

COMMUNITY PROFILE



Langenburg 2016-2018

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

Last updated: 2019-05-13



saskatchewnainmotion.ca/langenburg



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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

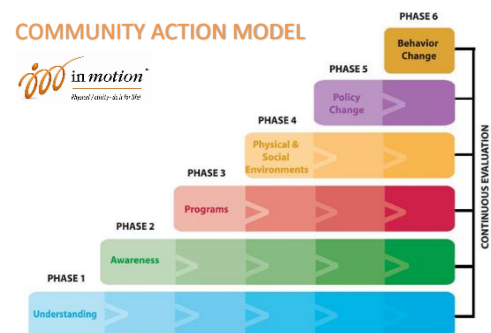
The information in this profile is compiled to follow three models for community action planning;

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.

Langenburg

Langenburg prides itself on being a safe and friendly community. They have state of the art health, child care and educational facilities, excellent sporting programs and arts events that are second to none. There are so many things that Langenburg has to offer.

Being located half way between Yorkton and the Manitoba border and midpoint between Saskatoon and Winnipeg, allows access to much of Canada. They are in close proximity to the Mosaic Potash Mines, and are definitely a growing community.

Distance to other major centers: (one way)

Melville – 80 km

Yorkton – 72 km

Regina – 227 km

Saskatoon – 400 km

Demographics**Population**

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

Total Population	1,148	Diversity	
Total Private Dwellings	531	Total visible minority (SHR)	1140
		Aboriginal identity (SHR)	4725
Age			
Median Age	47.9	Family Information	
% population over 15 years	83%	1 person household	350
		1 family without children	180
Education		Lone parent	30
No certification	150	Other	0
High School Certificate	135		
College	100	Occupation	
Apprenticeship	85	Sales & Service	85
University Degree	40	Trades & Transport	55
		Business, Finance & Administration	45
Field of Study		Management	60
Health, recreation, fitness	50	Social Science, Education, Government Services	35
Business Administration	0		
Architecture, Engineering	60	Health	40
Education	15	Natural Resources (Ag)	55
Other	35	Other	15
Employment			
Employed	360		
Unemployed	15		
Not in labor force	135		

Government

Municipal	Mayor	Don Fogg
	Council Members:	Warren Kotzer
		Brian Cornelius
		Bradley Sicinski
		Kim Wondrasek
		Rodney Lundgren
		Don Wyand
Provincial	Constituency of Melville - Saltcoats	MLA Warren Keading
Federal	Yorkton - Melville	MP Cathy Wagantall

Schools

Little Poppets Nursery School

Langenburg Central School – Kindergarten – Grade 12

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

Langenburg is part of the Sunrise Health Region in Saskatchewan

Langenburg Health Care Complex

- 45 long term care beds
- 1 respite bed
- 1 palliative bed

Adult Day Wellness Program Services provided within the facility:

- o Primary Health Care Clinic (Nurse Practitioner & Physician Services)
- o Laboratory Services (5 days a week) o X-ray Services (3 days a week)
- o Home Care Office o Public Health Office
- o Foot Care Clinic monthly
- o Visiting Consultants
- o Visiting Therapy Services – Long Term Care & Outpatient Physical Therapy Clinic
- o Enriched housing (10 units); support, including emergency call system, activities and contracted housekeeping, provided by Langenburg Health Care Complex

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

- Sportsgrounds
 - Ball Diamonds
 - Soccer Pitches
- Golf Course (Carlton Trail Regional Park)
- Swimming Pool
- 4 Playgrounds
- Skatepark

Indoor Spaces

- Arena
- Community Hall
- Curling Rink
- Dance Studio
- Langenburg New Horizons Senior Center
- Awakening Fitness Studio

Description of Major Facilities

Facility	Description
Sportsgrounds	<ul style="list-style-type: none"> - Southwest corner of Town - Ball Diamonds - Concession Booth - Washrooms - Soccer Pitches
Swimming Pool	<ul style="list-style-type: none"> - 602 1st St. N on the NW corner of Centennial Park - 3ft-10ft outdoor heated pool with a diving board - Paddling pool - June- August - Swimming Lessons - Public Swim Times - Events
Playgrounds	<p>Centennial Park</p> <ul style="list-style-type: none"> - Pool - Picnic tables - Creative playground area <p>Elementary and High School Park</p> <ul style="list-style-type: none"> - Playground area <p>River Heights Drive</p> <ul style="list-style-type: none"> - Playground equipment - small hill for tobogganing
Arena	<ul style="list-style-type: none"> - 317 Carl Ave E - October – March - Hockey (Pre-novice- Senior) - Canskate - Public Skating
Curling Rink	<ul style="list-style-type: none"> - 4 Sheets of artificial curling ice - High school, Ladies, Mens & mixed curling leagues - Bonspiels and fun spiels

