

**Craik Health Committee, Social Pillar of the Craik Sustainable Living Project
Primary Health Care, Five Hills Health Region
October, 2011
Action Plan Update**

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.

ACTION AREA: PHYSICAL ACTIVITY					
Objective #1: To increase opportunities for all ages to participate in fun, regular, safe physical activities.					
New Activity Ideas	Action Required	By Whom	By When	Action Steps Completed	Measures of Success
Community Pedometer Challenges	Community marketing through email, CSLP website, posters and at the Craik community walking program kick-off Continue doing run charts to measure progress and successes	CSLP health Committee	Ongoing	3 pedometer challenges (March, February & May)	The May pedometer challenge involved 29 participants who collectively walked 1 365 583 steps Participants in the 3 three winter/spring pedometer challenges walked the equivalent of 3957 km (from Craik to Cuba)
	Plan 2 fall pedometer challenges (October & November)	CSLP health committee		Promotion via word of mouth and posters	The October pedometer challenge involved 25 participants who collectively walked 1 478 884 steps (1183 km)
Craik community	Indoor walking program at Craik School	CSLP health	Jan 31,	Kickoff and	Average of 15 walkers/day

walking program	gymnasium/hallways – 50 min each weekday from 10:00 – 10:50 January 31 through the end of June Open to the public and designated community COPD patients. Partnership featuring CSLP health committee, FHHR and Craik School Plan the kickoff of the fall/winter/spring 2011/2012 indoor walking program	committee with partner representatives CSLP health committee	2011 Oct. 2, 2011	subsequent weekday walks Promotion completed Kickoff occurred on schedule	
Long term individual walking program	“Virtual walking tour” around Saskatchewan featuring the province’s regional parks	CSLP health committee members Crystal Stinson and Shirley Eade	winter 2012		
Trans Canada Trail (TCT)	Project will proceed in 2011 in conjunction with the development of the “Trails in Memory of Ed Spratt” spearheaded by the Three Rivers Trail Association	CSLP Health Committee/CSLP steering committee/other community volunteers	Ongoing	Route identified Brochure produced July 31 st dedication planned and successfully completed	\$1500.00 received from Craik & District Recreation Board Involvement of the Three Rivers Trail Association
Family Winter Fun Day	Event will feature outdoor geo-caching and assorted indoor activities	CSLP health committee	Feb.13	Application for funding submitted to the Moose Jaw South Central Drug Strategy’s Prevention Working group Craik Community Legion Hall has been booked	30 participants Funding for the 2 nd year in a row was secured through the Moose Jaw South Central Drug Strategy

<i>InMotion Saskatchewan</i>	Based on the recent re-engagement of the community with the InMotion SK program, an “inauguration” event needs to be planned in conjunction with Craik School and Prairie South School Division	CSLP Health Committee and InMotion coordinator Meagan Smith	Fall of 2011	Glenn Hymers met with Meagan Smith at Craik School	

ACTION AREA: AWARENESS AND EDUCATION

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

New Activity Ideas	Action Required	By Whom	By When	Action Steps Completed	Measures of Success
Anti-Bullying workshop	Arrange for workshop with Red Cross & Craik School partners	Crystal	August, 2011	Workshop held in early September with Craik School students	All students from K to grade 12 participated

ACTION AREA: ACCESSIBLE, NUTRITIOUS FOODS

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

New Activity Ideas	Action Required	By Whom	By When	Action Steps Completed	Measures of Success
<i>Use of compost from Titan Carbon Smart Technologies in community greenhouse & community members requesting it</i>	Secure required quantity of material Prepare planting beds Distribute material based on requests	Crystal & Glenn	May 30, 2022	Planting beds prepared and assorted crops grown throughout growing season Compost was delivered upon receiving orders	

ACTION AREA: ENVIRONMENTAL POLLUTANTS

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

New Activity Ideas	Action Required	By Whom	By When	Action Steps Completed	Measures of Success

<i>Anti-idling campaign</i> a) Establishment of anti-idling zones. b) Awareness/ education campaign	Establishment of anti-idling zones in the community Follow-up with Town of Craik Council.	CSLP Health Committee	Ongoing		
<i>Alternatives to cosmetic use of pesticides on lawns and home gardens.</i>					
c) EcoAction Project III: <i>Community Composting/ Hazardous Waste Collection Project</i> (through Environment Canada's Eco-Action Grant)					

