

# COMMUNITY PROFILE



## Eston 2017-2019

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

Last updated: 2019-05-13



[saskatchewnainmotion.ca/eston](http://saskatchewnainmotion.ca/eston)



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## Background

The following community profile identifies the many assets the Town of Langenburg 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 Langenburg.

## Purpose

Gathering data, talking to residents, and compiling a community profile help identify strengths, assets and 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 Langenburg, children and youth.

## Process

**Gathered existing data** - Demographic and other data about the Town of Langenburg 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 18 community leaders at the Moving Together 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

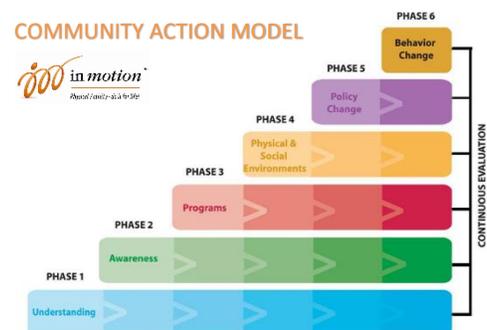
The information in this profile is compiled to follow three models for community action planning;

### 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.

## Eston

The Town of Eston is located in the heart of West Central Saskatchewan. It prides itself on being a safe and friendly community with affordable housing and many amenities. Local pride is evident in the community's thriving volunteer.

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

Kindersley – 59 km

Swift Current – 159 km

Saskatoon – 209 km

## Demographics

### Population

<b>Total Population</b>	1,031	<b>Diversity</b>	
Total Private Dwellings	507	Total visible minority	25
		Aboriginal identity	75
<b>Age</b>			
Median Age	45.5	<b>Family Information</b>	
% population over 15 years	81%	1 person household	160
		1 family without children	270
<b>Education</b>		1 family with children	201
No certification	240	Lone parent	40
High School Certificate	160		
College	185		
Apprenticeship	80	<b>Occupation</b>	
University Degree	90	Sales & Service	85
		Trades & Transport and Equipment Operators	70
<b>Field of Study</b>		Business, Finance & Administration	55
Health, Recreation, Ritness	55	Management	110
Business Administration	75	Social Science, Education, Government Services	50
Architecture & Engineering	30	Health	35
Education	50	Unique to primary industry	20
Other	150		
<b>Employment</b>			
Employed	440		
Unemployed	25		
Not in labor force	305		

### Government

<b>Municipal</b>	Mayor	Al Heron
	Council Members:	Bob Mullock
		Kirk Cumiskey
		Shari Collinge
		Lori Ries
		Dallas Massey
<b>Provincial</b>	Constituency of Kindersley	Vacant
<b>Federal</b>	Cypress Hill - Grasslands	David Anderson

### Schools

Eston is part of the Sun West school division.

- Eston Composite School (K-12)
- Eston College

### Industry

Other Services	30
Business Services	55
Retail Trade	50
Health Care & Social Services	55
Education Services	65
Agriculture and Other Resource Based	70
Construction	25
Other	25

### Health Care

Eston is part of the Heartland Health Region in Saskatchewan	
<b>Facility</b>	
Health Care Centre	<ul style="list-style-type: none"> <li>• Emergency Services</li> </ul>
	<ul style="list-style-type: none"> <li>• Diagnostic/X-ray</li> </ul>
	<ul style="list-style-type: none"> <li>• Lab</li> </ul>
	<ul style="list-style-type: none"> <li>• Home Care</li> </ul>
	<ul style="list-style-type: none"> <li>• Long Term Care</li> </ul>
	<ul style="list-style-type: none"> <li>• Physician</li> </ul>
	<ul style="list-style-type: none"> <li>• Telehealth</li> </ul>
	<ul style="list-style-type: none"> <li>• Nurse Practitioner</li> </ul>
	<ul style="list-style-type: none"> <li>• 31 Long Term Care beds</li> </ul>
	<ul style="list-style-type: none"> <li>• 2 Alternate Level Care beds</li> </ul>
Beechinor Chiropractor	

