

# COMMUNITY PROFILE



## Canora 2016-2018

Working together to get more  
kids, more active, more often.

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## Background

The following community profile identifies the many assets the Town of Canora has to offer and the opportunities that exist to make a real difference for children and youth in the community, schools and families. It is intended to help lay the foundation for community leaders to develop, implement and evaluate an Action Plan to help achieve the Saskatchewan *in motion*: Active Saskatchewan 2020 goal to get more kids, more active, more often in Canora.

## Purpose

Gathering data, talking to residents, and compiling a community profile will help identify strengths and assets as well as opportunities to guide the identification of priorities and actions for a long term action plan that meets the needs of the community in our efforts to increase the health and physical activity levels of Canora, children and youth.

## Process

**Gathered existing data** - Demographic and other data about the Town of Canora was gathered from existing sources such as census reports, the Canadian Health Survey and previously compiled profiles.

**Consultation process** – over 100 community members (including youth) provided information through surveys, focus groups, and one on one conversations.

**Moving Together Symposium** – All data was compiled and presented to over 10 community leaders at the Coming Action Symposium. Community leaders were provided the opportunity to review the collected information and helped fill in the gaps. Time was also provided to add to the opportunities that had been identified.

## Information Analysis

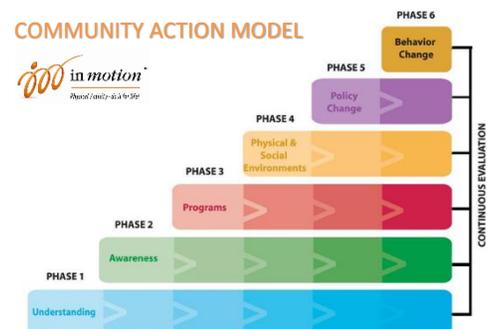
The information in this profile is compiled to follow three models for community action planning;

### 1. Community Action Model

Built on a foundation of successful models for behaviour change, the Saskatchewan *in motion* Community Action Model is a simple, clear and focused approach to guide community action planning toward behaviour change.

The Community Action Model will help you to;

- Identify a starting line for long term strategies,
- Build momentum,
- Validate existing work,
- Celebrate early success toward long term goals, and
- Identify solutions to bumps along the way.



The model includes six elements to consider when creating an *in motion* community. The elements are dependent on each other for success, therefore it is not a step by step process,

rather a series of building blocks that when put together in your own unique way will help you achieve your objectives.

- **Understanding:** Gaining a clear understanding of the physical inactivity issue in your community.
- **Awareness:** Raising public awareness and support to increase physical activity and for your activities.
- **Programs:** Providing quality, accessible programs that build skills and confidence for lifelong activity participation.
- **Environments:** Ensuring the physical and social environments in your community provide fun, safe, convenient and easy access to a wide range of physical activity opportunities.
- **Policy:** Advocating for healthy public policy that facilitates action and ensures the sustainability of your action plan
- **Behavior Change:** Describes the positive behavior you want to see more of.

## 2. 30-30-30 A Shared Responsibility:

Saskatchewan *in motion* responds to the inactivity crisis affecting our children & youth with a simple solution.



Parents, Educators and Community Leaders must share responsibility to ensure our kids are active a minimum of 30 minutes each at home, at school and in the community.

## 3. Asset Based Action Planning:

Saskatchewan *in motion* follows an approach that seeks to uncover and use the strengths within communities as a means for sustainable behavior change.

- The first step in the process is to assess the resources of a community through an inventory or through another process of talking to the residents to determine what types of **strengths, assets and opportunities** are available.
- The next step is to support communities, to discover what they care enough about to act.
- The final step is to determine how citizens can act together to achieve those goals.

## Canora

Canora is nestled into the junction of highways No. 5 and 9 in east-central Saskatchewan. Centrally located on the corners of four adjacent rural municipalities, the community is home to over 2,000 residents and draws upon a substantial trading area.

Canora is known as the “Heart of Good Spirit Country” as a result of its proximity to several lakes and parks, including Crystal Lake, Good Spirit Lake and Duck Mountain Provincial Park. The area hosts Saskatchewan’s greatest number of golf courses per capita and boasts one of the highest traffic counts in the province.