ACTION AREA: COMMUNITY SUPPORTS					
Objective #5: To build an inventory of community supports.					
New Activity Ideas	Action Required	By Whom	By When	Action Steps Completed	Measures of Success
<i>CSLP Resource Library</i>	Producing articles for publication in the Craik Weekly News to promote the wealth of books and information collected in the CSLP Resource Library.	CSLP Health Committee	Ongoing		
<i>Designated Sacred Space Project</i>	Diversity Festival	Representatives from CSLP steering committee in partnership with Multi-Faith Saskatchewan	July 30	Preliminary planning	
<i>Chronic health conditions</i>	Establish a support system for local participants (eg.s – pedometer challenges, indoor winter walking program)	Health committee	Spring 2011		

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

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ACCOMPLISHMENTS (2010)

Objective 1: To increase opportunities for all ages to participate in fun, regular, safe physical activities .			
Completed Activity	Participating Communities	Date Completed	Measures of Success
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 www.craiecovillage.com
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 week = 60 764 Avg # steps per person per day = 8650
Community composting/hazardous waste collection – regular organic waste collection, e-waste collection day, hazardous waste collection	Craik		January1 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
Objective 2: To develop community education sessions that provide information supporting decisions to make healthy lifestyle choices.			
Completed Activity	Participating Communities	Date Completed	Measures of Success
-Participation in a Social Analysis Systems 2 (SAS2) Workshop in Saskatoon. The workshop provided knowledge and tools for planning, inquiry and	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.

evaluation of goals and project activities. Workshop facilitator was Daniel Buckles, co-founder of SAS2 from Carleton University, Ottawa. SAS2 website: http://www.sas2.net/			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.
Objective 3: To increase opportunities for all ages to enjoy accessible, nutritious, safe foods .			
Completed Activity	Participating Communities	Date Completed	Measures of Success
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.
Objective 4: To decrease environmental pollutants that pose potential health risks.			
Completed Activity	Participating Communities	Date Completed	Measures of Success
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 anorganic corn gluten weed control product	Crystal Stinson		
Objective #5: To build an inventory of community supports			
Completed Activity	Participating Communities	Date Completed	Measures of Success
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

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**Appendix
Archived Accomplishments (2006 to 2009)**

Objective 1: To increase opportunities for all ages to participate in fun, regular, safe physical activities.			
Completed Activity	Participating Communities	Date Completed	Measures of Success
2009			
November 09 Craik Area Pedometer Challenge (1 st 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, Saskatoon	April 22-28, 2009	-42 participants (monthly record high) - 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.
2008			
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)
2007			
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	
2006			
Buddy Walking Program	Craik	July-Aug 2006	
“Hawaii - Here We Come” Physical Activity Challenge	Craik Eyebrow	Nov-Dec 2006	
Objective 2: To develop community education sessions that provide information supporting decisions to make healthy lifestyle choices.			
Completed Activity	Participating Communities	Date Completed	Measures of Success
2009			
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.
2008			
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 communities of RCE (Saskatoon-Craik-Regina).	Craik	April 2008	
<i>Regional Centre for Expertise (RCE)</i>	Craik	Nov 20,	Recognition of positive contributions

RCE recognition for the work of the CSLP Health Sub-Committee, Craik Eco-Village, YouthBuild, and boilingfrog at a celebratory awards event.		2008	to community.
2007			
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</i> 2007 Canada Food Guide.	Craik	June 13, 2007	
2006			
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	
Objective 3: To increase opportunities for all ages to enjoy accessible, nutritious, safe foods.			
Completed Activity	Participating Communities	Date Completed	Measures of Success
2009			
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.
Food Charter 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.
EcoAction Project I: Building Greenhouses 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
Craik Area 4H Club: Focus on Sustainable & Urban Food Production	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.
2008			
Inventory of local food producers	Craik, Davidson, Tugaske, Aylesbury and Keeler	Mar/08	
Eat Local Food Challenge.	Craik, Holdfast	Mar 08	
<i>EcoAction Project I: Building Greenhouses Workshops</i>	Craik	Aug, Sept, Oct 2008	Attendance: 15 per workshop Feedback: Positive 10 individuals planning to build greenhouses in next 12 mos.
Objective 4: To decrease environmental pollutants that pose potential health risks.			
Completed Activity	Participating Communities	Date Completed	Measures of Success
2009			
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.
2008			
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	

2007			
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
Objective #5: To build an inventory of community supports			
Completed Activity	Participating Communities	Date Completed	Measures of Success
2010			
2009			
CSLP Resource Library	Craik	Jan/09	Article published in the Craik Weekly News to promote use of CSLP Resource Library.
CSLP EcoVillage Website: http://www.craikecovevillage.com/	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.
2008			
<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.
Objective #6: To share ideas from other communities that would have a positive impact on our community.			
Completed Activity	Participating Communities	Date Completed	Measures of Success
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.