

Building a **Healthy** Community:

St. Paul



Our Report to You

Healthy Alberta Communities is a five-year project, funded by Alberta Health and Wellness, and delivered by the Centre for Health Promotion Studies in the School of Public Health at the University of Alberta. Since 2005, we have been working with organizations and people in Alberta towns and cities to build communities that promote and support healthy living. Your community is one of four project communities. The purpose of this report is to tell you what your community has done to become a healthy Alberta community. **We're excited by the changes we have seen in St. Paul – and we want you to get excited too!**



Getting Started

In the first six months, the community coordinator got to know your community by listening to people, making connections, participating in events and investing in activities. With this solid grounding, the project hosted a community workshop to get people excited about *Healthy Alberta Communities*. The workshop brought together potential partners from municipal government, health region staff, community organizations and interested individuals. Together, we set out a road map that would take us to a healthier community.

Measuring the Baseline

In 2006, we did a telephone survey to learn more about the health of people in St. Paul. We also set up a clinic to measure height, weight and other health indicators of people who agreed to participate. Your community is using this information to set priorities and take action where it will make the most difference. Our team will also use these baseline measures to answer the question, “Did we make a difference?” (See pages 2-3: *The Measure of Health in St. Paul*)

“The garden space has provided individuals and families with an opportunity to access nutritional food, learn and share gardening knowledge, engage in physical activity and build relationships. The Community Garden Initiative has made a positive impact in our community and I am hopeful that it will remain a permanent project for community use.”

Town of St. Paul Family and Community Support Services (FCSS)

The Healthy Alberta Communities Project

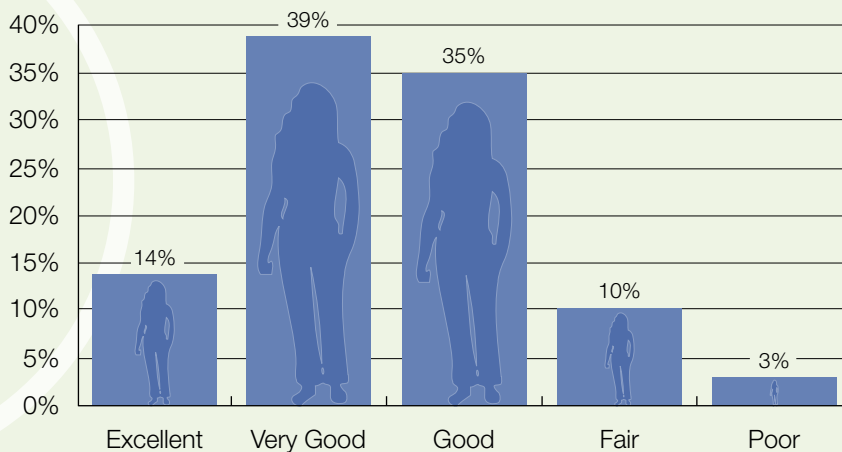
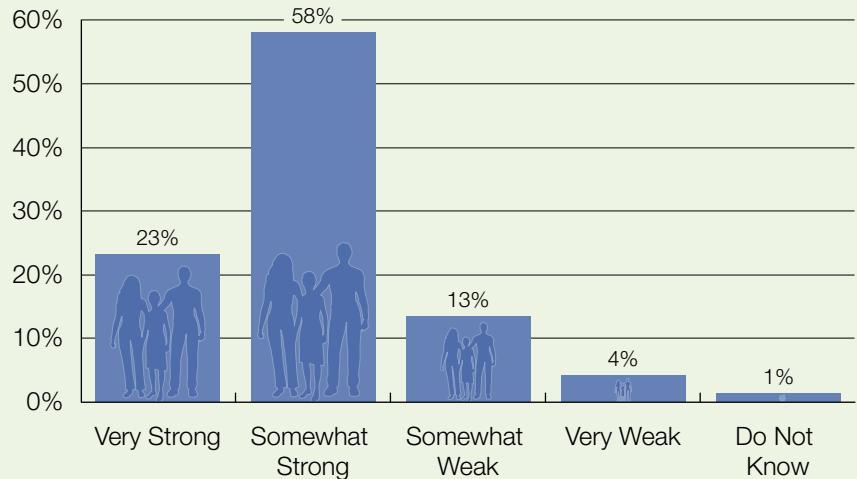
The purpose of *Healthy Alberta Communities* is to develop, implement and evaluate an approach to preventing chronic disease and improving health that has worked in other provinces and countries. Our goal is to create a uniquely Albertan approach that can be used by other communities across the province. To do that, we sponsor a community coordinator in St. Paul and provide “seed money” to invest in community activities and facilities that help make it easier to eat healthy, stop smoking and get active. This small investment has returned great dividends to your community!



