

Research link



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Saskatchewan report card supplement

Welcome to the Research Link, a new tool to keep physical activity leaders informed of recent and important research findings specific to the physical activity movement in Saskatchewan. The Research Link will profile a research finding, a Saskatchewan success story and actions one can take to be part of the solution. This first issue of the Research Link highlights research findings reported in the first Saskatchewan Supplement to the Active Healthy Kids Canada Report Card:

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

For the past 5 years Active Healthy Kids Canada has released a national report card on the physical activity of Canadian children and youth. The report card summarizes what is currently known about physical activity and of Canadian children and youth, and does so using an easy-to-understand grading scheme. Data is drawn from several sources including: 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. 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. Based on 2009 data, only 15% of Saskatchewan children and youth are meeting physical activity guidelines—only slightly above the national average of 13%.

In 2010, the national report card revealed 13% of Saskatchewan children and youth are meeting physical activity guidelines – only slightly above the current national average of 12%.



Link to success

Saskatchewan *in motion* and physical activity leaders across the province have used the national report card to inform decision makers and guide strategies. The information presented in the supplement has helped to identify gaps, influence thinking and action among stakeholders to build better programs and campaigns, and review policies to increase physical activity levels among children and youth. The supplement is an important tool to advocate for changes that will support an increase in physical activity within Saskatchewan. Visit <http://www.saskatchewaninmotion.ca> to download your copy of the Saskatchewan Supplement.



Links for action - be part of the solution

To raise the grade in the 2011 report card by getting 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.

At home

- Reduce screen time and increase physical activity by 30 minutes
- Be an action hero and model an active lifestyle for the kids you care about

In the community

- Integrate physical activity actions into official community plans
- Provide active and safe routes for kids to travel
- Provide quality and accessible recreation programs and facilities

At school

- Implement daily physical activity policy
- Ensure actualization of the physical education curriculum
- Become an *in motion* school by committing to provide a minimum of physical activity over and above the physical education curriculum