The community was named one of the top 10 places in Canada to retire by *CARP Magazine* and was the only Saskatchewan community to make the list for 2006. Canada’s Association for the 50 Plus considered many factors in compiling its list, including: climate, quality of life, cost of living, transportation, retail services, health care, community services, cultural, educational and recreational activities and crime and public safety.

Recreational facilities in the community include a serviced campground, cross country ski trails, tennis courts, ball diamonds, curling and ice skating rinks, soccer pitches, skate park, community halls, swimming pool, parks, playgrounds and a nine-hole grass green golf course. A walking tour of the community, featuring its museums and other attractions, has been developed. With an abundance of nearby lakes, rivers and rural landscapes, Canora is literally only minutes away from some of the best hunting and fishing opportunities in the province.

“Ca-No-Ra”, which became a village in 1905 and was incorporated as a town in 1910, was named using the first two letters of “Canadian Northern Railway”. A CN Station House Museum, traditional Ukrainian welcome statue, Ukrainian Heritage Museum and fully-restored Ukrainian Orthodox church, officially designated a heritage site, recognize and preserve the community’s diverse heritage.

To maximize the well-being of its residents, Canora features an acute-care hospital, nursing home, primary healthcare clinic, ambulance service, chiropractor, optometrist, home care, public health services and massage therapy clinic. Policing services are delivered by an in-town RCMP detachment and a fully-equipped volunteer fire brigade provides fire and rescue services.

Students can attend kindergarten to Grade 12 at Canora’s two schools. Children as young as three years old may attend Canora Nursery School and those wishing to obtain further or specialized learning can access a wide variety of programs through the local branch of the Parkland Regional College.

### **Distance to other major centers: (one way)**

Melville – 106 km

Yorkton – 50 km

Regina – 248 km

Saskatoon – 320 km

## Demographics

### Population

\*\* (SHR are stats for the entire Sunrise Health Region)

<b>Total Population</b>	2,219	<b>Diversity</b>	
Total Private Dwellings	1,166	Total visible minority (SHR)	1,140
		Aboriginal identity (SHR)	4,725
<b>Age</b>			
Median Age	52.1	<b>Family Information</b>	
% population over 15 years	85%	1 person household	425
		1 family without children	315
<b>Education (SHR)</b>		Lone parent	75
No certification	13,490	Other	30
High School Certificate	12,445		
College	6,360	<b>Occupation (SHR)</b>	
Apprenticeship	6,665	Sales & Service	6,345
University Degree	875	Trades & Transport	5,240
		Business, Finance & Administration	3,290
<b>Field of Study (SHR)</b>		Management	5,355
Health, recreation, fitness	3,760	Social Science, Education, Government Services	2,485
Business Administration	3,385	Health	2,395
Architecture, Engineering	4,620	Natural Resources (Ag)	2,080
Education	2,280	Art/Culture/Sport/Rec	470
Other	4,440	Natural & Applied Science	680
<b>Employment (SHR)</b>			
Employed	27,860		
Unemployed	1,395		
Not in labor force	15,160		

### Government

<b>Municipal</b>	Mayor	Gina Rakochoy
	Council Members:	Sheldon Derkatch
		Brad Gabora
		Brent Pelechaty
		Eric Sweeney
		Kerry Trask
		James Trofimenkoff
<b>Provincial</b>	Constituency of Canora-Pelly	MLA Terry Dennis
<b>Federal</b>	Yorkton - Melville	MP Cathy Wagantall

## Schools

- Early Childhood Daycare
  - Canora Children’s Centre
  - Canora Nursery School
  - Rising Stars Early Childhood Centre
- Canora Junior Elementary School (Pre-K- Grade 4) (CJES)
- Canora Composite School (Grades 5-12) (CCS)

## Industry (SHR)

Other Services	1,055
Business Services	40
Retail Trade	3,570
Health Care & Social Services	4,115
Education Services	1,595
Agriculture and Other Resource Based	4,740
Construction	2,385
Other	1,055

