



ACTIVE LIVING IN SASKATCHEWAN

A REVIEW OF OFFICIAL COMMUNITY PLANS

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FAST FACTS

- 9% Canadian children (5-17), 15% Canadian adults (18-64) active enough. (CHMS, 2007 – 2009; ParticipACTION Report Card, 2015)
- <15% Saskatchewan children reaching 60 min/day. (Sask in motion, 2015)
- Saskatchewan children average 11460 steps/day.
 - 12000 steps/day recommended. (ParticipACTION Report Card, 2014)
- 49% Saskatchewan adults mod. active in leisure time.
 - National average 52%. (CHMS, 2005)





RATIONALE

- ***Active Saskatchewan 2020*** – Strategic Plan of *Saskatchewan in motion*.
- **Built environment** – provides developmental + infrastructural settings capable of improving active lifestyles of residents.
- **Policy changes** – facilitation and implementation of plans for developing environment supportive of active living.
- **Physical activity promotion** – Role in strategic planning for community development in Canada?



WHERE IS IT WORKING WELL?

- Red Deer, Canada (Mayor Tara Veer)
 - Integrated active transportation framework; trail system; movement study
 - Attracts outside residents; 2019 Canada Winter Games.
- Hernando, Mississippi, US
 - Mayor (Chip Johnson) took office 2005, prioritized PA promotion
 - “Healthiest hometown in Mississippi”
- New York City, US
 - Bike sharing system; trails; safer street lanes
 - Life expectancy +2.2 years vs. national average.
- Bristol, UK
 - Green + open space; Recreation + active transport opportunities
 - 94% cycling increase (2001 – 2011), health economy impacted.

(Designedtomove.org)



METHODOLOGY

- Collection of 17 official community plans (OCP) of SK cities
 - Electronic + hard copies
- Thorough reading
- Extraction of texts
- Categorize texts within each city
- Develop patterns thematically
- Form indicators for baseline
- Inter-rater reliability



INCLUSION AND EXCLUSION CRITERIA

- + Communities with population $\geq 4,500$
 - Population standard for city in SK = 5,000
- + Adjustments made to original OCP
- + OCP drafts in review for approval
- + Additional concept plans attached to OCP
- + Master plans mentioned in OCP available electronically

- Plans adopted after cut-off point of OCP collection

- Separate rural municipal plans outside OCP



INTER-RATER RELIABILITY

- 2 reviewers, 1 judge.
- Similar coding process used.
- 79% agreement between 2 reviewers.
- Homogeneity agreement
 - For each indicator: 50% - 100%
 - Within each OCP: 53% - 94%.



FINDINGS

Indicators	Frequencies (Yes)	Percentages (Yes)	Frequencies (NR)	Percentages (NR)	Frequencies (%) (Considering)
Promoting PA statement	5	29.4%	12	70.6%	0
AT master plan	2	11.7%	14	82.4%	1 (5.8%)
Public transit	6	35.3%	11	64.7%	0
Pedestrian master plan	0	0	16	94.1%	1 (5.8%)
Cycling master plan	1	5.8%	14	82.4%	2 (11.7%)
Cycling separate from Pedestrian	6	35.3%	11	64.7%	0
Downtown cycling & pedestrian plan	10	58.8%	7	41.1%	0
Recreation master plan	3	17.6%	11	64.7%	3 (17.6%)
Active recreation statement	9	52.9%	8	47.1%	0
Residential plans & active living	15	88.2%	2	11.7%	0
Housing density & active living	7	41.1%	10	58.8%	0
Connectivity MP	1	5.8%	15	88.2%	1 (5.8%)
Assets deficits add	5	29.4%	12	70.6%	0
Joint use agreement	8	47.1%	9	52.9%	0

FINDINGS



Stating Direct Promotion of PA

- “Create better, more active ways of getting around.”
- “Increasing the health and physical activity habits of young residents.”
- 29.4%, N = 5 (Including Yorkton and Regina).



Active Transportation Master Plan

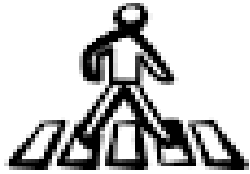
- 11.8%, N = 2 (Yorkton and Regina)
- 1 OCP considering development (Humboldt)



Cycling Master Plan

- 5.8%, N =1 (Yorkton)
- 2 OCPs considering development.

FINDINGS



Pedestrian Master Plan

- N = 0 -- No OCP with an adopted plan
- 1 considering development (Meadow Lake).



Recreation Master Plan

- 17.6%, N = 3 (City of Weyburn's Tatagwa Parkway Plan)
- 3 OCPs considering development



Connectivity Master Plan

- 5.8%, N = 1 (Yorkton)
- 1 OCP considering development

FINDINGS



Downtown Pedestrian & Cycling Plans

- 58.8% OCPs have policies supporting plan.



Joint Use Agreement


- 47.1% OCPs have policies for joint usage of recreation facilities between school and community.



School Travel Plan

- 41.1% OCPs have supporting policies
- “To work with school districts in providing safe and active routes to school.”

WHERE SASKATCHEWAN STANDS

- Mean inclusion of indicators within OCPs
 - $X = 6.9$ [S.D = 2.8]
 - Range: 23.5% - 88.2%
 - 50% OCPs have only 29.4% inclusion of indicators
 - Population of Saskatchewan cities reviewed covers >half the provincial population.
 - **Conclusion:** >50% OCPs have few direct references to policies supportive of improving healthy active living of population.
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IMPLICATIONS

- Best practices identified may help other cities derive policy initiatives and community planning for active living.
- Development of baseline information may serve as way of monitoring development in communities.
- Baseline may be used by *Saskatchewan in motion* to impact policy changes in communities across SK.
- Active Canada 2020 strategic planning may be informed.



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Thank You!

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