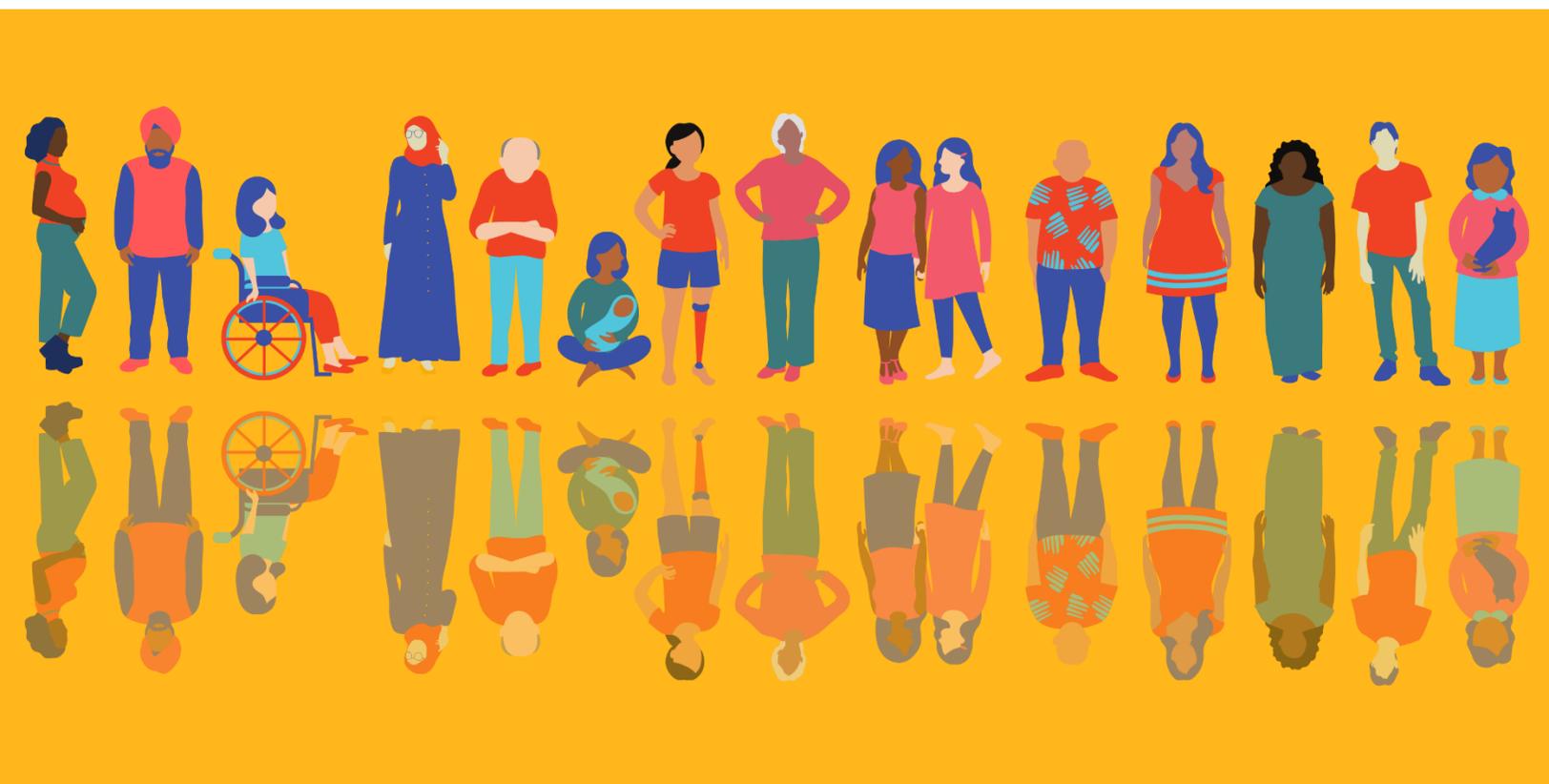


# How is Your Community Doing?

## A Starting Place for Community Conversations

December 2020





This resource was created as a starting place to ignite community conversations and actions centered around wellbeing in Saskatchewan. Although we address *Saskatchewan* provincially throughout this document, we encourage you to use these questions and resources in your own community – no matter how big or small.

Wellbeing is achieved when people are physically, emotionally and spiritually healthy; economically secure; have a strong sense of identity, belonging and place; and have the confidence and capacity to engage as citizens. Wellbeing needs to be at the heart of community conversations, decision making, and policy making.

