

COMMUNITY PROFILE



Wilkie

2017-2019

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

Last updated: 2019-10-01



saskatchewaninmotion.ca/wilkie



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Background

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

Purpose

Gathering data, talking to residents, and compiling a community profile will help identify strengths and assets. It is also an opportunity 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 Wilkie, children and youth.

Process

Gathered existing data - Demographic and other data about the Town of Wilkie was gathered from existing sources such as census reports, the Canadian Health Survey and the Town of Wilkie website.

Consultation process – over 70 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 13 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

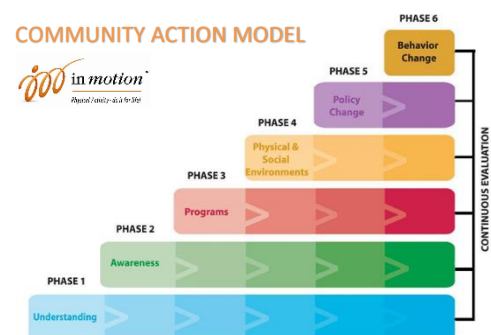
The information in this profile is compiled to follow three models for community action planning;

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, but 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 and 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 and to discover what they care enough about to act.
- The final step is to determine how citizens can act together to achieve those goals.

Wilkie

The town of Wilkie is located 150 km west of Saskatoon and 58 km south of the Battlefords along Highway 29 and the CP rail line. Wilkie offers a number of community, recreational, health and educational amenities and services, and boasts some of the finest recreation facilities in the area. It is a hub center for rail, transporting goods and services in, out and throughout the area. The community nurtures a relaxed lifestyle and is home to a vast diversity of people.

Distance to other major centers (one way):

Battlefords – 55 km

Kindersley – 143 km

Saskatoon – 163 km

Demographics

Population

| | | | |
|-----------------------------|-------|--|-----|
| Total Population | 1,225 | Diversity | |
| Total Private Dwellings | 598 | Total visible minority | 0 |
| | | Aboriginal identity | 80 |
| Age | | | |
| Median Age | 47.4 | Family Information | |
| % population over 15 years | 83% | 1 person household | 175 |
| | | 1 family without children | 170 |
| Education | | 1 family with children | 115 |
| No certification | 335 | Lone parent | 40 |
| High School Certificate | 320 | | |
| College | 170 | | |
| Apprenticeship | 130 | Occupation | |
| University Degree | 45 | Sales & Service | 150 |
| | | Trades & Transport and Equipment Operators | 125 |
| Field of Study | | Business, Finance & Administration | 80 |
| Health, Recreation, Fitness | 65 | Management | 75 |
| Business Administration | 50 | Social Science, Education, Government Services | 80 |
| Architecture & Engineering | 85 | Health | 65 |
| Education | 40 | Unique to primary industry | 65 |
| Other | 0 | | |
| | | | |
| Employment | | | |
| Employed | 640 | | |
| Unemployed | 40 | | |

| | | | |
|--------------------|-----|--|--|
| Not in labor force | 360 | | |
|--------------------|-----|--|--|

Government

| | | |
|-------------------|--|-------------------|
| Municipal | Mayor | David Ziegler |
| | Council Members: | Alex Majewski |
| | | Mary-Ellen Herzog |
| | | Kathy Heilman |
| | | Clarke Jackson |
| | | Carol Delainey |
| Provincial | Constituency of Cut Knife - Turtleford | Larry Doke |
| Federal | Battlefords – Lloydminster | Vacant |

Schools

Wilkie is part of the Living Sky School Division.

- Norman Carter Elementary (K-6)
- McLurg High school (7-12)

Industry

| | |
|--------------------------------------|-----|
| Other Services | 20 |
| Business Services | N/A |
| Retail Trade | 100 |
| Health Care & Social Services | 135 |
| Education Services | 65 |
| Agriculture and Other Resource Based | 75 |
| Construction | 15 |
| Other | 20 |

Health Care

| | |
|----------------------------------|--|
| Facility | |
| Wilkie Health Care Centre | <ul style="list-style-type: none"> • 2 observation beds • 1 convalescent bed • 1 palliative care room • Laboratory • 24 hour emergency services • Emergency outpatient • 5 program beds • Respite care • 29 long term care beds |
| Poplar Courts Nursing home | <ul style="list-style-type: none"> • 29 beds • 1 respite bed |
| Bethany Assisted Living Facility | <ul style="list-style-type: none"> • 30 residents living here • Forever In Motion (low-impact exercise program for seniors) – run by George Benson |

| | |
|-----------------------------------|--|
| Wilkie Medical Clinic | |
| Wilkie Pharmacy | |
| Optometrist | |
| Prairie Sky Recovery Centre Inc. | |
| Leah's Massage Therapy | |
| Prairie Branches Enterprises Inc. | <ul style="list-style-type: none"> • 3 group homes • Activity center |