Sports Groups

- Langenburg Minor Athletic Association
- Langenburg Warriors Senior Hockey
- Ice Hawgs Rec Hockey
- Drifters Rec Hockey
- Curling Club- Mens, Ladies, Seniors & Mixed
- Langenburg United Soccer Association
- Langenburg Minor Ball Association
- Langenburg Senior Baseball

Recreational Groups

- Girl Guides
- Arts Council
- Theatre Committee
- Leaps & Bounds Dance Association
- Volya Ukrainian Dance Ensemble

Data Collection Results

Community



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

Langenburg 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 lakes is an asset to the community. Langenburg residents report the community as being easy to walk and cycle. There is municipal staff members allocated to recreation and there is strong volunteerism in the community. There is a community Facebook page where physical activity opportunities are promoted. There is 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"> • People feel a strong connection to the community • Data has been collected to inform decision making • Strong community leadership • Support of Mayor and Council
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"> • Community Facebook page • Community Registration Night • Town website • Local newspaper • Ability to send information out through school • KidSport ambassador in the community
Opportunities:	<ul style="list-style-type: none"> • Explore variety of methods to communicate physical activity options (website, Facebook, newspaper, school)

PROGRAMS	
Strengths & Assets:	<ul style="list-style-type: none"> • Variety of sport & recreation programs in the community (soccer, hockey, curling, baseball, swimming) • Free and low cost opportunities available • Variety of community special events
Opportunities:	<ul style="list-style-type: none"> • Audit of activities/programs in the community • Host 'Try It Days'

	<ul style="list-style-type: none"> • Summer programming (tweens) • Bring your friend day in programs • Figure skating club • Gymnastics club • Dance program • More recreational after school programs • Adult slow pitch, recreation volleyball and dodgeball • Pickleball • Walking program • Lacrosse • Archery • Football • Track & field • Table tennis program • More family events during the winter months • Support for programming – child care, scheduling • Programming for 0-5 year olds
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ENVIRONMENTS	
Strengths & Assets:	<ul style="list-style-type: none"> • Variety of municipal and private facilities that support physical activity (swimming pool, parks, sportsgrounds, skate park, fitness studio, arena, community hall, golf course) • New crosswalk at the highway • Community is walkable and bikeable (82% average from survey) • Proximity to ski hill • Access to nature and outdoor experiences (lakes, trails, hiking) • Green spaces
Opportunities:	<ul style="list-style-type: none"> • X-country ski trail • Splash park • Long term planning for facilities • New pool (zero depth entry, accessibility chair) • Indoor playground • Community garden • Outdoor skating rink (pad is poured behind school and is in development) • Natural park • Hoffman School • Walking trail (connect school and sportsgrounds) • Lights at the sportsground • Outdoor basketball court • Beach volleyball court • Soccer field away from ball diamond • Update skate park • Updates to park on south side of town

POLICY	
Strengths & Assets:	<ul style="list-style-type: none"> • Strategic plan for community • Dedicated municipal recreation staff • Recreation board along with facility staff
Opportunities:	<ul style="list-style-type: none"> • Review existing town policies with lens of increasing physical activity • Formalize joint use agreement with school • Youth representation on recreation board

A Strong Foundation

- Facility infrastructure for physical activity
- Support of municipality
- Lots of green space
- Community is walkable and bikeable



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

There are excellent facilities and green spaces within and close to the school. The school is committed to providing 120 minutes of physical activity per week.