The pandemic brought on by COVID-19 has distorted more than just our economy. It has undermined living standards and our sense of belonging; it has impacted our mental health; and, discriminated against our most vulnerable populations. To address those outcomes, policy and decision makers need to broaden their perspectives and consider all the areas that make up community wellbeing.

Internationally, many jurisdictions have taken steps to incorporate quality-of-life and wellbeing measurements into their political, socio-environmental, and economic decision-making ([New Zealand Wellbeing Budget](#); [Wellbeing Economy Alliance](#); [WE ALL Iceland](#); [WE ALL Scotland](#)). By incorporating these measures and implementing cross-sectoral approaches to improve wellbeing for their citizens, these countries are equally assessing the economic, social, cultural, and environmental contexts in which they make their political decisions.

The [Saskatchewan Index of Wellbeing](#) has helped provide insight into how Saskatchewan people are doing. Based on those insights, governments, organizations, and communities at all levels can make important decisions with a wellbeing focus.

## Tools to take action:

[Canadian Index of Wellbeing  
Community Engagement](#)

[The Sustainable Development  
Goals \(SDG\) Guidebook &  
Toolkit](#)

[Tamarack Learning Centre](#)

# General Wellbeing

“Wellbeing is achieved when people are physically, emotionally and spiritually healthy; economically secure; have a strong sense of identity, belonging and place; and have the confidence and capacity to engage as citizens.”

## Questions

What is your perspective on the best ways to collaborate with other organizations, businesses, or levels of government to ensure a sustainable and prosperous future for Saskatchewan?

Describe your two highest priorities to increase wellbeing of community members in the short term. What about in the long term?

What are the most important challenges in our community / municipality / province, and what do you envision as the best way(s) to address them?

What innovative projects would enhance wellbeing in your area?

Would you support the development of a wellbeing framework, moving towards a wellbeing budget in Saskatchewan or in your municipality that prioritizes quality of life and collective wellbeing? What priorities would you recommend for inclusion in a wellbeing budget?

Since the onset of the pandemic, how has your understanding of wellbeing changed? Have you noticed gaps in wellbeing emerge? What do you think your community needs to prioritize as we continue making our way through the pandemic?

## Resources

[Canadian Index of Wellbeing Report](#)

[Engage Nova Scotia QoL Index & Survey](#)

[Provincial Report on Ontario Wellbeing](#)

[New Zealand Wellbeing Budget](#)

[Wellbeing Economy Alliance](#)  
- [WE ALL Iceland](#)  
- [WE ALL Scotland](#)

[Beyond the Economy: Prioritizing Saskatchewan's Wellbeing](#)

[Centered Self: The Connection Between Inner Wellbeing & Social Change](#)

# Education

## Questions

Does Saskatchewan have enough reliable and affordable childcare spaces? How do we work towards creating a comprehensive system of regulated, responsive, accessible, affordable, and universal early learning and child care services for all communities in all regions? What are some of the challenges involved in providing more regulated child care spaces in Saskatchewan?

Why might talk-based activities with children be in decline and how do we improve this?

Do you have opportunities for formal education in your community? Are courses and trainings in your community accessible?

How do we encourage the development of flexible environments that recognize learning happens in different places, at different times, in different ways, inside and outside of school?

How do we ensure equitable, quality public education for all children pre-K through grade 12? Does class structure or size play a role?

How do we ensure Saskatchewan's students and educators remain safe during the COVID-19 pandemic?

Are Saskatchewanians able to afford post-secondary education? Why are tuition fees higher in Saskatchewan? Are tuition fees detracting people from higher education in the province?

Do Saskatchewan citizens have adequate access to lifelong learning opportunities?

## Resources

[Raising Canada 2020: Ringing the Alarm for Canada's Children](#)

[Beyond the Binder: Towards More Systemic & Sustainable Approaches to Mental Health & Wellbeing in K-12 Education](#)

[Where Does Canada Stand? The Canadian Index of Child and Youth Well-being 2019 Baseline Report](#)

[Worlds Apart: Canadian Companion to UNICEF Report Card 16 \(2020\)](#)

[Close Gaps through Systemic Changes: Implement Children's Rights in Canada](#)

[Saskatchewan Safe School Plan](#)

[Brighter Futures Education Survey](#)

# Living Standards

## Questions

Are families in your community struggling with food and shelter? How do we go about improving the health, safety, and wellbeing of individuals and families that are experiencing these struggles?

What can we do to lead our community towards the pursuit of truth and reconciliation?

The vision for Truth and Reconciliation through Treaty Implementation states that building a better future includes four elements: ensuring we have a shared understanding of our history; working to build authentic relationships; empowering and learning from our vibrant cultures and world views; and ensuring that our systems represent and benefit us all. What are some examples of how we can work towards achieving these four elements?