## Health Care

Canora is part of the Sunrise Health Region in Saskatchewan	
<b>Facility</b>	
Hospital	<ul style="list-style-type: none"> <li>• 16 acute care beds</li> <li>• 24 hour emergency/collaborative emergency care services</li> <li>• Outpatient Services</li> <li>• Laboratory/Non Invasive Cardiology</li> <li>• Radiology</li> <li>• Pharmacy</li> <li>• Palliative Care</li> <li>• Dietitian</li> <li>• Child and Youth Worker</li> <li>• Home Care Office</li> <li>• Public Health Office</li> <li>• Acute &amp; Outpatient Therapy Services</li> <li>• Consulting Services</li> <li>• Primary Health Care Clinic (Nurse Practitioner &amp; Physician Services)</li> <li>• Volunteer Coordinator</li> </ul>
Chiropractor	<ul style="list-style-type: none"> <li>• Canora Chiropractic Clinic</li> </ul>
Optometrist	<ul style="list-style-type: none"> <li>• VisionSense EyeCare</li> </ul>
Nursing Home	<ul style="list-style-type: none"> <li>• Home Care (1219 Main Street)</li> <li>• Gateway Lodge (212 Centre Ave E)</li> </ul>
Massage Therapist	<ul style="list-style-type: none"> <li>• HTMC-Homeopathic Medical &amp; Therapy Clinic</li> </ul>

## Health Status (SHR)

	Total	Male	Female
<b>Well Being</b>			
Perceived health, very good or excellent (%)	49	47	50
Perceived mental health, very good or excellent (%)	63	60	67
Perceived life stress (%)	21	22	19
<b>Health Conditions</b>			
Overweight or obese (%)	67	76	58
Overweight (%)	36	42	30
Obese (%)	31	35	28
Arthritis (%)	26	25	26
Diabetes (%)	9	11	8
Asthma (%)	6	7	5
High Blood Pressure (%)	27	28	26
Mood disorder (%)	5	5	6
Pain or discomfort, moderate to severe (%)	21	17	24
Pain or discomfort that prevents activities (%)	20	16	24
Low birth weight (% of live births)	4	4	5
Chronic obstructive pulmonary disease (COPD) (%)	4	4	F
Injuries within the past 12 months causing limitation of normal activities (%)	..	..	..
Injuries within the past 12 months, sought medical attention (%)	..	..	..
Hospitalized stroke event rate (per 100,000 pop'n)	129	160	100
Hospitalized acute myocardial infarction event rate (per 100,000 pop'n)	234	317	158
Injury hospitalization rate (per 100,000 pop'n)	982	1081	865
Cancer incidences (pre 100,000 pop'n)	432	466	407
<b>Personal Resources</b>			
Sense of community belonging (%)	78	78	79
Life satisfaction, satisfied or very satisfied (%)	89	87	91
<b>Well Behaviors</b>			
Current smoker, daily or occasional (%)	22	23	20
Current smoker, daily	17	18	15
Heavy drinking (%)	17	24	10
Leisure-time physical activity, moderate active or active (%)	51	55	48
Fruit and vegetable consumption, 5 times or more per day (%)	38	31	45
Bike Helmet Use (%)	..	..	..

.. not available for a specific reference period

## Physical Activity Facilities

### Outdoor Spaces

- Sportsgrounds
- Golf Course
- Swimming Pool
- Chase Kraynick Memorial Splash Park
- 4 Parks (King George Park, Kiwanis Park, Lions Kiddies Park & Canora Community Park)
- Campground
- Walking Trail
- Urban Habitat Project
- Tennis Courts

### Indoor Spaces

- Civic Centre
- Sylvia Fedoruk Centre (Curling Rink)
- Dance Studio (Extravadance)
- Sports Service Centre
- Fitness Centre
- Keen Age Centre
- Activity Centre (Golf Course Club House)

