

**Craik Health Committee, Social Pillar of the Craik Sustainable Living Project  
Primary Health Care, Five Hills Health Region  
Action Plan Update  
October, 2013**

**Craik Area Community Action Plan**

**VISION**

People working together toward improved health of the community.

**GOAL**

Craik Area will become communities within a community where making a healthy lifestyle choice is the easiest and most desired choice.

**OBJECTIVES**

1. To increase opportunities for all ages to participate in fun, regular, safe **physical activities**.
2. To develop community **education** sessions that provide information supporting decisions to make healthy lifestyle choices.
3. To increase opportunities for all ages to enjoy **accessible, nutritious, safe foods**.
4. To decrease **environmental pollutants** that pose potential health risks.
5. To build an inventory of **community supports**.
6. To **share ideas** from other communities that may have a positive impact on our community.

<b>ACTION AREA: PHYSICAL ACTIVITY</b>					
<b>Objective #1: To increase opportunities for all ages to participate in fun, regular, safe physical activities.</b>					
<b>New Activity Ideas</b>	<b>Action Required</b>	<b>By Whom</b>	<b>By When</b>	<b>Action Steps Completed</b>	<b>Measures of Success</b>
<i>Community Pedometer Challenges</i>	Pedometer challenge in conjunction with trail use in the community	CSLP health committee members	April & September		#of people and #of steps
<i>Craik community walking program</i>	Open to the public and designated community COPD patients. Partnership featuring CSLP health committee, FHHR and Craik School	CSLP health committee with partner representatives	Program completed at end of May	continued promotion	Average number of walkers – 5
	Set up 2013/2014 indoor walking program in collaboration with Craik School administration (designate daily walking schedule & promote the program)	Crystal & Glenn	September	daily walking program time established (8:50 – 9:50 AM)	daily average # of walkers

<b><i>Trans Canada Trail (TCT)</i></b>	Form partnership with key organizations (local governments, the Three Rivers Trail Association (TRTA), CSLP steering committee) Preliminary work such as establishing temporary routes & securing funding	community volunteers	Ongoing	-successful meetings held with the Town & RM councils	
<b><i>InMotion Saskatchewan</i></b>	Planning of an “inauguration” in conjunction with SK InMotion	CSLP Health Committee	Spring 2014	None to date	
<b><i>Fun Just Begun 2012-2013</i></b>	“Fun Just Begun” activities will be offered to community members in conjunction with the Heart and Stroke Foundation of Canada, Five Hills Health Region Three Rivers Trail Association, SK Outdoor & Environmental Education Association (SOEEA) & Active Families	CSLP Health Committee members	March 31	January event (cross country skiing began on January 6) February event – curling March event – sledding	<p>Hike in the Hills – 9  Healthy Potluck and Equipment Swap - 18  Fitness for Seniors- average 3 per session (4 sessions)  Canoe/Kayak Clinic - 31  Golf Clinic - 21  Canoe at Arm Lake - 23  Yoga with Pedro – average 12 per session (16 sessions)  Creative Freestyle Dance Workshop - 28  Fun Run/Walk - 15  Community Walking Program – average 4 per day  Native Hoop Dancing - 8  Fun Activities at Craik School - 80  Cross Country Skiing – average 12 per session (4 sessions)  Family Fun Day Curling  Funspiel – 30 curlers  Sledding on the Hill – 29</p> <p>Overall, the ages varied from young children (4) to seniors (70+). Most of the participants were families, with children aged 6-13, and adults aged 40-60. The gender was split equally among males and females</p>

<b><i>Fun Just Begun 2013-2014</i></b>	Plan "Fun Just Events" for fall 2013 through fall 2014	Health committee members		Preliminary discussions RE possible events  \$1500.00 has been secured from the local Recreation Board	
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**ACTION AREA: AWARENESS AND EDUCATION**

**Objective #2:** To develop community **education** sessions that provide information supporting decisions to make healthy lifestyle choices.

