



# Surveying the Field 2017

## RECREATION IS

The experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.



## WE ENVISION

A Saskatchewan where all citizens have equitable access to recreation experiences that:

- Contribute to mental and physical health and wellbeing.
- Result in well-rounded, well-adjusted, contributing members of their community.
- Provide connection and attachment to their communities and environment.

## FRAMING THE ISSUES

In Saskatchewan and across Canada, Recreation has the potential to address socio-demographic challenges and troubling issues such as increases in sedentary behavior and inactivity, discrimination, harassment and inequities that limit full participation in an active, healthy lifestyle.

We conducted an online survey in January 2017 to learn how these issues affect the people of Saskatchewan. We contacted a stratified sample of 803 respondents over the age of 18 from across the province and asked them about their level of agreement with a series of questions.

Based on what we learned, we believe these challenges can become opportunities, but addressing them requires commitment to a shared vision, values, goals and the development and implementation of effective policy and action plans. The Framework for Recreation in Canada 2015: Pathways to Wellbeing provides a foundation for reflection, discussion and the development of action for the changes we need in Saskatchewan.



Saskatchewan  
Parks and Recreation  
Association

SPRA is a non-profit member organization dedicated to the leadership and facilitation of programs and services to enhance the impact of recreation on the quality of life in Saskatchewan.

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# ACTIVE LIVING

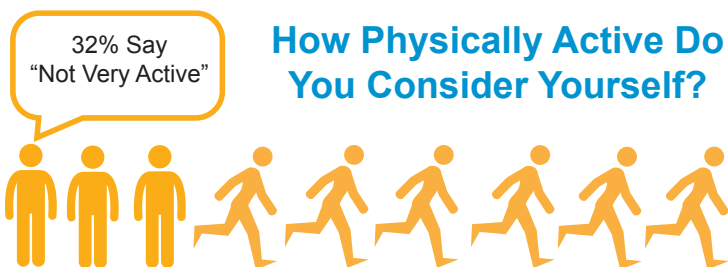
We need to develop and promote a culture of active living in Saskatchewan.

## INACTIVE SASKATCHEWAN

Saskatchewan needs to be more active. Almost 1/3 of all respondents to our survey indicate they are not very active (32%). Less than half consider themselves somewhat active (46%). Only a small percentage of respondents described themselves as very active (17%).

On a more positive note, many people in Saskatchewan are thinking about becoming more active. 81% of those surveyed report they have recently thought about becoming more physically active. 85% of Indigenous respondents say they have thought about becoming more active in the last year.

People in Southern Saskatchewan are more likely to report they are active (64%) than those in Northern Saskatchewan (58.5%).



Men in Saskatchewan are more active than women. 21% of men and 13% of women consider themselves very active, while 46% of men and 45% of women consider themselves somewhat active.

Less than half of all LGBT people surveyed are physically active (48%). Indigenous people in the province are less active (55%) than the overall average (63%) of respondents.

## ECONOMIC INACTIVITY

Our data reveals that people in the lowest income brackets report the lowest levels of physical activity in the province. People who make less than \$30,000/year are more than twice as likely to consider themselves not active at all (14% vs average of 6%).

The LGBT community in Saskatchewan are being negatively affected by this economic trend. 62% of LGBT respondents say they cannot afford an active lifestyle. This is nearly three (3) times higher than the average number of people who say they cannot afford to participate in recreation (26%).

The most active demographic in Saskatchewan appears to be the middle class. Of those surveyed in the middle-income bracket (between \$60,000 - \$90,000/year), 70% consider themselves active, with the majority reporting they are somewhat active. Only 1% of respondents in that demographic say they are not active at all.

The highest income bracket shows higher rates of activity. Those with an income of \$120,000/year or more are 10% more likely to say they are very active (27%) than the average (17%).

## PRIORITIES FOR ACTION

- Educate leaders in your community about the importance of reducing sedentary behaviours and encourage them to enact strategies and interventions that address this important public health issue.
- Encourage your community leaders and recreation providers to offer low or no-cost opportunities for people to participate.





## INCLUSION AND ACCESS

We need to make recreation inclusive and improve accessibility for everyone in Saskatchewan.

### ACCOMMODATING NEWCOMERS

Saskatchewan's provincial motto is "From many peoples, strength". Our data shows that when it comes to recreation, the majority of people in Saskatchewan believe in that motto.

77% of respondents to our survey agreed that they are comfortable sharing recreation facilities and environments with people who appear different from themselves. 49% strongly agreed that they are comfortable sharing recreation spaces with others different from themselves. Indigenous respondents are less likely to agree that they are comfortable sharing recreation spaces with people different than themselves (at 68% vs the provincial average of 77%).