## Description of Major Facilities

Facility	Description
Sports Grounds/Sports Service Centre/Campground	<ul style="list-style-type: none"> <li>• Located on the 0.5KM North edge of town (along Highway 9)</li> <li>• Five maintained ball diamonds</li> <li>• Playground</li> <li>• Washrooms/Showering Facilities</li> <li>• 13 electrical camp sites</li> </ul>
Swimming Pool	<ul style="list-style-type: none"> <li>• Located at 928 3<sup>rd</sup> Street</li> <li>• Diving board</li> <li>• Paddling Pool</li> <li>• Junior Olympic Size Pool</li> <li>• Shallow &amp; Deep End</li> <li>• Swimming Lessons (Group &amp; Private)</li> <li>• Aquasize</li> <li>• Lifeguard Courses</li> <li>• Open June- September</li> </ul>
Golf Course/Activity Centre	<ul style="list-style-type: none"> <li>• Located at 333 Canora Avenue</li> <li>• 9 hole course with grass greens from April- October</li> <li>• Power cart rentals</li> <li>• Seating capacity of 80</li> <li>• Kitchen available upon request</li> </ul>
Civic Centre	<ul style="list-style-type: none"> <li>• Located on 703 Main Street</li> <li>• Community hub in the winter</li> <li>• Home to Minor Hockey teams, Figure Skating and Rec Hockey Teams</li> <li>• Ice season (Mid-October to end of March)</li> </ul>

Sylvia Fedoruk Centre (Curling Rink)	<ul style="list-style-type: none"> <li>• Located on 701 Main Street</li> <li>• 4 full sheets of artificial ice (ran by Curling Club)</li> <li>• Available to rent all year (Weddings)</li> <li>• Full Kitchen</li> </ul>
Chase Kraynick Memorial Splash Park	<ul style="list-style-type: none"> <li>• Located on 4<sup>th</sup> Street</li> <li>• 3,400 sq ft concrete pas with 18 splash components.</li> </ul>

### Sports Groups

- Canora Community Curling Club
- Canora Flames Rec Hockey
- Canora Minor Ball
- Canora Minor Hockey
- Canora Minor Soccer
- Canora Rec Hockey
- Canora Skating Club
- Canora Supers Senior Baseball
- Canora Senior Slow Pitch
- Assiniboine River Archery Club
- Canora Golf & Country Club Association
- Kees Parkland Taekwondo

### Recreational Groups

- A Common Thread
- Admyred Studio
- Air Cadets
- Canora Arts Council
- Canora Gun Club
- Canora Homecraft 4-H Club
- Canora Slow Pitch
- Canora Veselka Dance School
- Extravadance Studio
- Good Spirit 4H Club
- Keen Age Society Inc.
- River Ridge Fish & Game
- Saskatchewan Wildlife Federation
- T.O.P.S
- Trakkers Snow Club

## Data Collection Results

Community



### Strengths, Assets and Opportunities to provide 30 minutes of physical activity for children and youth in the community

Canora has a good number of amenities that exist in the community to support physical activity including a variety of programs and infrastructure that supports physical activity. It was noted that proximity to provincial parks is an asset to the community. Canora residents report the community as being easy to walk and cycle. There is municipal staff members allocated to recreation and a town of Canora webpage and Facebook page exists.

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Data has been collected to inform decision making</li> <li>• Support of mayor and council</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Maximize the support of regional and provincial partners</li> <li>• Encourage and celebrate success</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Community, Leisure Services and pool Facebook pages</li> <li>• Local newspaper (survey showed 50% of respondents found physical activity opportunities in newspaper)</li> <li>• Digital sign for local nonprofits to advertise</li> <li>• Community Registration Nights (March &amp; September)</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Education on Active &amp; Safe Routes</li> <li>• Community bulletin board</li> <li>• More awareness of physical activity opportunities (when facilities are open)</li> <li>• Develop and implement a coordinated communications and promotion strategy for community opportunities</li> </ul>

PROGRAMS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Variety of sport and recreation opportunities in the community for everyone to partake in (Recreational/competitive/school)</li> <li>• Fairly inexpensive to do activities</li> <li>• Strong minor sport committees in the community</li> <li>• Joint use agreement in place with the school</li> <li>• Variety of programming for 0-5 years</li> <li>• Canora Child Action Planning/Crossroads Project Reconnect</li> </ul>