## Health Status (Heartland Health Region information)

	Total	Male	Female
<b>Well Being</b>			
Perceived health, very good or excellent (%)	60.3	58.3	62.4
Perceived mental health, very good or excellent (%)	66.1	62	70.2
Perceived life stress (%)	19.6	25	13.9
<b>Health Conditions</b>			
Overweight or obese (%)	57.4	64.0	50.3
Overweight (%)	29.3	29.5	29.1
Obese (%)	28.1	34.5	21.2
Arthritis (%)	20.1	22.1	18
Diabetes (%)	6.2	7.1	5.2
Asthma (%)	7.5	8.1	6.9
High Blood Pressure (%)	19.4	21.9	16.8
Mood disorder (%)	9.1	F	11.7
Pain or discomfort, moderate to severe (%)	14.6	13.9	15.3
Pain or discomfort that prevents activities (%)	13.1	11.4	14.8
Low birth weight (% of live births)	4.8	4.5	5.1
Chronic obstructive pulmonary disease (COPD) (%)	F	F	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)	108	122	99
Hospitalized acute myocardial infarction event rate (per 100,000 pop'n)	174	240	112
Injury hospitalization rate (per 100,000 pop'n)	731	812	640
Cancer incidences (pre 100,000 pop'n)	444.1	495.2	401.4
<b>Personal Resources</b>			
Sense of community belonging (%)	79.1	75.4	82.7
Life satisfaction, satisfied or very satisfied (%)	95.2	94.8	95.5
<b>Well Behaviors</b>			
Current smoker, daily or occasional (%)	26.9	35.5	18.2
Current smoker, daily	20.3	29.5	10.9
Heavy drinking (%)	21.6	28.4	14.4
Leisure-time physical activity, moderate active or active (%)	50.1	42.1	58.4
Fruit and vegetable consumption, 5 times or more per day (%)	39.2	31.4	47.4
Bike Helmet Use (%)	..	..	..

.. not available for a specific reference period

F too unreliable to be published

## Physical Activity Facilities

### Outdoor Spaces

- Ball diamond
- Soccer pitch
- Rodeo grounds
- Motocross track
- Pool
- Henry Hamilton Park
- Jamieson Park
- Campground
- Golf Course

### Indoor Spaces

- Skating Arena
- Curling Rink
- Bowling Alley
- Larry Thome Fitness Centre
- Full Gospel Church Gymnasium

## Description of Major Facilities

Facility	Description
AGT Community Centre	<ul style="list-style-type: none"> <li>- hockey rink</li> <li>- curling rink</li> <li>- mezzanine (used for meetings, events, rec activities etc.)</li> <li>- hall (used for meetings, events, rec activities etc.)</li> <li>- bowling alley</li> <li>- meeting rooms (used for small meetings, groups etc.)</li> <li>- kitchen and booth</li> </ul> <p>Rodeo takes place in the rink during the summer. Summer Sports &amp; Play Camp uses the AGT Community Centre as its home base</p>
Fairgrounds	<ul style="list-style-type: none"> <li>- 3 ball diamonds used for t-ball, softball and baseball</li> <li>- soccer field</li> <li>- can host large events (Town of Eston Centennial celebration in July 2016, Canada Day celebrations etc.)</li> </ul>
Eston Lions Pool	<ul style="list-style-type: none"> <li>- located on the fairgrounds</li> <li>- June to September season (depending on weather)</li> <li>- 30 meter by 15 meter pool with wall partially enclosing the shallow end</li> <li>- 2 diving boards (1 meter and 3 meter)</li> <li>- paddling pool (10 meters by 75 meters)</li> <li>- pools bather load is 170 people, 34 in shallow end and 136 in deep end</li> </ul>