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
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"> Announcements sent out through school/teachers School newsletters Strong school community council Supportive administration & staff
Opportunities:	<ul style="list-style-type: none"> Increase awareness of why kids should walk to and from school

PROGRAMS	
Strengths & Assets:	<ul style="list-style-type: none"> School activities and events Variety of school sports Physical education classes
Opportunities:	<ul style="list-style-type: none"> Open gym nights Activity options for students not participating in sports Intramural league Reward program for students walking biking to school Active and Safe Routes Special events to include physical activity

ENVIRONMENTS	
Strengths & Assets:	<ul style="list-style-type: none"> New school (2 new gyms, fitness center, and playgrounds)
Opportunities:	<ul style="list-style-type: none"> Walking trail connected to school No drop off zone near school

POLICY	
Strengths & Assets:	<ul style="list-style-type: none"> • Physical education curriculum • Recess
Opportunities:	<ul style="list-style-type: none"> • Joint Use Agreement with community • Student led physical activity and nutrition committees • All kids outside for recess

A Strong Foundation

- 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 opportunity to gather further 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 there are there is good public infrastructure to be active (pool, rink, parks). An identified gap was programming for families with children 0 to 5 years.

UNDERSTANDING	
Strengths & Assets:	<ul style="list-style-type: none"> Families understand the benefits of physical activity Parents understand what motives them to be active Parents comfortable letting children play independently
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 benefits of physical activity Increate understanding of the benefits of active play

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

PROGRAMS	
Strengths & Assets:	<ul style="list-style-type: none"> Catholic tot program
Opportunities:	<ul style="list-style-type: none"> Ensure programs are affordable for families More outdoor unstructured play activities Adults recreation leagues Explore child care options to support adult participation

ENVIRONMENTS	
Strengths & Assets:	<ul style="list-style-type: none"> Community is walkable and bikeable (82% average from survey) Backyards, public green space, community facilities
Opportunities:	<ul style="list-style-type: none"> Enhance existing facilities to make them more engaging

	<ul style="list-style-type: none"> • Reporting system for parents to report playground safety concerns
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POLICY	
Strengths & Assets:	
Opportunities:	<ul style="list-style-type: none"> • Consider screen time policy for families • Active transportation policy for families

A Strong Foundation

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

Priorities and Next Steps

Access to Equipment

Description: Having equipment available for families to participate in opportunities. Families would have access to a variety of equipment including balls, personal equipment and x-country skis etc.

Next Steps

- Investigate equipment available in the community (school)
- Find location to store equipment
 - Lions, Lionesses
- Drop off equipment at Registration Night
- Awareness of KidSport
 - Registration Night
 - School newsletter
- Investigate funding for equipment

Archery Program

Description: Start an archery program in the community for youth.

Next Steps

- Potential people to lead the program (Jill F. Ryan, Jaime T)
- Investigate other programs and how they run
- Contact provincial organization (Saskatchewan Archery Association)
- Host a try it day
- Seek sponsorship for equipment

House League (Recreation, drop in)

Description: Have a variety of recreation opportunities for the community to try different sports and activities.

Next Steps

- Investigate local leaders (who can organize the programs with the support of the recreation director) are there any coaches you can approach to lead
- Host try it nights
- Make sure the sport is adaptable to make it more recreational (ie. 2 on 2 curling)
- Secure a facility (school)
- Select a date and time
- Contact the Recreation Director with information
- Decide if women's, men's, coed, adult, youth

- Create schedule of activities

- Belgian Bowling
- Volleyball
- Women's hockey
- Disc Golf
- Slow Pitch
- Basketball
- Indoor Soccer
- Research of funding opportunities (grants, Lions)

Cross country ski trail

Description: Build a cross country ski trail in and around town.

Next Steps

- Find location
 - North side: set up meeting with land owner & school
 - Golf Course
- Investigate status of the campground
 - Contact
 - Chang of ownership
 - What is the process of getting it
 - Have discussion with family that has x-country trail
 - Find a passionate community member to take the lead
 - Research/investigate funding – health promotion grant through Sunrise Health Region
 - Connect with other x-country groups in other communities (Yorkton Cross Country)

New School

Description: Work with school and community school council to get community access to the facility.

Next Steps

- Joint Use Agreement (long term) Juli
- Find out gym schedule – develop communication strategy to share that information on an ongoing basis
- Learn contact and process to book the gym

Walking Path

Description: Develop walking path around community connecting school and sportsgrounds.