	<ul style="list-style-type: none"> <li>• Strong volunteers - community coaches, program leaders, service clubs, churches, in motion committee, recreation board</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• More public skating time</li> <li>• Audit of activities/programs in the community</li> <li>• Senior Activities</li> <li>• Adult skating program</li> <li>• Line dancing</li> <li>• Active aging opportunities</li> <li>• Programming for 9-13 year old (tweens)</li> <li>• More family events (intergenerational community programming)</li> <li>• Coordination of Physical Activity Opportunities through Recreation Director</li> <li>• Adult opportunities during kids programming at same location</li> </ul>

**ENVIRONMENTS**

<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Community feels safe in the facilities</li> <li>• People feel safe in the community</li> <li>• TransCanada Trail walking path in the community (8.6 km trail)</li> <li>• Access to playground</li> <li>• Access to nature and outdoor experiences (lakes, trails, hiking)</li> <li>• Residents view community as walkable &amp; bikeable (73% average from survey)</li> <li>• Tennis courts</li> <li>• Chase Kraynick Memorial Splash</li> <li>• Green spaces – parks and playgrounds</li> <li>• Golf course</li> <li>• Canora Family Resource Centre</li> <li>• Variety of municipal and private facilities that support physical activity (Civic Centre, Sylvia Fedoruk Centre, swimming pool, sports grounds, campground, activity center, dance studio, local gym)</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Maintenance of parks</li> <li>• Cross country ski trail at the golf course</li> <li>• Outdoor rink near school</li> <li>• Access to used or new equipment (exchange program, rentals etc)</li> <li>• Bowling alley</li> <li>• Plow the trail to make it useable year round</li> <li>• Ask Council to revisit the replacement of sidewalks</li> <li>• Accessible pool equipment</li> <li>• Increase use of green spaces for recreation and physical activity</li> <li>• Maintenance of trail</li> </ul>

POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Recreation Board &amp; Bylaw</li> <li>• Supportive Council</li> <li>• MLA has strong ties to the community</li> <li>• Community Plans supporting Physical Activity Opportunities – Official Community Plans, Safe Communities Action Plan, Infrastructure Master Plan</li> <li>• Dedicated municipal recreation staff</li> <li>• Recreation board along with facility staff</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Youth representation on recreation board</li> <li>• Residential snow removal program</li> <li>• Review existing policies with lens of increasing physical activity</li> </ul>

*A Strong Foundation*

In the area of community, the following points were identified as overarching elements that provide a strong foundation for success:

- Facility infrastructure for sport and recreation
- Support of municipality
- Lots of green space
- Strong minor sport committee

School



## Strengths, Assets and Opportunities to provide 30 minutes of physical activity for children and youth at school

The schools in the community are committed to providing 120 minutes of physical activity per week. There are a variety of school sports and open gym time at lunch for students to get active. There are excellent facilities located within and close to the school and there is a joint use agreement between the school and community.

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Schools are committed to providing 120 minutes of physical activity per week</li> <li>Half of students in grades 11 &amp; 12 are enrolled in Phys Ed</li> <li>Approximately 50% of students walk bike to school</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Driver education on walkers (slowing down)</li> <li>Encourage more active transportation to and from school</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Newsletters</li> <li>School community council</li> <li>Announcements can be given through the school</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Increase awareness of why kids should walk to school</li> </ul>

PROGRAMS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>School variety of programs</li> <li>Open gym time at noon</li> <li>Variety of school sports</li> <li>Physical education classes</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Intramural program</li> <li>Walking program in the high school (better times)</li> <li>Before/after school program</li> <li>Student led physical activity program</li> <li>Reward program for students walking/biking to school</li> </ul>

ENVIRONMENTS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>School facilities, grounds and fields on school grounds</li> <li>Walkable and Bikeable to school</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>No drop off zone near schools</li> <li>Active transportation to and from school</li> </ul>

POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• School has 120 minutes per week physical activity</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Nutrition policy</li> <li>• Enforcement of traffic bylaws in front of school – STP initiative</li> <li>• All kids outside for recess</li> </ul>

*A Strong Foundation*

In the area of school, the following points were identified as overarching elements that provide a strong foundation for success:

- Good facilities within and surrounding schools
- Joint Use Agreement
- Physical Education curriculum



## Strengths, Assets and Opportunities to provide 30 minutes of physical activity for children and youth at home

The survey revealed that the availability of facilities makes it easy to be active in the community. Families also reported they feel safe in local facilities and the community. The Canora Child Action Plan provides a variety of programming for children and families.

