

COMMUNITY PROFILE



Kamsack 2016-2018

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

Last updated: 2019-05-14



saskatchewnaimotion.ca/Kamsack



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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

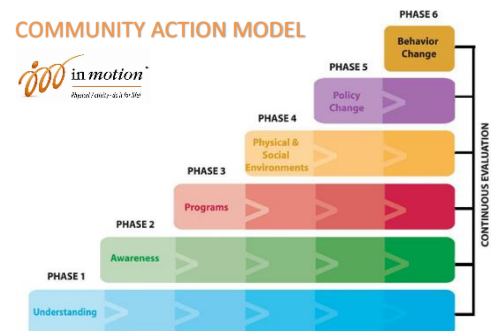
The information in this profile is compiled to follow three models for community action planning;

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.

Kamsack

Kamsack provides the safety, comfort and atmosphere of a friendly town with all the services of a large bustling centre. The area surrounding Kamsack is one of natural beauty, steeped in history and culture and rich with opportunity. These elements combine to make Kamsack truly a great place to live and visit.

Kamsack is nestled in the scenic Assiniboine River Valley which creates some of the West's most beautiful panoramas. It is here where the historic Assiniboine River joins the Whitesand

River to help form our beautiful Centennial Park. The fertile land, scenic location and great weather make Kamsack the Garden of Saskatchewan.

Distance to other major centers: (one way)

Canora – 39.4 km

Yorkton – 85.5 km

Swan River MB – 94 km

Regina – 269 km

Saskatoon – 350 km

Demographics

Population

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

Total Population	1,825	Diversity	
Total Private Dwellings	949	Total visible minority (SHR)	1,140
		Aboriginal identity (SHR)	4,725
Age			
Median Age	48.9	Family Information	
% population over 15 years	82%	1 person household	315
		1 family without children	240
Education (SHR)		Lone parent	95
No certification	13,490	Other	30
High School Certificate	12,445		
College	6,360	Occupation (SHR)	
Apprenticeship	6,665	Sales & Service	6,340
University Degree	875	Trades & Transport	5,240
		Business, Finance & Administration	3,290
Field of Study (SHR)		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
Employment (SHR)			
Employed	27,860		
Unemployed	1,390		
Not in labor force	15,160		

Government

Municipal	Mayor	Nancy Brunt
	Council Members:	Claire Bishop
		Mark Foster
		Karen Koreluik
		Maria Nahnybida
		Jason Pennell
		Jared Ruf
Provincial	Constituency of Kamsack - Pelly	MLA Terry Dennis
Federal	Yorkton - Melville	MP Cathy Wagantall

Schools

Victoria School – elementary school providing pre-kindergarten to grade 4

Kamsack Comprehensive Institute – Grades 5 to 12

Parkland Regional College – post-secondary education, SIAST and general interest classes

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

Kamsack is part of the Sunrise Health Region in Saskatchewan.

Facilities: Kamsack Hospital and Nursing Home, Kamsack Home Care, Kamsack Public Health Office

Health Status (SHR)

	Total	Male	Female
Well Being			
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
Health Conditions			
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
Personal Resources			
Sense of community belonging (%)	78	78	79
Life satisfaction, satisfied or very satisfied (%)	89	87	91
Well Behaviors			
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

- Kamsack Swimming Pool
- Riverside Golf Club
- Skateboard Park
- Sportsgrounds
- Picnic Area
- Playgrounds
- Walking trail

Indoor Spaces

- Broda Sportplex (Arena)
- Community Hall
- School gyms

Description of Major Facilities

Facility	Description
Broda Sportplex	The regional recreational complex is open from October to the end of March. Free daily activities include public skating, shinny. The upstairs mezzanine is available to user groups and private functions.
Kamsack Swimming Pool	Open from June to August for public swimming, swimming lessons, private bookings, aquacise, moms and tots and more!
Riverside Golf Club	Located on the West side of Kamsack along the Assiniboine River. This 9 hole golf course is open from April through October and features grass greens, a fully licensed club house, golf cart rentals and more. Men's and ladies nights are held throughout the summer months

Sports Grounds	Our Kamsack Sportsgrounds are located along Dixon Avenue. Our sportsgrounds include three ball diamonds and facilities for food concessions' stands and beer gardens. The sportsgrounds are used for minor baseball, slow pitch tournaments, family reunions, Canada Day Celebrations, and much more.
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Sports Groups