<b>New Activity Ideas</b>	<b>Action Required</b>	<b>By Whom</b>	<b>By When</b>	<b>Action Steps Completed</b>	<b>Measures of Success</b>
<b>Wellness Summit and Expo</b>	Grant writing, and preliminary organization	CSLP health committee and Jan Radwanski	June	Preliminary discussion, commitment to move forward	Feedback, #of booths, speakers, attendees
<b>Update pamphlets -anti-idling -health committee</b>	Update information, print copies and distribute copies	Glenn & Crystal Kathy will print copies	October	Pamphlets updated	

**ACTION AREA: ACCESSIBLE, NUTRITIOUS FOODS**

**Objective #3:** To increase opportunities for all ages to enjoy **accessible, nutritious, safe foods**.

<b>New Activity Ideas</b>	<b>Action Required</b>	<b>By Whom</b>	<b>By When</b>	<b>Action Steps Completed</b>	<b>Measures of Success</b>
<b><i>Titan Clean Energy Projects/Community Composting Program-Provision of compost to community</i></b>	Secure required quantity of material  Distribute material based on requests	Crystal , Glenn	End of April		No requests were made this year
<b><i>Community Greenhouse</i></b>	Repairs, planting bed preparation, advertising for plots	participants	April	Required preparations were made to ready the greenhouse for use	3 people used the greenhouse through the growing season

**ACTION AREA: ENVIRONMENTAL POLLUTANTS**

**Objective #4:** To decrease **environmental pollutants** that pose potential health risks.

<b>New Activity Ideas</b>	<b>Action Required</b>	<b>By Whom</b>	<b>By When</b>	<b>Action Steps Completed</b>	<b>Measures of Success</b>
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<b>Anti-idling campaign</b> a) Awareness/ education campaign	Update pamphlet Printing & distribution	Glenn & Crystal Kathy will handle printing	October	Pamphlet updated	

<b>ACTION AREA: COMMUNITY SUPPORTS</b>					
<b>Objective #5: To build an inventory of community supports.</b>					
<b>New Activity Ideas</b>	<b>Action Required</b>	<b>By Whom</b>	<b>By When</b>	<b>Action Steps Completed</b>	<b>Measures of Success</b>
<b>Chronic health conditions</b>	Continue developing a support system for local participants (eg. – pedometer challenges, indoor winter walking program and physical activity opportunities through the (“Fun Just Begun”) program funded largely through a Heart & Stroke Foundation of Canada grant	Health committee	Ongoing	Walking program is currently in its 3 <sup>rd</sup> year of implementation in conjunction with Craik School Current version of the “Fun Just Begun” program funded by the HSFC will end at the end of March	
<b>Live Well</b>	Introduction of the “LiveWell With Chronic Conditions” program to the community	Kathy	October 24 <sup>th</sup>		

<b>ACTION AREA: SHARING COMMUNITY IDEAS</b>					
<b>Objective #6: To share ideas from other communities that may have a positive impact on our community.</b>					
<b>New Activity Ideas</b>	<b>Action Required</b>	<b>By Whom</b>	<b>By When</b>	<b>Action Steps Completed</b>	<b>Measures of Success</b>

**For additional information, contact:**

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**Appendix**

**Archived Accomplishments (2006 to 2012)**

<b>Objective 1: To increase opportunities for all ages to participate in fun, regular, safe physical activities.</b>			
<b>Completed Activity</b>	<b>Participating Communities</b>	<b>Date Completed</b>	<b>Measures of Success</b>
2012			
Pedometer Challenges	Craik	March 31	30 participants, 1.5 million steps
Walking Program	Craik	Dec 31	Average of 4 per day
Trans Canada Trail	Craik, Aylesbury	Phase 1-Dec 31	\$1600 grant from community initiatives fund;
Family Winter Fun Day	Craik	Feb 19	24 curlers, funding secured 3 <sup>rd</sup> in a row through Moose Jaw South Central Drug Strategy
Fun Just Begun	Craik, Davidson	9 months by Dec 21	Number of participants April 15 Hike in the Hills – 10 April 29 Equipment Swap and Potluck – 18 Thursdays in May Senior Fitness Class – avg. 3 June 9 Canoe/Kayak Clinic – 31 June 11 & 12 Golf Clinic – 21 July 28 Canoe Trail Ride – 23 August/Sept Yoga with Pedro – avg. 12 Oct 13 Creative Freestyle Dance Workshop – 28 Nov 4 Run/Walk – 15