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Parents understand what motivates them to be active (survey results 91% maintain improve health, 53% have fun, 49% socialize)</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Parents comfortable letting children play independently</li> <li>Educate parents about screen time</li> <li>Increase understanding of the benefits of physical activity</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Families share opportunities for physical activity with each other</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Increase promotion of physical activity opportunities</li> </ul>

PROGRAMS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Canora Child Action Plan/Crossroads Project Reconnect</li> <li>Variety of options for small children and adults</li> <li>Variety of family events (Canora in Bloom, Winter Lights Festival)</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Explore Big Brothers Big Sister's programs</li> <li>Learn to programs for families</li> <li>Adult drop in programs</li> <li>Free family activities</li> <li>Active transportation encouraged and supported</li> <li>Families organize and share opportunities for physical activity with each other</li> </ul>

ENVIRONMENTS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Community is walkable and bikeable</li> <li>Accessible public and private facilities</li> <li>Backyards, public green spaces, community facilities</li> <li>Feel safe in the facilities (48% of survey respondents)</li> <li>People feel safe in the community</li> </ul>

<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Parents encourage kids and families to play outdoors</li> <li>• Reporting system for parents to report playground safety concerns</li> <li>• Enhance existing spaces to make them more engaging</li> <li>• Ensure safe outdoor environments (lighting)</li> </ul>
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POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Parents understand what motivates them to be active</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Active transportation policy</li> <li>• Consider screen time policy for families</li> </ul>

### *A Strong Foundation*

In the area of home, the following points were identified as overarching elements that provide a strong foundation for success:

- Green space for family activities
- Understanding the importance of physical activity
- Families feel safe in the community and local facilities

## Priorities and Next Steps

### Active and Safe Routes

**Description:** Active and Safe Routes to school, lighting, controlled crossings, places to go, snow removal policy

#### Next Steps

- Leona Kitchen & Deleena Faryna take the lead
  - Work with council to promote awareness
  - Crosswalk painting
  - Speeding
  - Police presence
  - Driver awareness
- Create a map to promote the Trans Canada Trail that goes through town
  - Have the map available at all recreation facilities and various businesses throughout town
- Increase maintenance of outdoor track at the school
  - Summer – level the gravel and rake
  - Winter – snow removal
  - Rubberized surface in the future'
  - Involve the youth in maintenance
- Driver awareness education (signs and advertising)
- Indoor walking at the high school before and after school
  - 6:30 am – 8:00 am
  - Evenings (variable)

### Family Events

**Description:** Host more family friendly events in the community that provide opportunities for all to be physically active.

#### Next Steps

- Pick an idea to work on
  - Early Action
    - Outdoor movie night at King George Park/Playground
    - Celebrations during the holidays (Family Day)
    - Long Term Action
      - Canora Run or walk (5 km)
      - Encourage high school students to organize events
      - Port-a-potties in parks and at events
  - Ideas
    - More fundraising events that include families
    - Carnival (races & games)
    - Mock Disasters (education through activity)
    - Bike Rodeos
    - Volunteers/Volunteer Appreciation
    - More social events
      - Year round, all seasons, indoor/outdoor

- Floor hockey nights (youth & adult)
- Family Picnic
- Canada 150 (July 22)

### Community Bulletin Board

**Description:** A bulletin board for all groups to promote community events and programs. Right now the town bulletin board can only be used by non-profit organizations.