Health Status (Heartland Health Region information)

| | Total | Male | Female |
|--|-------|-------|--------|
| Well Being | | | |
| 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 |
| Health Conditions | | | |
| 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 |
| Personal Resources | | | |
| Sense of community belonging (%) | 79.1 | 75.4 | 82.7 |
| Life satisfaction, satisfied or very satisfied (%) | 95.2 | 94.8 | 95.5 |
| Well Behaviors | | | |
| 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

- Outdoor pool
- Outdoor rink
- Horseshoe pits
- Memorial Park
- St. George Park
- 50 hills
- Campground
- Baseball diamonds
- Norman Carter Playground
- McLurg Track
- McLurg soccer and football field

Indoor Spaces

- Hall
- Curling Rink
- Skating Rink
- Seniors hall
- Legion hall
- Fitness Centre – McLurg school
- Battleground Fitness
- Dance Studio

Description of Major Facilities

| Facility | Description |
|--------------------------|---|
| Saskcan Community Center | The Saskcan Community Center has the following facilities <ul style="list-style-type: none"> • Hockey Rink with main room lobby and concession stand • Curling Rink with 4 curling pads with lounge area for viewing • Community Hall with kitchen and booth for activities and events |
| Swimming Pool | The pool is located beside the Saskcan Community Centre. The pool season begins in the month of May and extends until the month of August each year, depending on the weather. The pool is used for community programs and swimming to the public and residents. |
| Ball Diamonds | <ul style="list-style-type: none"> • 4 Ball Diamonds used for t-ball, softball and baseball • The baseball diamonds are located in the Regional Park in the Town of Wilkie |

Sports Groups

- Recreation Volleyball
- Wilkie Minor Hockey
- Wilkie recreation hockey
 - Wilkie outlaws ladies team
 - Wolverines
 - X-Outlaws
- Wilkie Outlaws hockey
- Wilkie Curling Club
- Wilkie Golf Club
- Wilkie minor ball
- Karate Club
- Wilkie Soccer
- Wilkie Wrestling

Recreational Groups

- Wilkie & District Recreation Board
- Wilkie School of Dance
- Catholic Women's league
- K-40s
- McLurg Wellness Centre
- Wilkie Wildlife Federation
- New Horizons
- Wilkie Hunter Safety
- Wilkie Walkers (during winter months at the Community Center)

Data Collection Results

Community



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

Wilkie has a good number of amenities that exist in the community to support physical activity which includes a variety of programs and infrastructure that supports physical activity. It was noted that proximity to the regional park is an asset to the community. Wilkie residents also report the community as being easy to walk and cycle. There is municipal staff members allocated to recreation, and a Town of Wilkie webpage and Facebook page exists.

| UNDERSTANDING | |
|--------------------------------|---|
| Strengths & Assets: | <ul style="list-style-type: none"> • Data has been collected to inform decision making • Support of Mayor and council • Dedicated Recreation Director position |
| Opportunities: | <ul style="list-style-type: none"> • Maximize the support of regional and provincial partners • Encourage and celebrate success |

| AWARENESS | |
|--------------------------------|---|
| Strengths & Assets: | <ul style="list-style-type: none"> • Good awareness of opportunities • Community website • Local media – newspaper • Electronic sign • Poster campaigns – bank, post office, Redi Mart, businesses • Community board at Museum and pool • Social media • Wilkie homepage on Facebook • Community newsletter • School newsletters (high school weekly, elementary monthly) <p>Survey results showed residents found out about opportunities through: social media (94%), word of mouth (61%), newspaper (35%), school newsletters (23%), bulletin boards (23%), and town website (19%)</p> |
| Opportunities: | <ul style="list-style-type: none"> • Develop and implement a coordinated communications strategy with both schools and municipality • Explore different ways to promote physical activity opportunities • Awareness around walking/biking • Increase awareness around the current Facebook page |

| | |
|--|---|
| | <ul style="list-style-type: none"> • Send information about physical activity opportunities with town water bills • Partner with schools to create a joint newsletter • Explore alternate ways to share newsletter • Partner with SRC to do door to door newsletter drop off • Increase awareness of KidSport and Jumpstart, explore a Sportsbank in the community • Promote designated routes around community |
|--|---|