## Sports Groups

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Eston Skating Club</li> <li>• Eston Curling Club</li> <li>• KidSport</li> <li>• Hockey &amp; Power Skating</li> </ul> | <ul style="list-style-type: none"> <li>• Bowling</li> <li>• Motocross</li> <li>• Golf</li> <li>• Eston Youth Group</li> </ul> |
|--|---|

## Recreational Groups

- Eston Dance
- Aerobics
- Communities in Bloom
- Eston 4-H
- Eston Caring Hands
- Eston Handbells
- Eston River Trek
- Lions Club
- Lions 95 Club
- Wheatlands plus 50 Club
- Swimming Lessons
- Kids Summer Program
- 454 Dance co.
- Eston Youth Group

## Data Collection Results

Community



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

Eston has a good number of amenities that exist in the community to support physical activity. It was noted the proximity to the Regional Park is an asset to the community. Eston residents report the community as being easy to walk and cycle. There is also municipal support from a recreation board and staff member dedicated to sport, culture and recreation in the community.

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> <li>• Dedicated Recreation Director position</li> <li>• Support from local businesses</li> <li>• Community strategic priorities</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>• Good awareness of opportunities</li> <li>• Community website</li> <li>• Local media – newspaper</li> <li>• Social media – Facebook, Twitter, Instagram</li> <li>• Email/Text – recreation update from municipality</li> <li>• Poster campaigns – post office, Co-op, banks, restaurants</li> <li>• Community billboard</li> <li>• Electronic billboard</li> <li>• Sandwich boards</li> </ul> <p>Survey results (where residents find out about opportunities): social media (77%), word of mouth (69%), school newsletter (46%), email/text update from Rec Director (38%), town website (30%), newspaper (23%)</p>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Develop and implement a coordinated communication and promotion strategy for community physical activity opportunities</li> <li>• Explore different ways to promote physical activity opportunities (Welcome Wagon, water bills)</li> <li>• Awareness around designated routes (sidewalks, snow clearing)</li> </ul>

	<ul style="list-style-type: none"> <li>• Promotion of ways information about current opportunities is being shared right now</li> </ul>
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**PROGRAMS**

<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Variety of program providers (private/public)</li> <li>• KidSport is available in the community</li> <li>• Strong minor hockey program</li> <li>• Badminton at the church</li> <li>• Strong minor ball program</li> </ul>
<b>Opportunities:</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> </ul> <p>Residents rated the variety of programs in the community at 3.25 on a scale of 1-5 (5 being highest)</p> <ul style="list-style-type: none"> <li>• Consider ways to provide free and low cost opportunities</li> <li>• Active family events/activities (fun runs)</li> <li>• Explore options for new moms</li> <li>• Audit of activities/programs in the community</li> <li>• Gymnastics program</li> <li>• Increased programming at the Regional Park (cross country ski, kayak)</li> <li>• Pickleball</li> <li>• <i>Try It</i> sport camp (lacrosse, wrestling, soccer)</li> <li>• Sportsbank or used equipment swap</li> <li>• Dance program</li> <li>• Street hockey tournament on Main Street (close street down for event)</li> <li>• Snowshoe and Cross Country equipment to rent or borrow</li> <li>• Host a “no drive day” to encourage active transportation</li> <li>• Active and Safe Routes</li> <li>• Community bike rodeo</li> <li>• Street angels or positive ticketing program</li> <li>• Drop in activity nights – Just Come &amp; Play (noncompetitive recreation)</li> <li>• Slo-pitch</li> <li>• Recreation basketball</li> <li>• Racquetball</li> <li>• Activity opportunities connected to tradeshow, July</li> </ul>