			Nov 28 Hoop Dancing – 8 Dec 21 Fun at Craik School – 80
2011			
Pedometer challenges	Craik	Feb, Mar, May, Oct & Nov	Total number of steps walked – 6.8 million steps Average # of participants – 30
Indoor Walking Program	Craik	May 30 <sup>th</sup>	Average of 12 walkers per day Kickoff of the 2011/2012 walking program on October 2
Trans Canada Trail Initiative	Craik	July 31	Phase 1 Dedication of “Trails in Memory of Ed Spratt” in partnership with TRTA
Winter Fun Day – Geocaching and indoor activities	Craik	Feb 13	30 participants, funding from CSLP and Moose Jaw South Central Drug Strategy
2010			
Family Fun Day	Craik	Feb 7/10	43 community members of all ages attended. Good fun reported to be had by all! Check out the Family Fun Day photos and video at <a href="http://www.craikecovillage.com">www.craikecovillage.com</a>
April Pedometer Challenge	Craik	April 27	Challenge Results: Total participants = 33 Total distance = 2 005 244 steps or 1644 km Avg # steps per person per <b>week</b> = 60 764 Avg # steps per person per <b>day</b> = 8650
2009			
November 09 Craik Area Pedometer Challenge (1 <sup>st</sup> month of 2009-10 winter season)	Craik, Moose Jaw	Nov 09	- 21 participants - Total of 1, 024, 709 steps or 820 km - Avg # steps per person for the week = 48, 796 steps - Avg # steps per person for the week = 6, 970 steps
April 09 Craik Area Pedometer Challenge	Craik, Moose Jaw,	April 22-28,	-42 participants (monthly record high)

	Saskatoon	2009	- 1, 712 km or 2, 377, 534 steps walked; exceeded goal of 2 million steps. First month with a participant in the 80+ yr age group!
Fall 08 – Winter 09 Craik Area Pedometer Challenge	Craik, Moose Jaw, Saskatoon	Sept 08 – Feb 09	-85 people participated in at least one Challenge -8, 347, 320 steps or 5, 812 km walked. -Pedometer lending library has grown from 15 to 21 pedometers.
<b>2008</b>			
Craik community “Walk for Health”; a weekly community walking program.	Craik	Spring to Fall	
Family Winter Fun Day	Craik	Jan 27, 2008	
Participation in the <i>Go Mo Go</i> provincial <i>in motion</i> campaign	Craik, Holdfast, Eyebrow	March 2008	
Craik Area Pedometer Challenge	Craik, Moose Jaw, Saskatoon	Sept-Dec/08	Distance walked and # participants increased monthly. (see run charts)
<b>2007</b>			
Participation in the “How to Start a Walking Group” Workshop in Caron. Sponsored by South Central Recreation & Parks Association (SCRAPA) and Five Hills Health Region (FHHR)	Craik	March 2007	
First Craik community “Walk for Health”; established as a weekly community walking program.	Craik	Initiated May 2007	
Walking program in schools to promote safe walking during winter months.	Craik Eyebrow	Initiated November 2007	
Promotion of safety through partnership with Mel’s Pharmacy for local retail accessibility of winter ice grippers and red, blinking pins that can be worn on clothing for increased identification of pedestrians and cyclists.	Craik	November 2007	
<b>2006</b>			
Buddy Walking Program	Craik	July-Aug 2006	
“Hawaii – Here We Come” Physical Activity Challenge	Craik Eyebrow	Nov-Dec 2006	
<b>Objective 2:</b> To develop community <b>education</b> sessions that provide information supporting decisions to make healthy lifestyle choices.			
<b>Completed Activity</b>	<b>Participating Communities</b>	<b>Date Completed</b>	<b>Measures of Success</b>
<b>2011</b>			