PROGRAMS

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|--------------------------------|--|
| Strengths & Assets: | <ul style="list-style-type: none"> • Free public skating • Wrestling club • Strong hockey program • Swimming program • Mobile playground summer program through Rivers West SCR District • KidSport and Jumpstart are available in the community |
|--------------------------------|--|

| | |
|-----------------------|--|
| Opportunities: | <ul style="list-style-type: none"> • Consider ways to provide free and low cost opportunities • Programming (noncompetitive) • Seasonal activities (summer) • Youth activities (roller skating, “fun evening”, hang out location) • Summer programming at no cost (museum, municipal library) • Cost of fitness center (family rates, location in hospital) • Adult dance classes • Golf course (lessons with a pro, fun youth events such as night golf, family events at the golf course & mini golf course) • Outdoor fitness classes • Outdoor gym equipment • Tennis program • Family curling nights or event • Figure skating program • Gymnastics program • Approach service clubs to support activities (Kinsmen, Elks, Co-op, Wildlife Fed) public skating, public swimming • Approach local businesses for sponsorship (CP Rail, LDC, Grains Connect, Richardson, Banks) • Fun run events • Community bike rodeo |
|-----------------------|--|

ENVIRONMENTS

| | |
|--------------------------------|--|
| Strengths & Assets: | <ul style="list-style-type: none"> • Variety of municipal facilities that support physical activity (curling rink, skating rink, golf course, swimming pool, outdoor rink, etc.) • Residents viewed the community as walkable/bikeable <p>Survey responses walkable (81%), bikeable(84%)</p> |
|--------------------------------|--|

| | |
|-----------------------|--|
| | <ul style="list-style-type: none"> • Fitness center • Green spaces – parks and playgrounds • Access to nature and outdoor experiences • Memorial Park • Community feels safe in facilities <p>Survey results indicate 54% of respondents agreed that safe and user-friendly facilities made it easy for them to be active in Wilkie</p> <ul style="list-style-type: none"> • People feel safe in the community |
| Opportunities: | <ul style="list-style-type: none"> • St. George school gym (youth programming at no cost to rent facility) • Increase programming at the Regional Park (cross country ski, ball) • Skate park • Walking trail (behind golf course) • Use of arena during summer months (Pickleball, ball hockey program and tournament) • Indoor pool • Green spaces (more usage, tennis courts, disc golf, outdoor fitness area) • Golf course (cross country ski trail) • Outdoor rink – lacrosse in the summer • Disc golf course • Tennis court • Indoor pool • Clear walking path through Memorial Park during winter • Inventory sidewalks and ‘goat trails’ through community |

| POLICY | |
|--------------------------------|---|
| Strengths & Assets: | <ul style="list-style-type: none"> • Good Official Community Plan • Recreation board and bylaw • KidSport provides support for low income participation in sport • Jumpstart provides support for low income participation in recreation and sport activities |
| Opportunities: | <ul style="list-style-type: none"> • Review existing bylaws with lens of increasing physical activity • Snow removal policy • Formalize joint use agreement with schools |

A Strong Foundation

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

- Strong group of volunteers – community coaches, program leaders, service clubs, churches, recreation board, in *motion* committee
- Facility infrastructure for sport and recreation

- Community is walkable and bikeable
- Support of the municipality
- Residents reported its easy to be active in Wilkie



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 schools in the community are committed to providing a minimum of 60 minutes of physical activity per day. There are a variety of school sports and open gym time at lunch for students to be active.

| UNDERSTANDING | |
|--------------------------------|--|
| Strengths & Assets: | <ul style="list-style-type: none"> • Students are walking/biking to school • School is committed to providing minimum 60 minutes of physical activity every day • Teachers understand the benefits of physical activity at school |
| Opportunities: | <ul style="list-style-type: none"> • Encourage more active transportation to and from school • Engage students in activity planning • Schools link to families |

| AWARENESS | |
|--------------------------------|--|
| Strengths & Assets: | <ul style="list-style-type: none"> • School newsletters (Norman Carter monthly and McLurg weekly) • School Community Council |
| Opportunities: | <ul style="list-style-type: none"> • Partner with community to create a joint newsletter (both schools and community) • SRC to partner with community to do door to door newsletter drop off • Investigate and promote process for community to access school gym • Increase awareness of why kids should walk to school |