On the issue of whether public facilities should make accommodations for newcomers who wish to participate in recreation, but have cultural or religious restrictions that create a barrier to participation, more people in Saskatchewan agree than disagree. 39% of those surveyed agree and strongly agree that accommodations should be made. 30% disagree with making newcomers feel more welcome in our facilities through accommodation.

People who identify as Indigenous or LGBT are more likely to agree that accommodations should be made for newcomers in our community recreation facilities and environments.

Those surveyed in urban areas are 10% more likely to agree that facilities should be accommodating to newcomers. 36% of people in the province with a high school degree or less education disagree that accommodations should be made for newcomers.

### PRIORITIES FOR ACTION

- Reach out to community groups to assist in providing recreation experiences, opportunities and environments that are inclusive of newcomers, LGBT and Indigenous people in your community.
- Enact policies of nondiscrimination on the basis of ethnicity, cultural difference, gender identity and gender expression.

### DISCRIMINATION IN RECREATION

Is discrimination a problem in Saskatchewan's recreation sector? It depends who you ask. 70% of those surveyed say they have not experienced discrimination or harassment while participating in recreation. However, 14% of respondents indicate that they have experienced discrimination or harassment.

LGBT people are significantly more likely to say they have experienced discrimination or harassment while participating in recreation. 40% of those surveyed who identify as LGBT say they have experienced discrimination or harassment in a recreational setting. Also, nearly half of all LGBT respondents disagree (44%) that recreation is available to anyone who wants to participate in Saskatchewan.

21% of Indigenous respondents agree that they have experienced discrimination or harassment in a recreation setting, while 61% say that they have not. A remaining 18% would not say whether they had or had not experienced either discrimination or harassment in recreation. 32% of those surveyed who identify as a visible minority (non-Indigenous) say they have experienced discrimination or harassment in recreation.

**77% say, "I am comfortable sharing recreation spaces with people who are different than myself"**



As levels of income decrease, the number of survey respondents who have experienced discrimination or harassment increases. 23% of those who make \$60,000 or less/year agree that they have experienced discrimination or harassment in a recreation setting. In contrast, only 8% of those who make \$90,000 or more/year have experienced discrimination or harassment.



## SUPPORTIVE ENVIRONMENTS

We must ensure that physical and social environments encourage participation in recreation and help build strong, caring communities.

### GENDER NEUTRAL WASHROOMS AND CHANGE ROOMS

Saskatchewan is divided on the issue of whether or not recreation facilities should offer “Gender Neutral” washrooms and change rooms. 31% agree that facilities should include gender neutral options, but 40% disagree and 29% have no opinion on the issue.

#### Should facilities have gender neutral washrooms?



31% of total respondents say “Yes”

80% of LGBT respondents say “Yes”



80% of LGBT respondents agree that facilities should have gender neutral washrooms and change rooms.

Nearly half of all respondents with incomes between \$60,000/year to just under \$120,000/year do not agree that facilities should have gender neutral washrooms (47% and 51%, respectively).

### HEALTHY FOOD CHOICES

71% of those surveyed agree that facilities should serve nutritious food and promote healthy food choices. Only 6% disagreed.

Women are more likely to agree that facilities should serve nutritious food and promote healthy choices than men (79% of women vs only 63% of men agree).

85% of Indigenous respondents agree that facilities should serve nutritious food and promote healthy eating.

62% of those surveyed aged 55+ agree that facilities should serve healthy food.

### RECREATION AND MENTAL HEALTH

People in Saskatchewan recognize the positive connection between physical activity and mental health.

95% of those surveyed agree that being physically active benefits their mental health.

LGBT respondents were the most likely to strongly agree that physical activity has a positive impact on mental health (84% vs average of 72%).

96% of Indigenous people surveyed agree that physical activity benefits mental health.

### PRIORITIES FOR ACTION

- Work with facilities in your community to ensure that patrons have the choice of healthy food options.
- Adopt a strategic approach to community building that features alignment and collaboration with community groups that represent Indigenous and LGBT people, newcomers, or other ethno-cultural minorities.

The Saskatchewan Parks and Recreation Association provides free access to information, trends and research to support the Sport, Culture and Recreation sectors of Saskatchewan.

Our Information and Research Services include:

- An Online Library Catalog with over 5000 books, DVDs, CDs and more to choose from
- Assistance with research, trends monitoring and grants prospecting
- GPS and Pedometer lending kits

Visit our website to access these resources: [www.spra.sk.ca/resources-and-advocacy](http://www.spra.sk.ca/resources-and-advocacy).

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