Anti-Bullying Workshop (RespectED Redcross program)	Craik	Sept 13	Craik School students K-12 participated (115) Offered in partnership with RedCross, Craik School and Heart and Stroke
<b>2010</b>			
-Participation in a Social Analysis Systems 2 (SAS2) Workshop in Saskatoon. The workshop provided knowledge and tools for planning, inquiry and evaluation of goals and project activities. Workshop facilitator was Daniel Buckles, co-founder of SAS2 from Carleton University, Ottawa. SAS2 website: <a href="http://www.sas2.net/">http://www.sas2.net/</a>	Glenn Hymers, Craik Kathy Filipowich, FHHR	Jan 12-14, 2010	Application of tools initiated with the project regarding alternatives to cosmetic use of pesticides on lawns and home gardens. Overview of SAS2 tools and how they can help us shared at Health Committee meeting on Feb 2, 2010.
Earth Day Film Festival	Craik and other rural communities as well as cities such as Regina and Saskatoon	April 23, 24 & 25/10	Attendees included a grade 6/7 class from Craik, 2 grade 7 classes from Saskatoon, 33 Katimavik students from across Canada, U O R students, local community members and assorted guest speakers including Crystal Stinson. As well, over 400 Saskatchewan-based (local) meals were served.
<b>2009</b>			
Development of a CSLP Health Committee brochure and poster. Grant funding was provided through the SK Registered Nurses Association to promote the inter-relationship between the health of our environment and the health of ourselves.	Craik and area	April 22, 2009	- CSLP Health Committee awareness through poster, brochure, interactive games, and local newspaper articles occurred throughout the community.
<b>2008</b>			
Alcohol & Drug Presentations organized by Craik School Community Council occurring in three sessions to school and community. Participating partners were Mental Health & Addictions, FHHR and RCMP, Craik Detachment, CSLP Health Committee.	Craik	April 16, 2008	
Earth Day Film Festival	Craik	April 25 - 27/08	
<i>Regional Centre for Expertise (RCE)</i> An inventory of health promotional activities compiled for participating	Craik	April 2008	



communities of RCE (Saskatoon-Craik-Regina).			
<i>Regional Centre for Expertise (RCE)</i> RCE recognition for the work of the CSLP Health Sub-Committee, Craik Eco-Village, YouthBuild, and boilingfrog at a celebratory awards event.	Craik	Nov 20, 2008	Recognition of positive contributions to community.
<b>2007</b>			
Community video/discussion evenings featuring various health-related subjects Eg. <i>An Inconvenient Truth</i> , <i>Super Size Me</i> , etc.	Craik	Initiated May 2007	
Grocery Store Tour in Craik followed by education session on the <i>NEW 2007</i> Canada Food Guide.	Craik	June 13, 2007	
<b>2006</b>			
Information session on Obesity and Diabetes with Dr. Mark Vooght, Medical Health Officer, Five Hills Health Region.	Craik Eyebrow	June 2006	
“Preventing pain and injury” information session with Dot Hicks, Exercise Therapist from Five Hills Health Region	Craik Eyebrow	Sept 2006	
<b>Objective 3: To increase opportunities for all ages to enjoy accessible, nutritious, safe foods.</b>			
<b>Completed Activity</b>	<b>Participating Communities</b>	<b>Date Completed</b>	<b>Measures of Success</b>
<b>2012</b>			
<b>Community Greenhouse</b>	Craik	Oct 31	4 people used the facility
<b>2011</b>			
Craik Community Composting Project/ Titan Clean Energy Projects	Craik	Oct 31	Request from 20 community members- Total 100+ pails delivered 2 community green spaces (Craik Prairie Pioneer Museum and the Designated Sacred Space) received compost Also used in community greenhouse, flowerpots on Main Street and the green space at the end of Main Street.
Community Greenhouse	Craik	Oct 31	3 people used the facility
<b>2010</b>			
4H sustainability club	Craik		Members learned how to produce local, organic food in the form of vegetables as well as chickens for meat and eggs.