What measures need to be put in place to address systemic racism in Saskatchewan? What do you see as your role in the pursuit of recognizing and rejecting systemic and institutionalized racism?

Gaps between our richest and poorest are increasing. What do our long-term plans need to look like to address this? How do we go about alleviating poverty in Saskatchewan, especially for those at most risk from poverty such as children, lone-parent families, older adults, indigenous peoples, and people with disabilities?

How do you feel about the transportation options currently available in your community? Are there enough options for marginalized populations? What safety and accessibility concerns does your community have that may deter people from walking, cycling, or using public transit?

## Resources

[Truth and Reconciliation Calls to Action](#)

[The National Inquiry into Missing & Murdered Indigenous Women & Girls Volume 1a](#) [Volume 1b](#)

[Visualizing Canada's Urban Aboriginal Population](#)

[United Nations Declaration on the Rights of Indigenous Peoples](#)

[Honouring Her Spark: A Saskatchewan Indigenous Women's Economic Framework](#)

[211 Saskatchewan](#)

[Canada's First Poverty Reduction Strategy: Opportunity for All](#)

[The Saskatchewan Poverty Reduction Strategy](#)

# Healthy Populations

## Questions

How do we continue to build wellbeing in a time of social isolation?

What are some of the factors that might be contributing to the decline in the number of people with access to a regular medical doctor? What are some of the rural-urban issues?

What do you think are the most pressing women's rights and gender equality issues and how should these be addressed?

How will you address women's income and employment inequality generally as well as how income inequality is more pronounced for women from racialized communities?

From a lack of representation in political and decision-making positions to persisting wage gaps, economic inequalities and staggering rates of gender-based violence, the COVID-19 crisis has exacerbated gender inequality. What will it take for a just recovery from the pandemic?

Saskatchewan has one of the highest rates of violence in Canada. How do we work towards advancing action towards gender-based violence prevention?

How will you ensure people struggling with mental health will get the help they need when they need it? How are you going to support suicide prevention in Saskatchewan, especially in our northern communities? What kinds of supports are required to address this?

How do we combat the mental health and addiction crisis?

What is being done to provide safe, affordable care facilities for seniors?

How do we ensure people with disabilities have access to barrier-free employment and training opportunities that meet their needs and provide an adequate income?

## Resources

[World Happiness Report 2019](#)

[Strategizing for Positive Aging in Saskatchewan](#)

[Policy Paper: Aging in Place, Heritage Saskatchewan 2019](#)

[Being Safe, Being me in the Prairie Provinces: Canadian Trans Youth Health Survey Results - SK & MB](#)

[UN Sustainable Development Goals](#)

[SAYCW Youth Health Survey 2016 SK Report](#)

[Vital Signs 2020: Gender Equality in Canada](#)

# Democratic Engagement

## Questions

Do you feel enough of Saskatchewan citizens volunteer for a political party or advocacy group? How do we increase engagement?

In what ways can local democracy be improved?

What needs to be done to help involve residents in the decision making process in your area?

Confidence in Parliament in Saskatchewan is below the Canadian average and down sharply from 2008 (post-recession). What might be some of the contributing factors? How do we increase confidence in Parliament?

Why is diverse representation in Saskatchewan politics so low? How can we change this?

How do we get more youth engaged in local democracy?

How confident are you in your municipal or provincial government? Do you feel these levels of government are fair, open, reliable, and responsive to citizen's needs?

## Resources

[A Feminist Economic Recovery Plan for Canada](#)

[A UNICEF Canada Submission for Electoral Reform: Lowering The Federal Voting Age](#)

[Elections Saskatchewan Reports & Data](#)

[Elections Canada Research](#)

[Ready for Her: A Guide for Women Running for Municipal Office in Alberta](#)

[Wellbeing Questions for Candidates](#)

[Women for Saskatchewan](#)

[Future Majority Canada](#)

# Time Use

## Questions

Our time use is shaped and affected by the intersection of our social, cultural, economic, and physical environments in which we live, work, and recreate. How has this shifted since the onset of the pandemic? Where are we spending our time now and how has this shifted? Where will we prioritize our time going forward?

Are we staying connected with friends and family virtually via technology?

How has the pandemic shifted how we spend time participating in leisure and culture activities?

What is impacting the amount of time and quality of our sleep?

Are we seeing more flexible work hours or working arrangements since the onset of the pandemic?