Next Steps

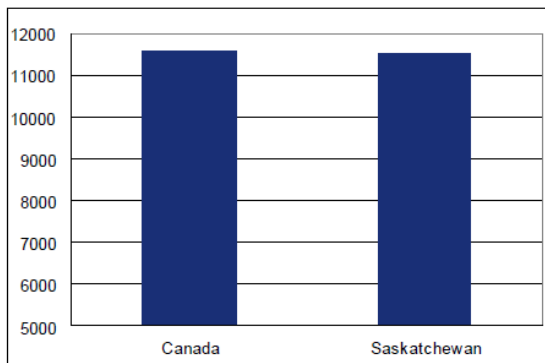
- Inventory – what do we currently have
- Walkability checklist (Saskatchewan *in motion*)
- Create a route (logistics)

- Chicken Chef to highway 8
 - Sportsgrounds
 - School
- Better lighting – benches
- Sign inventory
- Investigate funding opportunities
 - Community reallocating resources
- Active and Safe Routes
 - Connect with a community with a highway through their town (Clavet)

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.

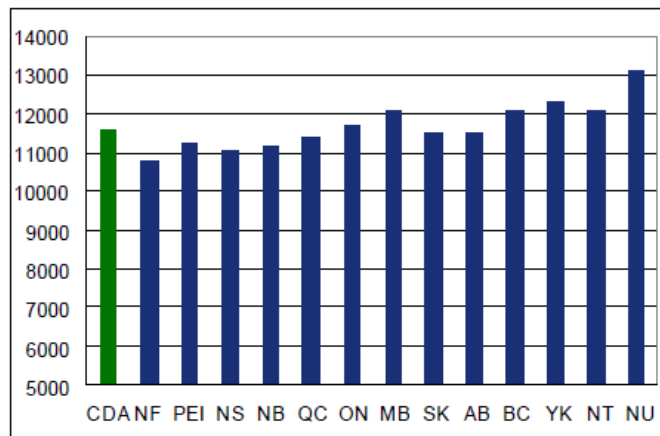


Average daily steps of children and youth, Canada and Saskatchewan, 2009-2011

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.

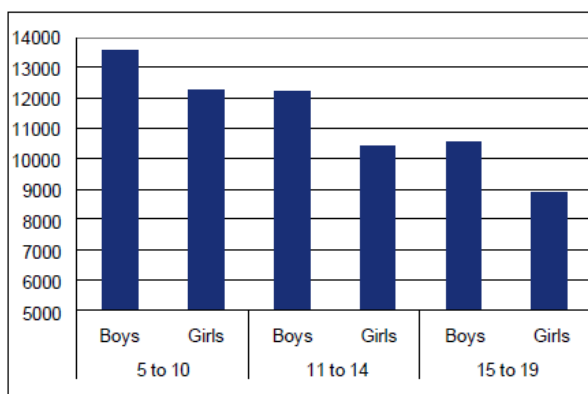
Province and Territory:

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.

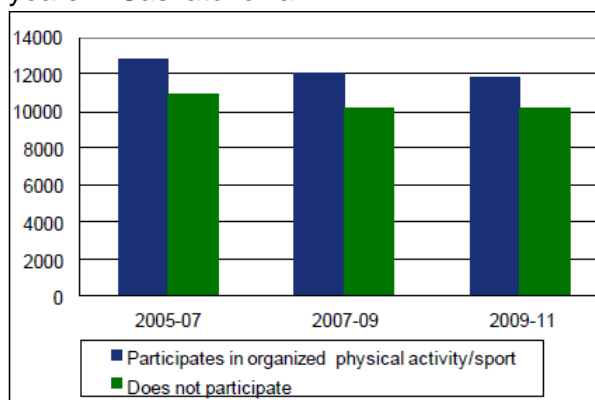
In Saskatchewan, this is particularly evident when comparing younger children to older teens. The age-related decrease in steps is a pattern that appears both nationally and at a provincial level. In Saskatchewan, only boys aged 11 to 14 years take significantly more steps than girls of the same age,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

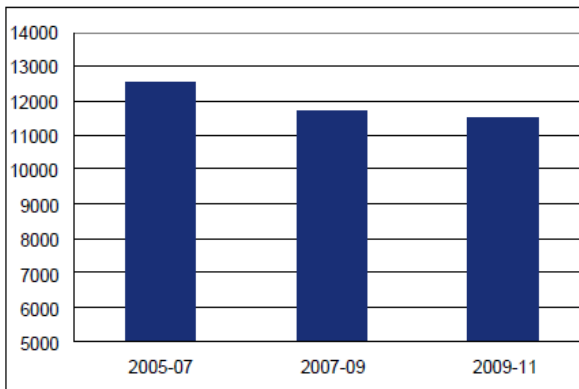
Parent and household characteristics:

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 ($\geq \$100,000$ 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:



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

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.