The Measure of Health in St. Paul

Community Belonging

Most adults in St. Paul feel a strong sense of community belonging.

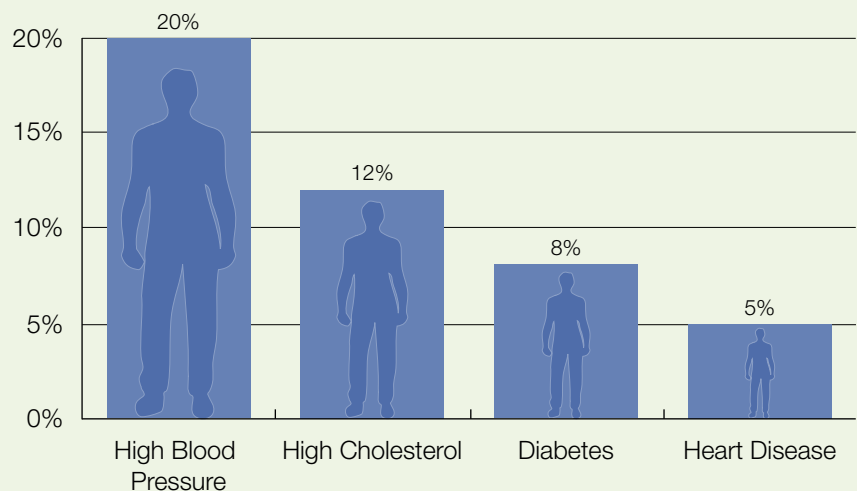


Self-Rated Health

Most adults in St. Paul rated their health as good, very good or excellent.

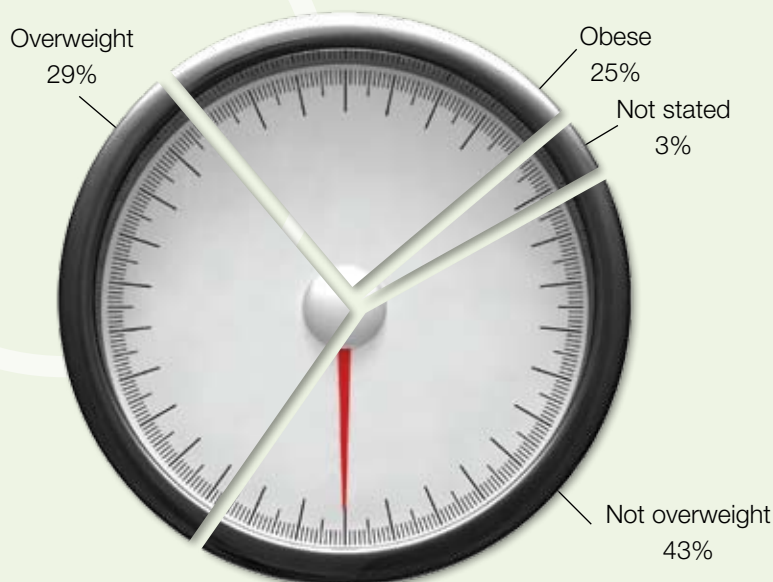
Self-Reported Chronic Disease

One in five adults in St. Paul reported that they have high blood pressure, more than one in 10 reported high cholesterol, almost one in 10 reported diabetes and one in 20 reported heart disease.