#### Next Steps

- Early Action
  - Pick a location (CN Station or Town Hall)
  - Talk to Council
  - Secure funds
  - Explore who would maintain the bulletin board/what does it look like
  - Explore other bulletin boards in town
  - Approach newspaper/sponsor to add space in the newspaper
- Long Term Action
  - Cross promote Canora.com and the bulletin board

### Programming for Senior population

**Description:** Provide a range of activities targeted to the senior population in the community.

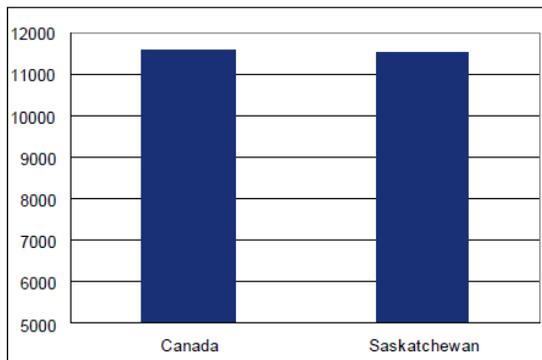
#### Next Steps

- Create a group to organize the specific opportunities
- Pick an idea
  - Zumba, Aerobics, senior swim time/senior aqua size, senior dances/balls, chair yoga, adult skating assists
  - Intergenerational opportunities
    - Seniors to teach kids old style of dancing
    - Line dancing
    - Play games
    - Preschool classes to go in to the nursing home
- Find and secure a location
- Find a leader for the program if needed
- Advertise new opportunity
- Investigate funding opportunities (grants, municipality)

## Physical Activity of Children and Youth

The following reports the best available evidence on the physical activity levels of Saskatchewan children and youth. Although provincial in scope, previous Saskatchewan *in motion* research has shown little or no variation on physical activity levels between communities and regions of Saskatchewan. The CFLRI CANPLAY Study is a joint project of all federal provincial/territorial governments.

The Canadian Fitness and Lifestyle Research Institute's CANPLAY study (Canadian physical activity levels among youth study) has measured physical activity levels of children and youth using pedometers to measure daily steps. Although the majority of the analyses focus on combined data collected in years five and six of collection (2009- 2011), some analyses also reflects trends over time.

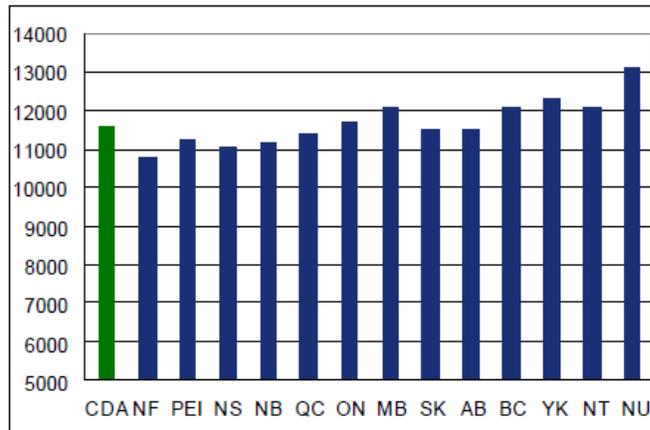


The CANPLAY study shows that Canadian children, aged 5 to 19, take approximately 11,600 daily steps on average. Children and youth in Saskatchewan take a similar number of steps as the national average, at roughly 11,500 steps.

Average daily steps of children and youth, Canada and Saskatchewan, 2009-2011

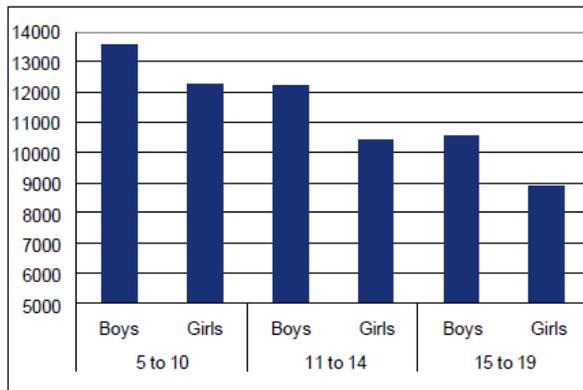
### Province and Territory :

Children and youth in Saskatchewan take roughly the same number of steps as children living elsewhere in Canada, with the exception that they take fewer steps than children and youth living in Nunavut (however, it should be noted that data in Nunavut was collected using a different methodology).



Average daily steps of children and youth by province/territory, 2009-2011

**Child characteristics:**



Average daily steps of children and youth in Saskatchewan by age and sex of child, 2009-2011

Boys in Saskatchewan take more daily steps on average than girls do (almost 1,600 more steps), which is similar to the relationship found nationally. Daily steps decrease by increasing age group.