- Club 55 Curling
- Mixed Curling league
- Ski Club – cross country ski
- Learn to Skate Program
- Karate Club
- Minor Hockey
- Senior Slow Pitch
- Soccer Club
- Youth and Adult Recreation Soccer
- Indoor Badminton
- Minor Ball
- Indoor track & field club

Recreational Groups

- Kamsack Players Drama Club
- Wabi-Sabi Group Fitness
- Kamsack Wildlife Federation
- Kamsack Air Cadets

Data Collection Results

Community



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

Kamsack has a good number of amenities that exist in the community to support physical activity. It was noted the proximity to the ski hill and Provincial Park is an asset to the community. Kamsack residents report the community as being easy to walk and cycle. There is municipal staff members allocated to recreation there is strong volunteerism in the community. There is a Facebook page dedicated to sport culture and recreation opportunities in the community. There is also support for families that may not have the means to participate through Saskatchewan KidSport and Creative Kids Saskatchewan.

UNDERSTANDING	
Strengths & Assets:	<ul style="list-style-type: none"> • Data has been collected to inform decision making • Support of Mayor and Council • Municipality increasing physical activity opportunities • Strong community leadership
Opportunities:	<ul style="list-style-type: none"> • Maximize the support of regional and provincial partners • Encourage and celebrate success • Promote the benefits of physical activity

AWARENESS	
Strengths & Assets:	<ul style="list-style-type: none"> • Sports, Recreation & Culture Facebook page (survey showed 72% of respondents find physical activity opportunities on Facebook) • Local newspaper • Town marquis • Community Registration Nights • Ability to send information through the school
Opportunities:	<ul style="list-style-type: none"> • Education on Active & Safe Routes • Community billboard with events • More awareness of opportunities & equipment through school • Explore variety of methods of communication • Monthly calendar of events in newspaper (ie. Free skating nights Thursday) • Awareness around support for programming – childcare, scheduling, KidSport, Creative Kids • More awareness around volunteer opportunities

PROGRAMS	
Strengths & Assets:	<ul style="list-style-type: none"> • Variety of sport & recreation programs in the community

	<ul style="list-style-type: none"> • Some no cost/low cost activities available (Family Resource Centre activities and public skating) • Community Events (Canada Day Celebration) • Private Fitness Centre
Opportunities:	<ul style="list-style-type: none"> • Audit of activities/programs in the community • Variety of sports (lacrosse, wrestling, yoga/Zumba, figure skating) • Review timing of events (kids events with adults events same time & location) • Sport ball • Brownies/scouts • Sport nights • Family events • Open gym time for families in evening • Open curling times • Gymnastics • Drop in recreation programs • Shuttle service to Duck Mountain • Physical Literacy focus to programs • Slow pitch for high school aged youth

ENVIRONMENTS

Strengths & Assets:	<ul style="list-style-type: none"> • Community feels safe in facilities • Community participates in Communities in Bloom (welcoming places, take pride in the community) • Variety of municipal and private facilities that support physical activity (parks, arena, curling rink, swimming pool, sportsgrounds, walking path, skate park, private fitness center) • Proximity to ski hill and provincial park • Residents view community as walkable and bikeable (75% average from the survey) • Walking trail through town
Opportunities:	<ul style="list-style-type: none"> • Dog park • Outdoor skating rink • X-country ski trails in town • Accessible playground • Long term planning for facilities • Indoor walking space • Tennis court • Splash park • Beach volleyball court • Upgrade swimming pool (accessible) • More street lights • Bike racks throughout town • Bowling alley • Disc Golf course • Upkeep of playground/ball diamonds • Skate park upgrades

POLICY

Strengths & Assets:	<ul style="list-style-type: none"> • Supportive council
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	<ul style="list-style-type: none"> • Dedicated municipal recreation staff • Joint use agreement with the school • Kamsack subsidy grant for low income families
Opportunities:	<ul style="list-style-type: none"> • Youth advisory committee • Review existing policies with lens of increasing physical activity

A Strong Foundation

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

- Facility infrastructure for physical activity
- Support of municipality
- Lots of green space



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 schools sports available for students. There are excellent facilities located within and close to the schools and there is a joint use agreement between the school and community.

