participation beyond the NAIG program.**

Theme Response	Notable Responses	Response Frequency		
		Few	Some	Most
<b>Have already or will in the future participate in other sports competitions</b>	- Canada Games, Arctic Games, etc.			<b>X</b>
<b>Involved in competitive sport</b>	- Volleyball, soccer, baseball, etc.			<b>X</b>
<b>Will continue to participate in competitions in the same sport I'm currently competing in</b>	- My goal is to try and get to the MLB			<b>X</b>
<b>Will continue to participate in competitions in a different sport than I'm competing in</b>	- Was involved in mainstream sport (volleyball) and didn't know about some of these other sports in NAIG			<b>X</b>
<b>Have been outside their province before for sport</b>				<b>X</b>
<b>NAIG got me interested/started in sport</b>	- Had a cousin who was involved in NAIG and invited me to get involved - Had a friend who did NAIG and told me about canoeing. I tried it, enjoyed it, and competed at NAIG - Started to train seriously in sport when my coach told me about NAIG		<b>X</b>	
<b>First experience in a multi-province competition</b>		<b>X</b>		
<b>Long-term engagement goes beyond just NAIG</b>	- Home provincial sports models and opportunities are what ultimately drive long-term participation			<b>X</b>

3. Health of the participant including maintaining a physically active lifestyle, healthy eating, etc.

Theme Response	Notable Responses	Response Frequency		
		Few	Some	Most
<b>Play assortment of sports and very active lifestyle</b>	<ul style="list-style-type: none"> <li>- I like being out of the house and doing something active</li> </ul>			<b>X</b>
<b>Friends at home are inactive</b>	<ul style="list-style-type: none"> <li>- Most of my friends from home are really inactive and don't do any exercise</li> <li>- My friends just do whatever and eat whatever and don't go to the gym</li> <li>- My old friends aren't really into sports</li> </ul>			<b>X</b>
<b>Made active friends through sport</b>	<ul style="list-style-type: none"> <li>- All of my active friends I made through sport and competitions</li> <li>- Made lots of friends through playing sports</li> </ul>			<b>X</b>
<b>NAIG improves my training behaviour</b>	<ul style="list-style-type: none"> <li>- NAIG makes me more active and have more intense workouts</li> <li>- I do more laps at the pool</li> <li>- I start going to the gym to train</li> </ul>			<b>X</b>
<b>NAIG improves the healthiness of my diet</b>	<ul style="list-style-type: none"> <li>- Drink protein shakes but most the time my diet is whatever is around</li> <li>- Yes. Focus on eating vegetables, however, it is really expensive and not as fresh or available in the territories</li> <li>- Eat healthier than my friends that eat lots of chips and pop</li> </ul>		<b>X</b>	
<b>Improves participants physical activity and lifestyles</b>				<b>X</b>
<b>Improves participants diets</b>				<b>X</b>

4. Lifestyle choices of the participant including staying in school, absence of substance abuse, etc.

Theme Response	Notable Responses	Response Frequency		
		Few	Some	Most
<b>Planning to attend university or post-secondary institutions</b>	<ul style="list-style-type: none"> <li>- Have a scholarship offer from the Okotoks Dogs for their baseball team. But the band wont sponsor me to go and I don't have the \$12,000 I need to go. Would like to go from junior college to be playing baseball in college or university</li> <li>- I have an interest in architecture. So want to be able to rely on that and an education in case my sports career doesn't work out</li> <li>- Plan on an 8-month post-secondary schooling preparation course offered in Nunavut before going to Carleton to work towards a business degree. Would like to use basketball to get a scholarship and help pay for university</li> </ul>			<b>X</b>
<b>Help reduce alcohol and drug abuse</b>	- Sport can be a rehabilitative solution. It can be a stimulator that can replace the stimulus felt through drug use			<b>X</b>
<b>Healing power in sport</b>	- Part of the First Nations 4 areas of living: mental, emotional, spiritual, and physical. Need to keep all 4 in balance and youth sometimes don't see the benefits until they are back home			<b>X</b>