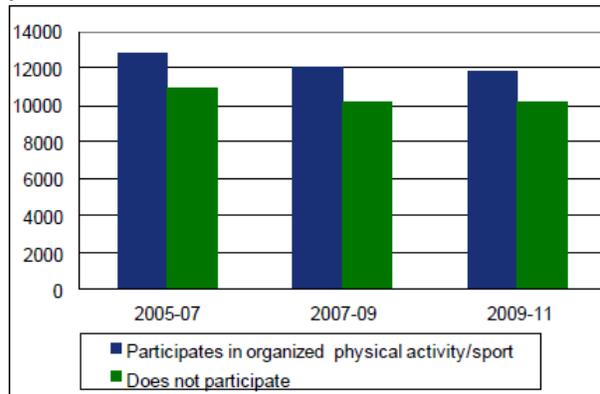
In Saskatchewan, this is particularly evident when comparing younger children to older teens. The age-related decrease in steps is a pattern that appears both nationally and at a provincial level. In Saskatchewan, only boys aged 11 to 14 years take significantly more steps than girls of the same age, however, the age-related decrease in steps generally appears for both boys and girls.

In all years of the CANPLAY study in Saskatchewan, boys took more steps than girls (currently 1,600 more steps). The age-related decrease in steps appears within all study years, and also appears for both boys and girls. The gender differences within specific age groups vary over time. During the first couple of years of the CANPLAY study (years 1 and 2 combined), younger boys (aged 5 to 10) and older boys (aged 15 to 19) took significantly more steps than girls of the same ages, however, in later years of the study, significant gender differences only appeared among 11 to 14 year olds.

**Sport Participation:**

The relationship between a child’s participation in organized sport and physical activity and a greater number of steps appears within all study years in Saskatchewan.

In Saskatchewan, children who participate in organized physical activities and sport take significantly more daily steps on average compared to children who do not participate in these types of activities (roughly 1,700 more steps). This relationship is similar to that found nationally.



Average daily steps of children and youth in Saskatchewan by child’s participation in organized sport and physical activity, 2005-2011

**Parent and household characteristics:**

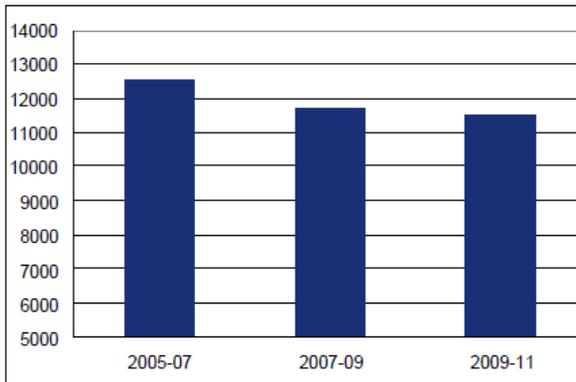
In Saskatchewan, there is no significant association between children’s daily steps and household income. This differs from the population as a whole, where nationally: children from

the highest income household ( $\geq$ \$100,000 per year) take more daily steps on average than those from households with incomes between \$40,000 and \$59,999.

In Saskatchewan, there is a relationship between children's daily steps and parent's education level. Children whose parents have a university education take more steps than those children whose parents have less than a high school education. The lack of a relationship between a child's daily steps and parent's education level existed in Saskatchewan in earlier years of the study, however, children whose parents have a university education take more steps than those children whose parents have less than a high school education in years 5 and 6 combined.

A relationship between a child's daily steps and a parent's activity level in Saskatchewan existed during the first couple of years of the study (years 1 and 2 combined) and during year 5 and 6 combined. In addition, children whose parents consider themselves *slightly more* active than their peers take more steps on average than those who parents consider themselves *just* as active as their peers.

**Trends in activity level over time:**



Compared to the first two years of the CANPLAY study (years 1 and 2), there has been a decrease in overall steps taken by children and youth residing in Saskatchewan (as illustrated in figure 4). This section looks at trends over time in this province.

Average daily steps of children and youth in Saskatchewan, trends, 2005-2011