**ENVIRONMENTS**

<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Residents view the community as walkable/bikeable (survey responses 59% say walkable, 75% say bikeable)</li> <li>• Access to nature and outdoor experiences (regional park)</li> <li>• Green spaces – parks and playgrounds</li> <li>• Variety of municipal facilities that support physical activity (curling rink, golf course, swimming pool, sports grounds, bowling alley, AGT Community Centre)</li> </ul>
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	<ul style="list-style-type: none"> <li>Community feels safe in facilities</li> </ul> <p>Survey results indicate 39% of respondents agreed that safe and user friendly facilities made it easy for them to be active in Eston</p> <ul style="list-style-type: none"> <li>People feel safe in the community</li> <li>Official Sidewalk Plan</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Joint use agreement with school</li> <li>Use the Regional Park as an asset</li> <li>Explore ideas for indoor walking</li> <li>Dog park</li> <li>Skate park</li> <li>Explore use of bowling alley (open for families to use throughout the year)</li> <li>Update fitness center</li> <li>Bike racks through town</li> <li>Explore the use of facilities seasonally</li> <li>Arena during summer (pickleball, ball hockey)</li> <li>Outdoor rink flood in winter and ball hockey or lacrosse in summer</li> <li>Use of hall throughout the year</li> <li>Cross Country ski groomed trail through Hamilton park</li> <li>Walking/biking trail around ball diamonds</li> <li>Jameson Park (Cross Country ski, snowshoe, skate on the pond, kayak)</li> <li>Henry Hamilton Park (beach volleyball, ball diamond, picnic tables)</li> <li>Batting cages</li> <li>Move the disc golf course to different parks in town, move them to include them in any community events</li> <li>Increased programming during summer months</li> <li>Urban orchard (get benches)</li> <li>Sidewalks (Manor)</li> <li>Ensure there is lighting through town in green spaces</li> <li>Explore using the green space behind the clinic</li> <li>Cross Country ski and snowshoe on golf course</li> <li>Cement pad at Hamilton park for basketball</li> <li>Basketball hoops for hall and/or outdoor rink</li> <li>Rollerblading, roller derby, location &amp; program</li> </ul>

POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>Tree trimming by the municipality</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>Snow removal policy on all main streets in town</li> <li>Snow removal on both sides of Main street</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
- Strong volunteerism - service clubs, community coaches, program leaders, recreation board, *in motion* committee
- Community is walkable and bikeable
- Support of the municipality
- Lots of green space/pocket parks



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

There are excellent facilities located within and close to the schools. The community has some access to school facilities, but it is limited based on the demand of facilities for school programs and outside user group's liability insurance. Administration and teachers are very supportive of physical for youth in the school. There are a variety of school sports teams for youth to join.

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Teachers understand the benefit of physical activity at school</li> <li>• High percentage of grades 11 &amp; 12 students enrolled in phys-ed</li> <li>• Schools are committed to providing minimum 60 minutes of physical activity every day</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Encourage more active travel to and from school</li> <li>• Engage students in activity planning</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• School newsletter</li> <li>• School Community Council</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Increase awareness on why kids should walk to school</li> <li>• Parent/teacher meetings</li> <li>• Promotion of community activities</li> </ul>

PROGRAMS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Physical education classes</li> <li>• Intramurals</li> <li>• Sport teams (volleyball, golf, curling, cross country, basketball, badminton)</li> <li>• Open gym time (noon hour)</li> <li>• Teacher and administrator support</li> <li>• Physical education specialist</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Soccer</li> <li>• Archery (new equipment &amp; certified coach)</li> <li>• Snowshoe club</li> <li>• Marching band</li> <li>• Track club</li> <li>• Activity options for students not on sports teams</li> </ul>

	<ul style="list-style-type: none"> <li>• Elementary Craft Club</li> <li>• Ag/farm type classes or groups</li> <li>• Wrestling</li> </ul>
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ENVIRONMENTS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Weight/Workout room</li> <li>• School facilities, grounds and play fields on school and community grounds, outdoor options, green spaces</li> <li>• Walkable/bikeable to school</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Promote the rock climbing wall</li> <li>• Fitness center upgrade</li> <li>• Community access to school gym after hours</li> <li>• Outdoor classroom</li> <li>• Use of school track</li> </ul>