<b>2009</b>			
Eat Local Food Challenge	Craik, Aylesbury & Area	Nov 6-13/09	Attendance = 36 participants Post-event marketing completed through newspaper articles in Craik and Davidson newspapers.
<b>Food Charter</b> To determine potential role of a food charter such as the Moose Jaw-South Central Food Charter.	Craik (CSLP Health Committee)	Sept/09	Information gathering: FHHR Public Health Nutritionist, Shari Tremaine, reported potential role of food charters as a statement as well as a platform for action.
<b>EcoAction Project I: Building Greenhouses</b> Community meeting held for discussion of how to use the Craik Community Greenhouse.	Craik	Jan 28/09 Summer/09	-A CSLP Community Greenhouse established (Tel: 734-5160). -Water line installed by Town of Craik
<b>Craik Area 4H Club: Focus on Sustainable &amp; Urban Food Production</b>	Craik	July-Aug/09	Summer/09: - Project work completed processing/cleaning chickens.
Grocery Store Display at Craik Co-op Fine Foods	Craik	Feb/09	12 customer surveys received. 10 agreed they had learned new information from display. Topic requests for additional information/displays included cholesterol, healthy snack ideas, healthy eating choices for people living with diabetes and heart disease, SK products, nutrition facts for fruits & veg.
<b>2008</b>			
Inventory of local food producers	Craik, Davidson, Tugaske, Aylesbury and Keeler	Mar/08	
Eat Local Food Challenge.	Craik, Holdfast	Mar 08	
<b>EcoAction Project I: Building Greenhouses Workshops</b>	Craik	Aug, Sept, Oct 2008	Attendance: 15 per workshop Feedback: Positive 10 individuals planning to build greenhouses in next 12 mos.
<b>Objective 4:</b> To decrease <b>environmental pollutants</b> that pose potential health risks.			
<b>Completed Activity</b>	<b>Participating Communities</b>	<b>Date Completed</b>	<b>Measures of Success</b>

<b>2010</b>			
Health committee workshop based on an SAS2 tool	CSLP health committee members	Spring 2010	All health committee members participated, Second pesticide free zone established beside the Craik Community Legion Hall
Establishment of a test site at the Craik community greenhouse for the use of an organic corn gluten weed control product	Crystal Stinson		
Community composting/hazardous waste collection – regular organic waste collection, e-waste collection day, hazardous waste collection	Craik		January 1 through September 30 - 4975 kg of organic waste collected for composting e-waste collected – 1808 kg hazardous waste collected – 420 L of paint, 235 kg of solid waste, 275.5 kg of household waste & 45 m of fluorescent light tubes Overall – 10 t of waste diverted from landfill
<b>2009</b>			
EcoAction Project II: Determining Craik community's "Ecological Footprint".	Craik	June 09	A report reflecting a 2009 baseline measurement of Craik's residential ecological footprint. Report submitted to Town of Craik and CSLP Steering Committee.
EcoAction Project III: Community Composting Completion of three worm composting workshops; one in the community and two in the school.	Craik	Jan/09	8 participating families
Anti-idling campaign	Craik	2009	Anti-idling pamphlets distributed to Craik Branch Palliser Regional Library and EcoCentre.
Alternatives to cosmetic use of pesticides on lawns and home gardens	Craik	Fall 2009	Preparation of local newspaper article regarding opportunity to raise issue of cosmetic use of pesticides on lawns and home gardens with candidates in current civic election campaign.
<b>2008</b>			
Community information session from the Canadian Cancer Society (CCS) on various topics regarding cosmetic pesticide reduction strategies.	Craik	March 4/08	Distribution of pamphlets to community from CCS and Sask Network for Alternates to Pesticides (SNAP).
Link created on CSLP website to Sask Eco-Network (SEN).	Internet community	June 2008	