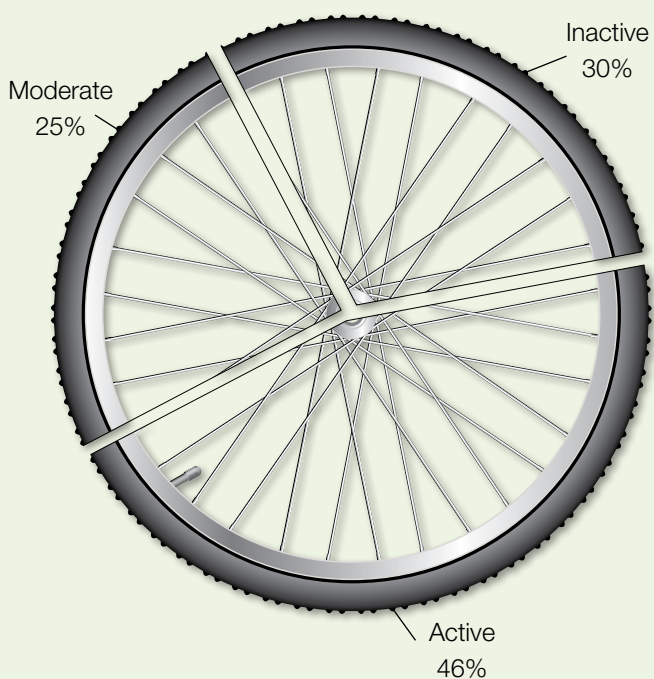


Risk Factors for Chronic Disease

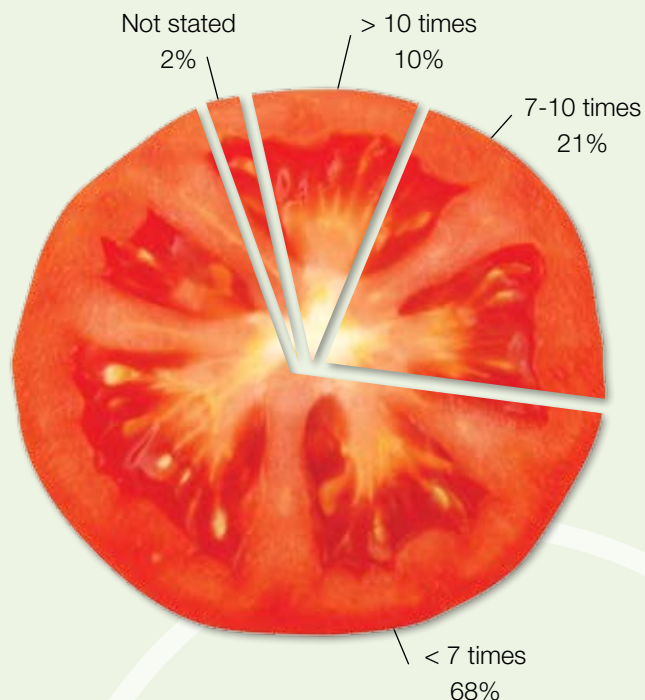
Over half (54%) of the adult population in St. Paul reported being overweight or obese, compared to 50.5% for the province as a whole (34.7% overweight, 15.8% obese).^{*} Women appear to be more likely than men to report being overweight, while men appear to be more likely than women to report being obese.



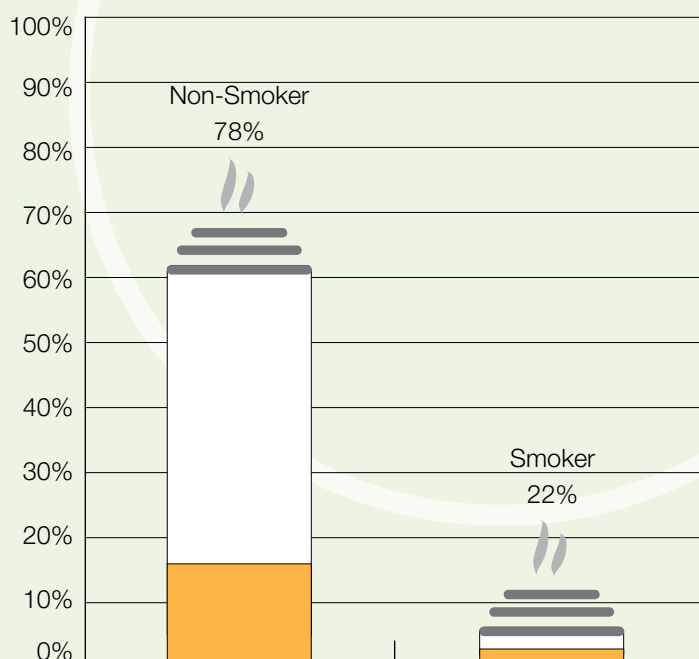
More than two thirds of adults in St. Paul are moderately active or active. One in three adults are not active.