POLICY	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Recess</li> <li>• Physical education curriculum</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Recess for older students</li> <li>• Community access to school gym outside school hours</li> <li>• Joint use agreement between school and municipality</li> <li>• Daily Physical Activity and Nutrition policy</li> <li>• All kids outside for recess</li> <li>• Alternate bus drop off</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:

- Great facilities within and surrounding schools
- Supportive administration and teachers
- Phys-Ed curriculum
- Phys-Ed specialist



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

The information provided is based on limited opportunity to gather information from a family perspective. However, it was reported that most physical activities participated in were unorganized such as playing with friends or playing at the park. It was also reported that being active is a priority for families in the community. There is an opportunity to further gather information from families.

UNDERSTANDING	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Support for kids to be active</li> <li>• Parents understand what motivates them to be active</li> </ul> <p>Survey results 84% maintain/improve health, 54% have fun, 38% socialize with others</p> <ul style="list-style-type: none"> <li>• Parents comfortable lettering children play independently</li> <li>• People feel a strong connection to the community</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Model physical activity as a family</li> <li>• Increase understanding of the benefits of physical activity and active play</li> <li>• Increase understanding of the importance of parent role models</li> </ul>

AWARENESS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• School Community Council</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Parents to speak out for family physical activity opportunities</li> <li>• Families share opportunities for physical activity with each other</li> </ul>

PROGRAMS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Local KidSport committee</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Creative spaces to be active at home</li> <li>• More outdoor unstructured play activities</li> <li>• Active transportation encouraged and supported</li> <li>• Adult drop in programs</li> <li>• Free family activities</li> <li>• Ensure programs and events are affordable for families</li> <li>• Family day activities – connect with 50+ club</li> <li>• Explore youth drop in center</li> </ul>

ENVIRONMENTS	
<b>Strengths &amp; Assets:</b>	<ul style="list-style-type: none"> <li>• Community is walkable and bikeable</li> <li>• Backyards</li> <li>• Accessible facilities</li> </ul>
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Choosing active forms of travel as a family</li> <li>• Youth encouraged to play outdoors</li> </ul>

POLICY	
<b>Strengths &amp; Assets:</b>	
<b>Opportunities:</b>	<ul style="list-style-type: none"> <li>• Screen time tracking/monitoring</li> <li>• Role modelling</li> <li>• Active transportation policy</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:

- Families feel safe in the community and in local facilities
- Sense of belonging to the community
- Green space for family activities

## Priorities and Next Steps

### Youth Night at Club 50

**Description:** youth to use the Club 50 space to play billiards, darts, play cards etc.

#### Next Steps

Work with students to identify next steps

Committee: Lorne, Bernadette, Karen, Chris, SRC/Darryl

Approach Co-op for donation of refreshments for the night

### Promotion & Awareness

**Description:** increase awareness of current physical activity opportunities in the community

#### Next Steps

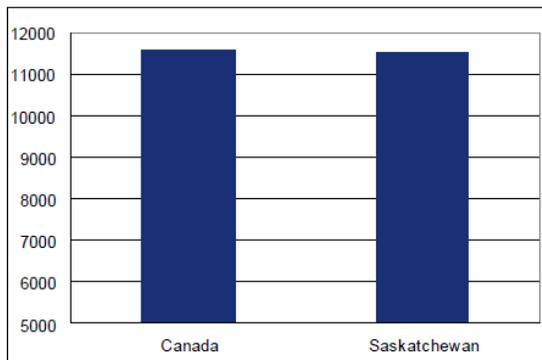
Committee: Chris, Bernadette, Denise with support of the school

- Explore what is currently being used to promote events
- Joint effort between the town and school to promote
- Look at other ways to promote (how are newcomers to the community finding information?)
  - Town water bill
  - Social media
  - TV in rink
  - Community electronic board
  - Newsletters
  - Posters etc.