20 educational kits secured and displayed at Eco-Centre gift shop. (\$5.00/ kit)	Craik	Summer 2008	
<b>2007</b>			
Establishment of anti-idling zones	Craik	2005 2007	Craik Town/RM office Palliser Regional Library (Craik Branch)
Community information session on alternatives to pesticides from Sask Network for Alternates to Pesticides (SNAP).	Craik	April 28/07	Attendance: 11 community members Feedback: Positive
<b>Objective #5: To build an inventory of community supports</b>			
<b>Completed Activity</b>	<b>Participating Communities</b>	<b>Date Completed</b>	<b>Measures of Success</b>
<b>2012</b>			
<b>Chronic Health Conditions Support</b>	Craik	(ongoing)	Indoor walking program, Fun Just Begun programs have been implemented
<b>2011</b>			
<b>Designated Sacred Space Diversity Festival</b>	Regina, Craik, Saskatoon corridor	July 30	Over 100 participants including provincial government, local government representatives, various cultural groups, and children Partnership between CSLP and MultiFaith SK Featured official opening of the site, cultural entertainment, a student art exhibit, student public speaking, and ethnic food choices.
<b>Support for chronic health conditions</b>	Craik	Dec 31	Support provided through pedometer challenges and indoor walking program
<b>2010</b>			
Designated Sacred Space Project	Interim opening of the site - Reps. from Craik & other communities such as Regina, Saskatoon, Humboldt & Davidson	Oct. 30	Phase 2 completed in preparation for phase 3
<b>2009</b>			
CSLP Resource Library	Craik	Jan/09	Article published in the Craik Weekly

			News to promote use of CSLP Resource Library.
CSLP EcoVillage Website: <a href="http://www.craikecovillage.com/">http://www.craikecovillage.com/</a>	Craik	Jan/09	Website links created to Health Committee
MultiFaith Saskatchewan	Craik, MultiFaith SK representatives	Summer/09	-Planning on site dimensions, possible seating areas, and pathways. -Pamphlet created.
<b>2008</b>			
<i>MultiFaith Saskatchewan</i> sacred site approved by RM 222 for east of Eco-Centre. Multi-Faith Saskatchewan is comprised of representatives from various faith-based groups and promotes spiritual well-being. The site will be accessible for people to meditate and pray.	RM of Craik, No.222 MultiFaith Saskatchewan	Nov 1/08	Unveiling of “Designated Sacred Space” marker.
<b>Objective #6: To share ideas</b> from other communities that would have a positive impact on our community.			
<b>Completed Activity</b>	<b>Participating Communities</b>	<b>Date Completed</b>	<b>Measures of Success</b>
Promotion of <i>Go Bags</i> (Standardized nylon bags equipped with personal information and items in the event of a medical emergency. An initiative from Rockglen, Sask.)	Craik Eyebrow	Initiated fall 2006	

### Potential Ideas for Future Consideration – Brainstorming Parking Lot

#### **Objective #1: To increase opportunities for all ages to participate in fun, regular, safe physical activities.**

- Weekly/bimonthly interactive walking/hiking tours with elementary and high school students.
- Child care program for young parents to participate in recreational walking club.

#### **Objective #2: To develop community education sessions that provide information supporting decisions to make healthy lifestyle choices.**

- Seniors Symposium on information topics such as Alzheimer’s, preventing falls and fall-related injuries, keeping active, etc.

#### **Objective #3: To increase opportunities for all ages to enjoy accessible, nutritious, safe foods.**

- Possible partnership with Moose Jaw – South Central Food Network (SCFN).
- Community cooking classes.

#### **Objective #4: To decrease environmental pollutants that pose potential health risks.**

- Local garden challenges. The idea is borrowed from the David Suzuki Garden Challenges (eg. “Luscious Lawn Challenge”, “Voluminous Vegetables Challenge”) for the purpose of generating community interest and motivation in pesticide-free home gardens.