| PROGRAMS | |
|--------------------------------|---|
| Strengths & Assets: | <ul style="list-style-type: none"> • Variety of sports teams (volleyball, wrestling, basketball, badminton, track and field) • 'fresher' in Phys-Ed • Open gym time (lunch time) • Intramurals (elementary) • Special events • Physical education classes • Teacher and administration support |
| Opportunities: | <ul style="list-style-type: none"> • Increase open gym times |

| | |
|--|---|
| | <ul style="list-style-type: none"> • Football team • Golf course (phys ed class or extracurricular activity) • Lacrosse team • Badminton club |
|--|---|

| ENVIRONMENTS | |
|--------------------------------|---|
| Strengths & Assets: | <ul style="list-style-type: none"> • Fitness center (open to community 24/7) • School facilities • Students have access to school gym after hours • Walkable and bikeable to school |
| Opportunities: | <ul style="list-style-type: none"> • Toboggan hill • Use of school track (update/maintain and use throughout the year winter cross country ski or snowshoe) |

| POLICY | |
|--------------------------------|--|
| Strengths & Assets: | <ul style="list-style-type: none"> • Recess • Physical education curriculum |
| Opportunities: | <ul style="list-style-type: none"> • Formalized joint use agreement with school and community • Community access to school outside school hours • All kids outside for recess • Daily physical activity and nutrition policy |

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
- Physical education curriculum
- Supportive administration and teachers



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. There is an opportunity to further gather information from families.

| UNDERSTANDING | |
|--------------------------------|--|
| Strengths & Assets: | <ul style="list-style-type: none"> Families choose active travel to work and school <p>Survey results showed 34% of respondents walked/biked to school and work that week</p> <ul style="list-style-type: none"> Model physical activity as a family (parents are role model/mentoring youth to be active) Support for kids to be active People feel strong connection to the community Parents understand what motivates them to be active <p>Survey results: maintain and improve health (83%), socialize with others (53%), have fun (43%), learn new skills (20%), make new friends (16%)</p> |
| Opportunities: | <ul style="list-style-type: none"> Increase understanding of the benefits of physical activity and active play Model physical activity as a family Educate parents about screen time |

| AWARENESS | |
|--------------------------------|---|
| Strengths & Assets: | <ul style="list-style-type: none"> School Community Council |
| Opportunities: | <ul style="list-style-type: none"> Parents speak out for family physical activity opportunities Family share opportunities for physical activity with each other Increase awareness of support programs (KidSport, Jumpstart, Creative Kids) |

| PROGRAMS | |
|--------------------------------|--|
| Strengths & Assets: | <ul style="list-style-type: none"> Access to KidSport and Jumpstart funding |
| Opportunities: | <ul style="list-style-type: none"> More outdoor unstructured play activities Active transportation is encouraged and supported Explore Boys & Girls Club Free family activities/events |

| | |
|--|--|
| | <ul style="list-style-type: none"> • Ensure programs and events are affordable for families |
|--|--|

| ENVIRONMENTS | |
|--------------------------------|--|
| Strengths & Assets: | <ul style="list-style-type: none"> • Community is walkable and bikeable • Backyards • Accessible facilities |
| Opportunities: | <ul style="list-style-type: none"> • Creative spaces to be active at home • Youth encouraged to play outside |

| POLICY | |
|--------------------------------|---|
| Strengths & Assets: | |
| Opportunities: | <ul style="list-style-type: none"> • Screen time tracking/monitoring • Active transportation policy |

A Strong Foundation

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

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

Priorities and Next Steps

Promotion and Awareness – newsletter

Description: explore alternate ways to share physical activity opportunities through the newsletter. Consider combining Norman Carter, McLurg and community newsletter to share all information. Send it out every two weeks through a variety of channels.

Action Steps:

- Set up a meeting between the two schools and municipality. Invite the following:
 - Kathy Heilman
 - Town Recreation Director
 - Lyndon Locheed (volunteer student)
 - School admin (collect info for the newsletter)
 - School Community Council from both schools
 - Students (SRC if we are asking them to deliver the newsletter)
 - Town of Wilkie newsletter contact
- Discuss combining three newsletters
- Discuss deadlines for submission, printing and delivering

Outdoor Walking Track

Description: Upgrade the outdoor walking track at McLurg High School.