## 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.

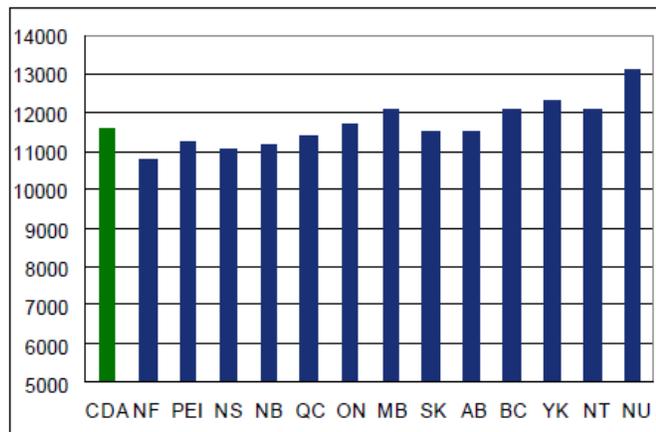


Average daily steps of children and youth, Canada and Saskatchewan, 2009-2011

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.

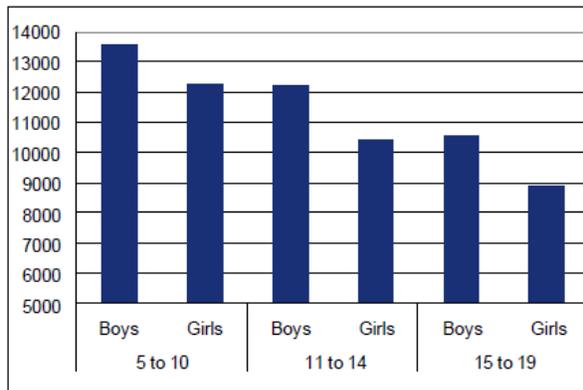
### Province and Territory:

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.

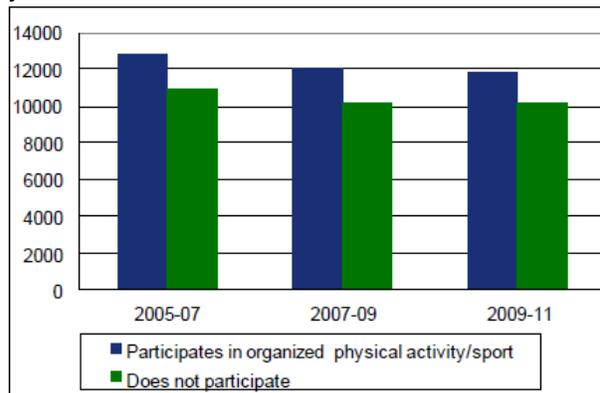
In Saskatchewan, this is particularly evident when comparing younger children to older teens. The age-related decrease in steps is a pattern that appears both nationally and at a provincial level. In Saskatchewan, only boys aged 11 to 14 years take significantly more steps than girls of the same age,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

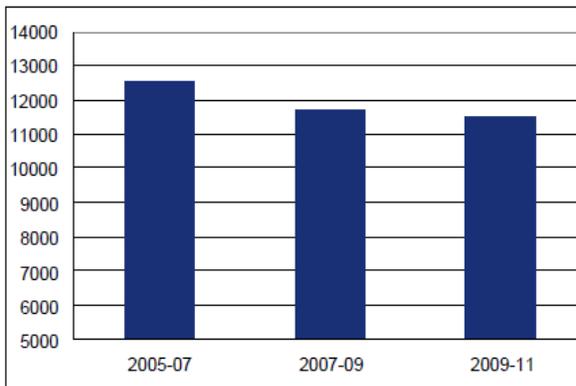
**Parent and household characteristics:**

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 (≥\$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