Most adults in St. Paul do not eat enough fruits and vegetables. Less than one in three adults reported eating fruits and vegetables seven or more times a day.



More than one in five adults in St. Paul smokes. Over one in three young adults, 18-34, smoke.



Setting Priorities

In 2007, Healthy Alberta Communities hosted a two-day priority setting workshop with community groups and organizations in St. Paul. The purpose of the workshop was to find out what was stopping people from making healthier choices and how HAC resources could be used to bring about meaningful change. Community participants set three main priorities:

- 1) Beautify our community
- 2) Increase opportunities for unstructured physical activities
- 3) Increase accessibility of community facilities

Taking Action

It's not enough to simply tell people to "eat healthy," "stop smoking" and "get active." Rather, people need to live in communities where it is easy to make healthy choices. That means creating environments where people have the things they need to be healthy. Healthy Alberta Communities works to influence these key environments:



Physical – Do people have access to sidewalks, trails and facilities that make it easy to get active?



Economic – Does the community offer meaningful work? Can people make enough money to pay for healthy food?



Social – Do people have good friends and neighbours? Do they feel a strong sense of community belonging? Does the community offer social supports and services when people need them?



Political – Are there policies, laws and regulations in place that help create safe and healthy spaces in the community?

Here are some of the exciting ways your community is taking action on the determinants of health... and making it easier to make healthy choices!

Champions for Change: St. Paul 2020



- **Beautify our community**
- **Increase opportunities for unstructured physical activities**
- **Increase accessibility of community facilities**

Champions for Change: St. Paul 2020 was an initiative developed by Healthy Alberta Communities in partnership with Community Futures and Alberta's Iron Horse Trail, and supported by Alberta Culture and Community Spirit. It builds on community consultation that looked at how Healthy Alberta Communities could best use its resources to bring about meaningful and timely change in the community. The goal of Champions for Change is to harmonize existing and future planning, by helping residents, agencies and businesses in St. Paul define a long term vision to guide planning, policy development and action.

For more information, contact: Margo Fauchon, Healthy Alberta Communities, at 780-645-6712 or margo.fauchon@ualberta.ca

Paul Pelletier, Community Futures, at 780-645-5782 or paul.pelletier@communityfuturespsl.ca

Marianne Price, Alberta's Iron Horse Trail at (780) 645-2913 or iht@albertaslakeland.com

"The Do More Watch Less Challenge organized by Healthy Alberta Communities and supported by many community agencies and organizations, provided the opportunity for families to reflect on their individual family lifestyles, and identify areas in need of improvement....This program proved to be a valuable resource for our families, and our community."

Parent Link CentreSport Development Centre

Community Gardens



- **Increase access to fruits and vegetables**



Community gardens are public spaces where individuals and families come together to grow food – for themselves and others. Community gardening combines personal benefits with clear community and neighbourhood advantages. From the perspective of building community life, community gardens draw residents into the common space, beautify previously barren or unused ground, build friendship networks and promote community safety. Gardening can also provide people with increased access to affordable food. The fresh vegetables and fruit grown in community gardens can also improve the quality of food people eat and improve their health. The St. Paul Community Garden Network offers three garden sites. For a minimal fee, St. Paul residents can rent a garden plot or box for the season.