Action Steps:

- Contact McLurg High School to see interest, discuss opportunity to upgrade track, and explore opportunity host districts in Wilkie
- Meet with Living Sky School Division
- Check if community is on Trans Canada trail map, and if so look into potential funding available
- Fundraising ideas:
 - Bike rally
 - Snowmobile rally
 - Beer & rib night
 - Fun run/mud run/color run
 - BBQ
 - Pay for a mile
- Approach service clubs in town for support (Kinsmen, Wildlife, Legion)

Action Plan

Year 1 (2018) Priority Actions:

The following tables are priority actions identified and established by the Wilkie *in motion* action team. The priority actions were developed from the priorities and next steps that were identified by attendees at the Moving Together Symposium, as well as additional actions of interest that were identified throughout the first year of action planning.

Provincial support

Community support

To share physical activity information through alternate methods

| Action #1: Set-up a meeting between the 2 schools and municipality to discuss combining all 3 newsletters, and deadlines for submission, printing and delivering. | | | | | |
|---|------|---------|-----------|----------------------|------------|
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Invite the following: <ul style="list-style-type: none"> • Kathy Heilman • Town Council/Recreation Director • Lyndon Locheed (volunteer student) • School administrator(s) – will need to collect info pertaining to newsletter(s) • School Community Council – from both schools • Students (SRC if we're asking them to deliver info to designated locations) | | | | Winter / Spring 2018 | |

| | | | | | |
|---|---------------------|----------------|------------------|----------------------|-------------------|
| <ul style="list-style-type: none"> Whoever oversees the newsletters | | | | | |
| Action #2: Host a Registration & Information Night in Wilkie | | | | | |
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Confirm a location and date | Helen Urlacher | Town of Wilkie | | Spring 2018 | x |
| Invite service groups, sport/recreation clubs, etc. to set-up tables with information about their programs, etc. | Helen Urlacher | | | Spring 2018 | x |
| Promote event through traditional and social media (e.g., Facebook, posters), letters to organizations, word of mouth, etc. | Helen Urlacher | | | Spring / Summer 2018 | x |
| Confirm total number of service clubs, sport organizations, etc. showcasing at Registration & Information Night <ul style="list-style-type: none"> FOLLOW-UP: 25 tables confirmed | Helen Urlacher | Town of Wilkie | | Late August 2018 | x |
| Host Registration & Information Night at Saskcan Community Hall | Helen Urlacher | Town of Wilkie | | September 6, 2018 | x |
| Action #3: Update and improve Town of Wilkie's website | | | | | |
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Introduce the following ideas to Town Council: <ul style="list-style-type: none"> Refocus on local events (and information pertaining to them) Links back to (updated) Town of Wilkie Facebook page | Recreation Director | | | Fall 2018 | |

| | | | | | |
|---|---------------------|--|--|-----------|--|
| Connect with Town Admin and see if (s)he is interested/able to help | Recreation Director | | | Fall 2018 | |
|---|---------------------|--|--|-----------|--|

To create physical activity opportunities (i.e., programs) in Wilkie that get more residents moving

| Action #1: Launch a Pickleball Program in Wilkie | | | | | |
|---|-------------------------------|-------------------------------------|------------------|----------------------|-------------------|
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Provide contact information of communities who have successful Pickleball programs | <i>Saskatchewan in motion</i> | Helen Urlacher Charlotte Hartter | | February 2018 | X |
| Contact Pickleball Saskatchewan Association representative (from North Battleford) to see if she would be able to host a clinic in Wilkie | Helen Urlacher | <i>Saskatchewan in motion</i> | | Spring / Summer 2018 | x |
| Set-up a table at the Registration & Information Night to get residents to register. <ul style="list-style-type: none"> If more than ## people (specifically 55+ years old) register, will receive a grant from New Horizons that will cover Pickleball equipment. FOLLOW-UP: Received the grant, which covered a net and frame, 4 Pickleball paddles and 10 balls | Charlotte Hartter | Helen Urlacher | | September 6, 2018 | x |
| Confirm location and date for Pickleball clinic in Wilkie | Charlotte Hartter | Helen Urlacher | | Beginning to mid- | x |

