

RESEARCH LINK



SASKATCHEWANINMOTION.CA



THE RESEARCH

Research is a key priority for Saskatchewan *in motion*. That is why we have developed a tool called the **Research Link**. The intent of this tool is to share recent and important research findings that are specific to the physical activity movement in Saskatchewan. The Research Link will be e-mailed to leaders monthly and will profile a research finding, a success story within Saskatchewan and actions you can take to be part of the solution. In this first issue of the Research Link we will link you to the research findings reported in the first Saskatchewan Supplement to the *Active Healthy Kids Canada Report Card*:

15% of our kids are active enough for health benefits.

Each year Active Healthy Kids Canada releases a report card on the physical activity of Canadian children and youth. The report card (*Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth*) summarizes what is currently known about physical activity and does so using an easy-to-understand grading scheme. Data is drawn from several sources including the research literature, government agencies, and non-governmental organizations.

In September 2009, Active Healthy Kids Canada released the – Saskatchewan Supplement to the *Active Healthy Kids Canada Report Card* (hereafter the 2009 Saskatchewan Supplement). The Saskatchewan Supplement is the first

physical activity report card to focus solely on what is known at the provincial level.

The Saskatchewan supplement provides data and recommendations specific to our province. The findings show that while we're doing just **slightly better than the national average** on most indicators **there's still a lot of work to do**. Only 15% of Saskatchewan children and youth are meeting physical activity guidelines—only slightly above the national average of 13%.

Saskatchewan *in motion* has used the national report card to inform decision makers and guide strategies. The supplement is an important tool in advocating for changes that will support an increase in physical activity within Saskatchewan. Visit www.saskatchewaninmotion.ca to download your copy of the Saskatchewan Supplement.



At home

- Take time to be active for 30 minutes every day with the kids you care about.
- Encourage kids to go outside and play.
- Consider active family vacations.
- Limit screen time.
- www.jumpin.ca and pledge to be part of the solution that is working.

At school

- Ensure your school is “in motion” by providing a minimum of 30 minutes of physical activity every day for every student. www.saskatchewaninmotion.ca
- Review school policy to ensure it’s easy for students to make active choices.
- Ensure that your school offers an exciting inter mural program.
- Understand that Quality Daily Physical Education is critical to a healthy active future for our children and youth. http://www.cahperd.ca/eng/physicaleducation/about_qdpe.cfm

In the community

- Volunteer to be a coach, official or team manager.
- Organize a walking school bus as a healthy alternative to driving kids to school. <http://www.saferoutestoschool.ca>
- Speak out for trails and green spaces.
- Ensure a wide range of community programs and facilities to meet the needs of children and youth.

Link to Success

Most people find it easy to slip into their car and drive to work, to drop kids off at school, or to head to the supermarket. Bicycling, walking or rollerblading can be a problem, especially when others using the road don’t give cyclists and pedestrians the respect they deserve. Biking can be downright dangerous. That’s why Moose Jaw’s *in motion* committee has started a program which will teach both motorists and cyclists the rules of the road and urge them to respect each others’ right to be on the street.

Jim Large, a facilitator with Moose Jaw *in motion*, said that Share the Road is an educational campaign to teach cyclists how to ride safer and remind motorists that cyclists have as much right to the road as they do.

To find out more on this story: link to www.saskatchewaninmotion.ca - Promising Practices.

Be part of the Solution- Links for Action!

To get kids moving, Saskatchewan *in motion* suggests the formula of 30, 30, 30. That means that every child should get 30 minutes of physical activity at school, 30 minutes in the community and 30 minutes at home. That all adds up to the 90 minutes of daily physical activity recommended in Canada’s Physical Activity Guides. It’s an easy way for parents, schools and the community to work together to get kids moving.



be part of the solution...