For more information, contact: Margo Fauchon, Healthy Alberta Communities, at 780-645-6712 or margo.fauchon@ualberta.ca

Linda Boone, Family and Community Support Services, at 780-645-5313 or lboone@town.stpaul.ab.ca

“The community indicated a need for better access to healthy foods. Healthy Alberta Communities was able to bring partners together and make their common vision into a reality, enabling community members better access to healthy, fresh, locally grown produce.”

Vendor Committee, St. Paul Farmer's Market

Community Mile Initiative



- **Increase opportunities for unstructured physical activities**
- **Increase accessibility of community facilities**



The Community Mile Initiative started as a collaborative fund raising effort, between the Town of St. Paul and Healthy Alberta Communities. The goal was to raise \$80,000 to build the last mile of the Centennial Trail, a multi-purpose path around the Town of St. Paul. The trail is used by individuals and groups for walking, jogging, cycling and inline skating. The project also promotes use of the trail and works to inspire a sense of ownership for the trail among residents.

For more information, contact: Margo Fauchon, Healthy Alberta Communities, at 780-645-6712 or margo.fauchon@ualberta.ca

John Trefanenko, Town of St. Paul, at 780-645-4701 or trefjohn@telusplanet.net

Do MORE, Watch LESS Challenge



- **Increase opportunities for unstructured physical activities**
- **Increase accessibility of community facilities**



The Do MORE, Watch LESS Challenge encourages children and their families to reduce “screen-based” activities such as watching television, surfing the Internet and playing video games, and replace them with physical activity. The challenge makes individuals and families more aware of their screen time habits by “Screen Tracking” in the week prior to the challenge. Individuals and families are encouraged to use the momentum from the challenge to continue to replace screen time with physical activity. The challenge takes place in early May of each year.

For more information, contact: Margo Fauchon, Healthy Alberta Communities, at 780-645-6712 or margo.fauchon@ualberta.ca

Judy Bogdan, St. Paul Community Health Services, at 780-645-3396 or judy.bogdan@aspenrha.ab.ca

Creating Connections

Healthy Alberta Communities in St. Paul works with the following networks and coalitions, representing over 100 organization, agencies, government departments and individuals:

- Alberta's Iron Horse Trail
- Community Futures
- County of St. Paul
- Family & Community Support Services – County of St. Paul
- Family & Community Support Services – Town of St. Paul
- Lakeland Cross Country Ski Club
- Lakeland Parent Link – St. Paul & Area
- Servus Credit Union
- St. Paul Chamber of Commerce
- St. Paul Community Health Services
- St. Paul Interagency
- Town of St. Paul

“(Champions for Change) has gathered steam over the past several months. The pieces are coming together and the light of our vision is near. The project has also built partnerships in the community and has already captured the attention of the Town and County. Gaining support with our momentum should help the team implement our vision in 2009.”

St. Paul and District Chamber of Commerce



Here's how you can get involved in building a healthy community in St. Paul!

- Use and enjoy the activities that are now available in your community, including community gardens, expanded walking trails and the Do MORE, Watch LESS Challenge.
- Support the exciting initiatives in this report by getting involved as a volunteer.
- Encourage your municipal government to make decisions and set policies that will support healthy living.
- Watch for opportunities to help set priorities for increasing healthy choices in your community.



...and if you see “Healthy AB Cmty” on your caller ID, please answer the phone! We will be repeating the telephone survey and measurement clinics in Spring 2009 and want to hear from you.

For more information, visit:

www.healthyalbertacommunities.com

Or contact:

Tatjana Alvadj

Phone: 780-492-2064

Email: tatjana.alvadj-korenic@ualberta.ca





“After years of planning, our vision for the completion of the *Centennial Walking Trail* will soon be realized. The entire community will benefit from this project. It provides a safe area for people of all ages to participate in various physical activities, for a healthier lifestyle.”

Owner, Curves

Healthy Alberta Communities | Centre for Health Promotion Studies
 School of Public Health | University of Alberta
 1001 College Plaza | 8215 - 112 Street
 Edmonton, Alberta | Canada T6G 2C8



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