| | | | | | |
|--|---|-------------------------------------|------------------|----------------------|-------------------|
| | | | | September 2018 | |
| Host a Pickleball clinic in Wilkie <ul style="list-style-type: none"> FOLLOW-UP: 11 residents participated (10 women & 1 man) | Pickleball Saskatchewan Association (Valerie & Gil Ethcevery from North Battleford) | Helen Urlacher Charlotte Hartter | | September 19, 2018 | x |
| Confirm location and days to hold Wilkie's Pickleball Program | Charlotte Hartter | Town of Wilkie Helen Urlacher | | | x |
| Launch Wilkie Pickleball Program at St. George Athletics Gymnasium <ul style="list-style-type: none"> FOLLOW-UP: Agreed to be held on Monday evenings; \$50/participant (for 8 weeks) or \$8/drop-in | Charlotte Hartter | Town of Wilkie Helen Urlacher | | | x |
| Action #2: Launch a Mom & Tots Program in Wilkie | | | | | |
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Confirm a location to host the program, days it can be run, and cost to participate <ul style="list-style-type: none"> FOLLOW-UP: Settled on \$2/visit | Helen Urlacher | Town of Wilkie | | Winter / Spring 2018 | x |
| Promote program through traditional and social media, word of mouth, etc. | Helen Urlacher | | | Winter / Spring 2018 | x |
| Kickstart Mom & Tots Program at Town Hall (from 9AM to 12PM, Tuesdays and Thursdays) | Helen Urlacher | Town of Wilkie | | Spring / Summer 2018 | x |

| | | | | | |
|--|----------------|----------------|------------------|-------------------------|-------------------|
| Move Mom & Tots Program to St. George Athletics Gymnasium (from 9AM to 12PM, Wednesday/Thursday/Friday) | Helen Urlacher | Town of Wilkie | | Fall 2018 | x |
| Action #3: Launch a Figure Skating Club in Wilkie | | | | | |
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Contact local figure skating coach (from Unity). <ul style="list-style-type: none"> Ask her if she is willing to travel to Wilkie to coach | Helen Urlacher | | | Fall 2017 / Winter 2018 | x |
| Set-up a table at the Registration & Information Night to get residents to register <ul style="list-style-type: none"> Club to be formed dependent on number of residents signed up. FOLLOW-UP: More than enough kids registered (22) to start club | Helen Urlacher | | | September 6, 2018 | x |
| Submit Skate Canada application | Helen Urlacher | | | Fall 2018 | x |
| Launch Figure Skating Club | Helen Urlacher | Town of Wilkie | | Winter 2018 | |

To revitalize pre-existing environments (i.e., facilities, spaces, etc.) so they can be used by Wilkie’s residents as means of getting more active

| | | | | | |
|--|----------------------------|----------------|------------------|----------------------|-------------------|
| Action #1: To fix McLurg High School outdoor track | | | | | |
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Contact and host a meeting at McLurg <ul style="list-style-type: none"> To see interest and discuss reasoning to fix track (e.g., host districts in track in Wilkie instead | Helen Urlacher Lauralee | | | Winter / Spring 2018 | |

| | | | | | |
|--|----------------------------|--|--|-------------------------|--|
| of going to North Battleford). NOTE: Invite Brynlee and Megan to meeting. | | | | | |
| Invite residents (e.g., students [SRC], teachers, Recreation Director/Town Council, RM Representative) to be a part of outdoor walking track committee. | Helen Urlacher Lauralee | | | Winter / Spring 2018 | |
| Approach local service clubs in Wilkie for support (e.g., Kinsmen, Wildlife, Legion, etc.) | | | | Winter / Spring 2018 | |
| Check to see if Wilkie is on Trans Canada Trail map. <ul style="list-style-type: none"> If so, there is potential funding available | | | | Winter / Spring 2018 | |
| Propose any of the following events to Town Council as fundraising opportunities: <ul style="list-style-type: none"> Bike Rally Snowmobile Rally Beer & Rib Night (at the brewery in Biggar) Fun Run/Mud Run/Colour Run BBQ Pay for a Mile | | | | Winter / Spring 2018 | |
| Meet with Living Sky Division | | | | Spring 2018 | |

Year 2 (2019) Priority Actions:

The following tables are priority actions identified and established by the Wilkie *in motion* action team. Year 2 priority actions were identified and developed to continue progress from some of Year 1 priority actions, as well as meet the needs/desires of Wilkie residents.