## 5. Why is NAIG different?

Theme Response	Notable Responses	Response Frequency		
		Few	Some	Most
<b>The amount of Aboriginal athletes</b>	<ul style="list-style-type: none"> <li>- There are so many Aboriginals at NAIG. It makes me happy to see so many Aboriginal kids getting involved in sport</li> </ul>			X
<b>Aboriginal cultural inclusion</b>	<ul style="list-style-type: none"> <li>- An athlete had a bad first day in a shooting event. The next attempt she scattered tobacco in front of her to help her focus. This was a cultural practice and prayer to help her clear her head that would not have been allowed in any other Games.</li> <li>- An athlete went through a traumatic experience and was sharing with event staff and elders. They performed a smudge ceremony to help her connection to Earth. People coming in to the office also partook and participated.</li> </ul>			X
<b>Competing with teams that have similar ancestry</b>	<ul style="list-style-type: none"> <li>- There are ancestral links with other teams even if they are from a different country. Creates a more communal and friendly aspect to competition.</li> </ul>			X
<b>Traditional sports that aren't included in other competitions</b>	<ul style="list-style-type: none"> <li>- Provides an opportunity to compete in traditional sports like lacrosse.</li> </ul>			X

## 6. Self-Worth/ Self-Perception

Theme Response	Notable Responses	Response Frequency		
		Few	Some	Most
<b>Gives me confidence</b>	<ul style="list-style-type: none"> <li>- Sport gives me confidence and I think it makes me better than the person I was yesterday.</li> <li>- We played and beat New York and Colorado and I was pretty proud of that. Never had a chance to play American teams before.</li> <li>- When walking through the opening ceremonies as an athlete, it gave me the chills.</li> </ul>			<b>X</b>
<b>Gives me influence in my home community</b>	<ul style="list-style-type: none"> <li>- People know me and think of me as a role model in my community. Younger kids approach me and ask for sports/training advice and I've even signed a baseball for a kid that asked.</li> <li>- I'm the only one from my community here at NAIG and everyone back home knows this and is interested.</li> <li>- Word is spreading in our home territory and now we're looked up to as role models. After winning bronze in the Arctic Games young girls started coming up to them saying they were going to start playing basketball.</li> </ul>		<b>X</b>	
<b>Provides confidence</b>	<ul style="list-style-type: none"> <li>- Most athletes saying it's their Olympics</li> <li>- Parents and family are following their family members in the Games and excited to show and share their accomplishments with friends and strangers.</li> <li>- An athlete from remote</li> </ul>			<b>X</b>

	<p>northwest Ontario community traveled to Cowichan Games in BC by herself. She competed and in the end when the medals were being awarded she said she felt so good about herself despite not winning a medal. She keeps in contact with her Chef de Mission and is now a young mother and you can still see how the Games have influenced her.</p>	
<b>Develops leaders</b>	- NAIG athletes are leaving the Games to go to their home communities and become mentors and role models for youth. It's a life-long change that doesn't just end after NAIG.	<b>X</b>
<b>Allows youth to connect with one another and connect with their culture</b>	- Aboriginal groups scattered across province and hard to find, even in urban centres. Aboriginal youth in urban centres don't have the same cultural upbringing as some with rural backgrounds and want to reconnect with their cultures and where they come from. NAIG provides this opportunity.	<b>X</b>
<b>Improves girls self confidence</b>	- More girls are participating and in events like riflery where they compete directly with the boys. They are all on the same level playing field and able to beat the boys.	<b>X</b>

## 7. General NAIG comments

Theme Response	Notable Responses	Response Frequency		
		Few	Some	Most
<b>NAIG is just another sports competition</b>				<b>X</b>
<b>NAIG isn't competitive enough</b>	<ul style="list-style-type: none"> <li>- Competition in NAIG is too low and not lots of scouting opportunities. It's not as intense as other Games.</li> <li>- NAIG is just another sporting event in the road. There is no competition to get better.</li> <li>- Just asked the baseball coach if I could be on the team. There was no tryouts or practices beforehand. If you can play the sport your on the team.</li> </ul>		<b>X</b>	
<b>NAIG is a high level sports competition</b>	- Received cards from coaches and universities for sports programs	<b>X</b>		
<b>Opportunities to foster relations with other stakeholder groups</b>	- The University of Toronto has a mandate to foster higher education learning for First Nations people. Recruitment is difficult with some individuals in isolated faucets in society and perceives post-secondary schooling as a scary affair. Need to experience campus to understand it's not a fearful affair.			<b>X</b>