UNDERSTANDING	
Strengths & Assets:	<ul style="list-style-type: none"> Schools are committed to providing 120 minutes of physical activity per week Some students walk and bike to school Teachers understand the benefits of physical activity at the school
Opportunities:	<ul style="list-style-type: none"> Encourage more active transportation to and from school Engage students in activity planning

AWARENESS	
Strengths & Assets:	<ul style="list-style-type: none"> Newsletters KCI Facebook page Strong school community council Supportive administration & teachers Announcements can be give through the school
Opportunities:	<ul style="list-style-type: none"> More awareness around opportunities & equipment available through the school Increase awareness of why kids should walk to school

PROGRAMS	
Strengths & Assets:	<ul style="list-style-type: none"> School activities and events Intramural program Physical education classes Variety of school sports
Opportunities:	<ul style="list-style-type: none"> Wrestling Walking school bus program Explore opportunities for additional before and after school activities Open gym times

ENVIRONMENTS	
Strengths & Assets:	<ul style="list-style-type: none"> Play structure School facilities, grounds and play fields, green spaces
Opportunities:	<ul style="list-style-type: none"> No drop off zone in near the school Active transportation to and from school

POLICY	
Strengths & Assets:	<ul style="list-style-type: none"> • <i>in motion</i> school • Join use agreement • Physical education curriculum
Opportunities:	<ul style="list-style-type: none"> • Daily physical activity and Nutrition policy • Student led physical activity and nutrition committees • All kids outside for recess

A Strong Foundation

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

- Supportive administration and teachers
- Good facilities within and surrounding the schools
- Physical education curriculum



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

There is an opportunity to further gather information from families. The information provided is based on limited opportunity to gather information from a family perspective. However, it was reported that there is a good variety of programs that are accessible. The limited data collected revealed that generally there is good public infrastructure to be active (ie. rink, pool, parks).

UNDERSTANDING	
Strengths & Assets:	<ul style="list-style-type: none"> Parents understand what motivates them to be active
Opportunities:	<ul style="list-style-type: none"> Active transportation encouraged and supported Model physical activity as a family Educate parents about screen time Increase understanding of the benefits of physical activity Increase understanding of the benefits of active play

AWARENESS	
Strengths & Assets:	<ul style="list-style-type: none"> Families share opportunities for physical activity with each other
Opportunities:	<ul style="list-style-type: none"> Increase awareness around support (KidSport, Creative Kids) Parents to speak out for family physical activity opportunities

PROGRAMS	
Strengths & Assets:	<ul style="list-style-type: none"> Kamsack Family Resource Center
Opportunities:	<ul style="list-style-type: none"> Ensure programs are affordable for families More outdoor play unstructured activities Indoor playground Adult recreation leagues Explore child care options to support adult participation

ENVIRONMENTS	
Strengths & Assets:	<ul style="list-style-type: none"> Community is walkable and bikeable (75% average from the survey) Backyards, public green space, community facilities
Opportunities:	<ul style="list-style-type: none"> Enhance existing facilities to make them more engaging Reporting system for parents to report playground safety concerns

POLICY

Strengths & Assets:	
Opportunities:	<ul style="list-style-type: none">• Consider screen time policy for family• Active transportation policy

A Strong Foundation

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

- Green space for family activities
- Families feel safe in the community and at local facilities

Priorities and Next Steps

Family Events

Description: Host more family events that will provide opportunity for physical activity.

Next Steps

- Idea
 - Mom & baby walking group (outdoors, 0-5 years)
 - Timing not always during the day
 - Investigate location for winter
 - Pick date/time
 - Advertise to the community
 - Create and advertise route
 - Create plan for winter months

Volunteers

Description: New community members are not aware of the different volunteer opportunities. Reach out to a variety of new volunteers to decrease burnout.

Next Steps

- Increase awareness of volunteer opportunities
- Create more awareness around expectations & certifications required (coaching)
- Create group similar to Kinsmen to fundraise for various town projects
- Host a community meeting to find new volunteers
- Use high school students as mentor coaches/leaders in programs
- Encourage sport organization to have Bring a Buddy Coaching

Tennis court

Description: Investigate interest in building a tennis court in the community. Consider the feasibility and interest of a multi-use sport court with basketball, pickleball and an outdoor rink in the winter.

Next Steps

- Find a location
- Find out if interest in town
 - Survey, newspaper
- Investigate multi use area
 - Hockey in the winter
 - Tennis/basketball in summer
 - Pickle ball
- Find funding
- Create fundraising group

Swimming Pool

Description: Upgrade swimming pool to make it more accessible.