Provincial support

Community support

To share physical activity information through alternate methods

| Action #1: Host the 2 nd Annual Registration & Information Night in Wilkie | | | | | |
|---|-----------------------------------|--|--|------------------|------------|
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Confirm with planner on Karen's desk: Having Wilkie's 2 nd Annual Information & Registration Night on September 5, 2019 | Lori Fenrich | Lana Gerein (Town of Wilkie Administrator) Sandra Beckett (Town of Wilkie Assist Administrator) Karen | | ASAP | |
| Contact & re-invite Wilkie groups, minor sports, service clubs, foundations, churches, etc. | Lori Fenrich | Lana Gerein (Town of Wilkie Administrator) Sandra Beckett (Town of Wilkie Assist Administrator) Karen | | Early June 2019 | |
| Have a conversation regarding the Booth <ul style="list-style-type: none"> Determine if Wilkie in motion or Town of Wilkie is running the Booth. Determine if proceeds will go towards Hall rent? | Lori Fenrich Charlotte Hartter | | Food (?) – would be reimbursed by Town of Wilkie | Late August 2019 | |

| | | | | | |
|---|--------------|----------------|--|---|--|
| Confirm number of registered groups/tables | Lori Fenrich | | | September 4/5, 2019 (NOTE: this is a private deadline) | |
| Set-up tables and chairs for 2 nd Annual Information & Registration Night <ul style="list-style-type: none"> Town guys (or Wilkie residents) to help with tear-down too | Lori Fenrich | Town of Wilkie | | September 5, 2019 | |

To create physical activity opportunities (i.e., programs) in Wilkie that get more residents moving

| Action #1: Launch Wilkie Figure Skating Club | | | | | |
|---|---------------------------|---|------------------|-----------------|-------------------|
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Contact Skate Canada (to confirm Wilkie's Skate Canada number) | Lori Fenrich | | | ASAP | |
| Contact Cindy Tymoruski (from Rivers West/Skate Battlefords) <ul style="list-style-type: none"> Inquire about connecting Wilkie with potential coaches who would be able/willing to travel to the community to coach; how much they would cost; etc. | Lori Fenrich | | | ASAP | |
| Secure Wilkie Figure Skating Club President, Treasurer and Secretary <ul style="list-style-type: none"> Potential individuals to contact (to fill these roles or provide guidance on | Lori Fenrich Mandy (?) | Paula (Wilkie resident with FS experience & expertise) Barb (Wilkie resident with FS experience & expertise) | | Late March 2019 | |

| | | | | | |
|--|-------------------------------|-------------------------------|---|----------------------|-------------------|
| who to contact): Elise Brightmen... | | Saskatchewan <i>in motion</i> | | | |
| Host an informal Information & Registration Night in Wilkie <ul style="list-style-type: none"> Inform families on potential ice times (which would then be set ASAP), costs, etc. \$20 deposit from parents – to confirm/register child, which allows Wilkie FSC to move forward | | | Space to host (i.e., Town facility space) | Late April 2019 | |
| Wilkie FSC to register a table at Wilkie’s 2 nd Annual Information & Registration Night | | Town of Wilkie | | Late August 2019 | |
| Attend 2 nd Annual Information & Registration Night <ul style="list-style-type: none"> Promote the club in hopes of having families register their kids to participate | | Town of Wilkie | Space to host (i.e., Town facility space) | Early September 2019 | |
| Wilkie FSC begins! | | Town of Wilkie | | Fall 2019 | |
| Action #2: Launch a lacrosse “Try-It” workshop/mini-sessions in Wilkie | | | | | |
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Contact lacrosse groups <ul style="list-style-type: none"> Inquire about dates, if equipment is available, cost, etc. Also contact North Battleford lacrosse program at multiplex (which is held between hockey and ball season) | Saskatchewan <i>in motion</i> | Lori Fenrich | | ASAP | x |

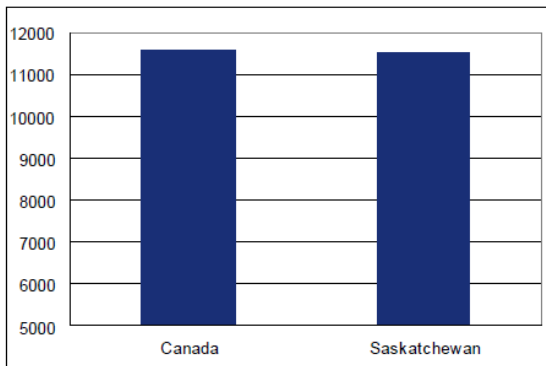
| | | | | | |
|--|-------------------------------|--|------------------------------|--|-------------------|
| Confirm St. George Gym as location for lacrosse “Try-It” workshop/mini-session <ul style="list-style-type: none"> Determine how much it will cost as well | Lori Fenrich | Charlotte Hartter Saskatchewan <i>in motion</i> | Funding/grant opportunities? | Dependent on Sask <i>in motion</i> /Julia (ASAP) | |
| Connect Lori Fenrich & lacrosse groups to confirm dates, set-up, etc. | Saskatchewan <i>in motion</i> | | | Late April 2019 | |
| Action #3: Continue the success of the Pickleball Program in Wilkie | | | | | |
| Tasks | Lead | Support | Resources | Dates | Completed? |
| Launch another 10-week session of Pickleball Program | Charlotte Hartter | Town of Wilkie | St. George Gym | Early January 2019 | x |

Appendix A

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.

