



MEDIA RELEASE

Recreation Survey Highlights Physical Inactivity in Saskatchewan

A new survey published by the Saskatchewan Parks and Recreation Association (SPRA) with support from Inshtrix Research has found that, out of a random sample of more than 800 people from across the Province, a third of those surveyed (32%) are not physically active. Under half consider themselves somewhat active (46%). Only a minor percentage of people in the province say they are very active (17%).

Surveying the Field – 2017 also rated levels of inactivity among LGBTQ and Indigenous people. Less than half of all LGBTQ people surveyed are physically active (48%) and Indigenous respondents were less active than the provincial average (55% vs 63%).

According to Norm Campbell, Chief Executive Officer of the Saskatchewan Parks and Recreation Association, “Recreation is for everyone, regardless of age, gender, cultural background or ability. This survey shows that we need to continue providing recreation experiences and environments that are accessible and inclusive to all, including newcomers, LGBTQ and Indigenous people across Saskatchewan.”

The survey also included questions related to recreation and mental health (95% of those surveyed agree physical activity benefits their mental health), whether facilities should offer healthy eating choices (71% agree), and if facilities should have gender neutral washrooms and change rooms (80% of LGBTQ respondents agree).

Read the full survey here: <https://www.spra.sk.ca/publications/surveying-the-field/>

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SPRA is the recognized leader for the wellbeing of people and communities through recreation. We provide leadership, facilitation, programs and services to enhance the impact of recreation for the quality of life in Saskatchewan.

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