Since the pandemic, women are feeling the “time crunch” even more severely, especially with the increase in caregiving needs. How do we recognize, reduce, and redistribute unpaid care work, and create more and decent jobs for care workers?

Formal volunteering has been decreasing steadily, especially since the onset of the pandemic. How do you think this has affected nonprofit organizations, programming, and communities? What is the impact of individuals having to limit their volunteerism? Are we seeing an increase in virtual volunteer opportunities to help out our community nonprofits?

## Resources

[Decent Work for Women by the Ontario Nonprofit Network](#)

[Women in Canada - Time use: Total work burden, unpaid work & leisure by Stats Canada](#)

[Left behind: Two decades of economic progress for single mothers at risk of being wiped out](#)

[Care Work and Care Jobs for the Future of Decent Work](#)

[A Profile of the Nonprofit Sector in Saskatchewan: An Overview](#)

[Catalyst for Change: A Roadmap to a Stronger Charitable Sector](#)

[Volunteer Connector SK](#)

# Community Vitality

## Questions

What policies and programs should be introduced in your community to support multiculturalism? How can we ensure policies and systems are rooted in vibrant cultures and worldviews?

How do we approach resolution to issues that arise due to differences in cultural perspective or worldview?

How will you encourage cultural communities to create opportunities to share traditions with deeper cultural context?

Do Saskatchewan citizens feel a strong sense of community belonging? How can we work towards increasing feelings of belonging? How do we encourage welcoming and inclusive communities?

What actions should be taken to foster diverse leadership, so that decisions reflect the perspectives of often-marginalized voices (Indigenous, ethno cultural, faith, sexual and gender minorities, abilities, age, etc.)?

Do you think our main street/downtown is healthy and successful? Is it safe to walk there? Are businesses thriving? Do people spend time there? If not, what could we do to change that?

How can we work towards creating a space for our communities to come together to learn and engage in collective action?

## Resources

[Regina and South Saskatchewan Vital Signs 2018 Report](#)

[50 Vital Community Conversations 2019 Report](#)

[A Collective Impact Approach to Addressing Gender Based Violence in Saskatchewan 2019](#)

[Vital Signs Canada](#)

[Worlds Apart: Canadian Companion to UNICEF Report Card 16 \(2020\)](#)

# Environment

## Questions

How do we ensure equitable access to and maintenance of parks and paths in communities?

Are you concerned about the amount of garbage that is being disposed of in your community?

Are there opportunities to enjoy nature close to where you live? How do we ensure green space is available and accessible to a diversity of newcomers and long-time residents?

What does a sustainable future for our community look like?

How can we foster greater levels of cooperation on environmental issues among First Nations, industry, nonprofits, and various provincial and municipal governments?

How is the air and water quality in your community?

What steps can we take to address climate change within the urgent timelines required?

How do we maintain a balance between environmental sustainability and economic development?

## Resources

[SK Solid Waste Management Strategy](#)

[Global Warming of 1.5°C](#)

[Saskatchewan Emissions](#)

[Renewable Regina: Putting Equity into Action](#)

[Wetland Policies, Regulation & Science in Prairie Canada: An Assessment of Mutual Needs & Future Directions](#)

[Climate Change & Health: Health Effects](#)

[Saskatchewan Prairie Conservation Action Plan Framework](#)

# Leisure & Culture

## Questions

The decline of time spent in social leisure activities continues to slide in Saskatchewan. What do you think some of the impacts are?

Are people spending time engaging in arts and culture activities? How has this shifted since the pandemic?

To what extent does increased screen-time (social media, streaming services, online gaming, etc.) interfere with our ability or desire to connect directly with others?

There has been a sharp decline in the average number of hours volunteering for culture and recreation organizations. How might this affect organizations and communities? What might reverse the trend?

What might explain the overall drop in Leisure and Culture after the 2008 recession?

The ways we socialize with friends have shifted. Are we spending enough time socializing with friends?

## Resources

[A Common Vision for Increasing Physical Activity & Reducing Sedentary Living in Canada: Let's Get Moving](#)

[Framework for Recreation in Canada](#)

[SPRA: Recreation and The Quality of Life in Saskatchewan Research Summary](#)

[SaskCulture: Culture Builds Community!...Quality of Life in Saskatchewan](#)

[2020 ParticipACTION Report Card on Physical Activity for Children & Youth](#)

[Saskatchewan in Motion](#)

[Outdoor Play Canada](#)



Heritage Saskatchewan and the Community Initiatives Fund have partnered to develop the SIW based on a shared vision that all Saskatchewan citizens enjoy a high quality of life and wellbeing.



[saskwellbeing.ca](http://saskwellbeing.ca)