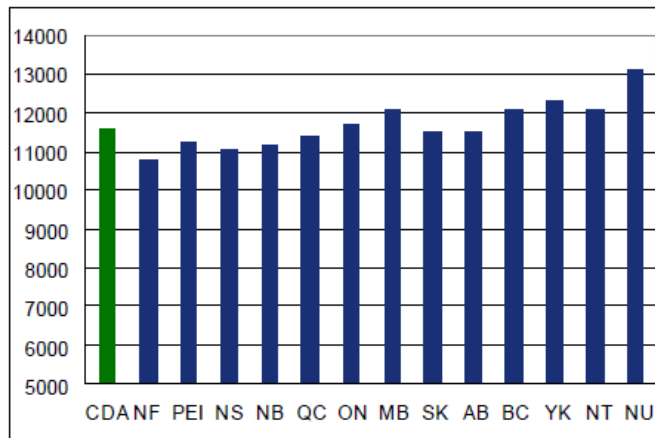


The CANPLAY study shows that Canadian children, aged 5 to 19, take approximately 11,600 daily steps on average. Children and youth in Saskatchewan take a similar number of steps as the national average, at roughly 11,500 steps.

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

Province and Territory :

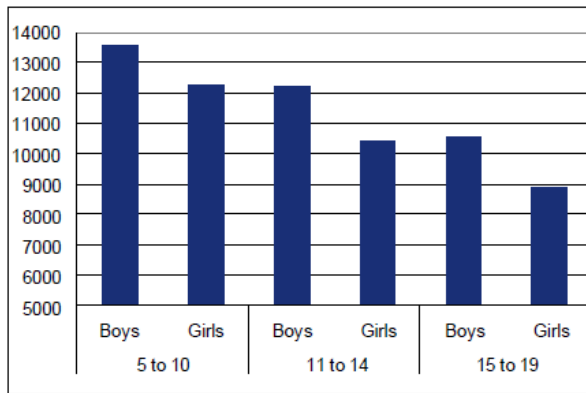
Children and youth in Saskatchewan take roughly the same number of steps as children living elsewhere in Canada, with the exception that they take fewer steps than children and youth living in Nunavut (however, it should be noted that data in Nunavut was collected using a different methodology).



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.

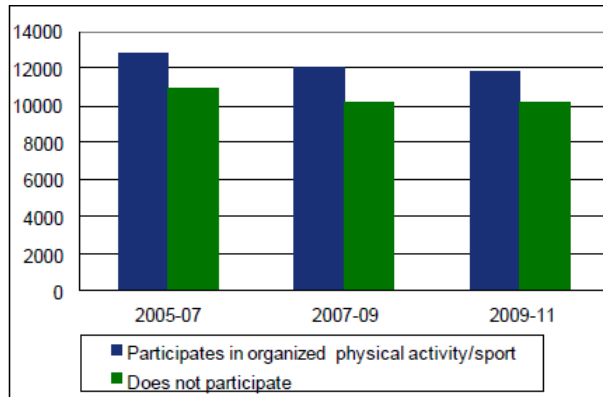
In Saskatchewan, this is particularly evident when comparing younger children to older teens. The age-related decrease in steps is a pattern that appears both nationally and at a provincial level. In Saskatchewan, only boys aged 11 to 14 years take significantly more steps than girls of the same age,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

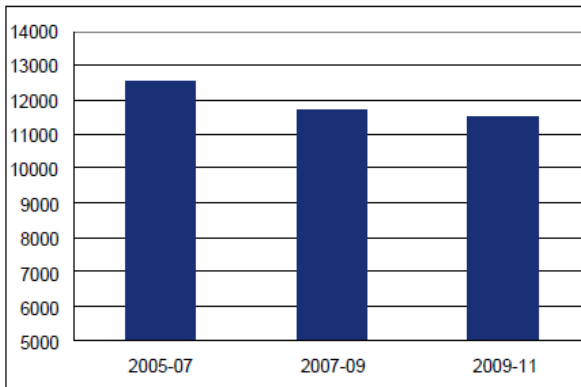
Parent and household characteristics:

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