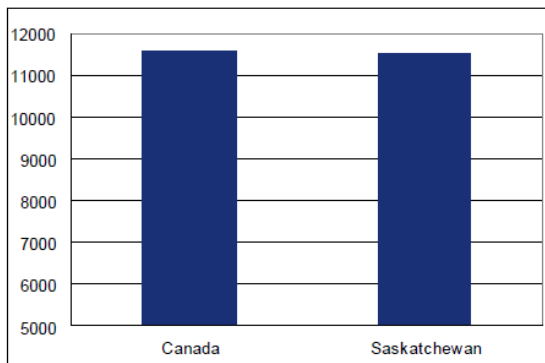
Next Steps

- Contact KRRC to fundraise
- Create fundraising group either under KRRC or on own
- Get plans from the developer
- Create a budget
- Council approval
- Raise money
- Research other funding opportunities

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.

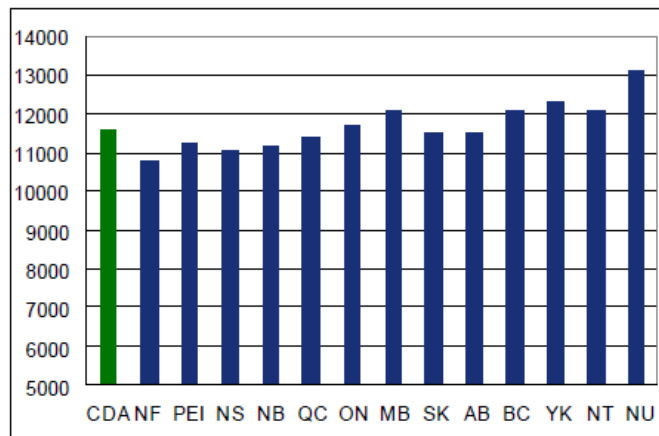


Average daily steps of children and youth, Canada and Saskatchewan, 2009-2011

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:

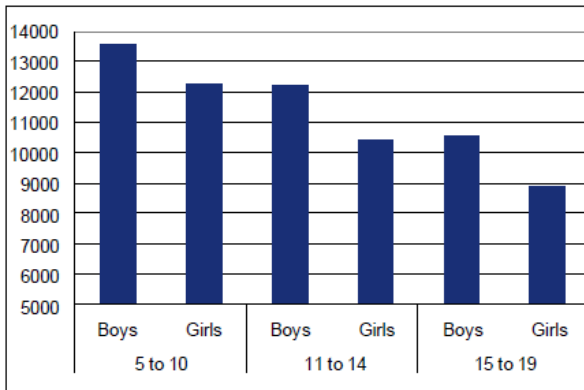
Children and youth in Saskatchewan take roughly the same number of steps as children living elsewhere in Canada, with the exception that they take fewer steps than children and youth living in Nunavut (however, it should be noted that data in Nunavut was collected using a different methodology).



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.

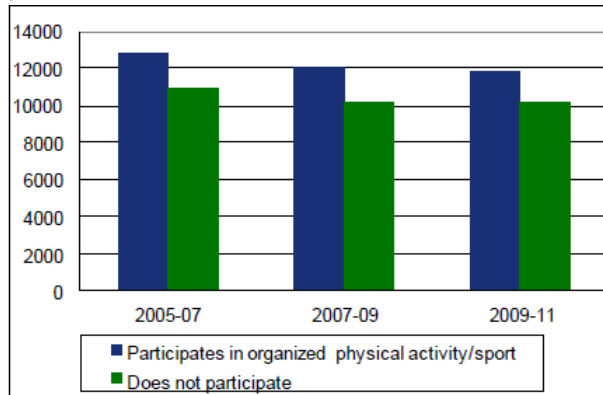
In Saskatchewan, this is particularly evident when comparing younger children to older teens. The age-related decrease in steps is a pattern that appears both nationally and at a provincial level. In Saskatchewan, only boys aged 11 to 14 years take significantly more steps than girls of the same age,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

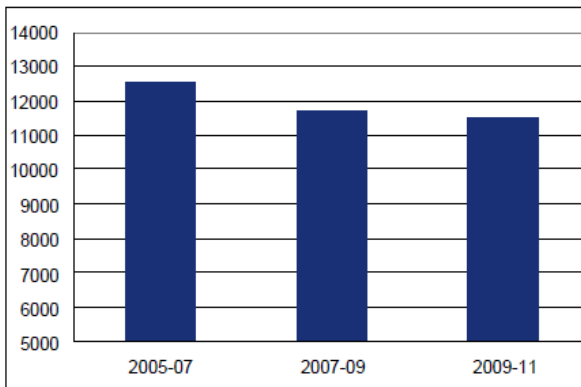
Parent and household characteristics:

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