

NEWS RELEASE  
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**For immediate release**

## **National Recognition for Active Transportation Collaborative**

The Yorkton Active Transportation Collaborative was recognized by the Public Health Agency of Canada (PHAC) which chose to profile the work of the collaborative as a national "best practice". The group is featured in a PHAC publication titled "Bringing Health to the Planning Table". A link to this document can be found on the PHAC and Sunrise Health Region websites.

Active transportation includes any human-powered transportation, such as cycling or walking. Members of the Active Transportation Collaborative recognized the need to increase physical activity in the population by building relationships with the public. Key partners in the Active Transportation Collaborative include Yorkton *in motion*, Sunrise Health Region, City of Yorkton, Yorkton Business Improvement District, Saskatchewan Government Insurance (SGI), RCMP, Society for the Involvement of Good Neighbors (SIGN), non-profit organizations and a variety of community champions.

"Since our inception, the Active Transportation Collaborative has made a commitment to increase physical activity levels for residents by providing safe and accessible transportation routes," said Louise Belanger, Community Health Educator with the Sunrise Health Region. "Through partnerships with the City of Yorkton and a variety of groups, we are working to make safe active transportation a reality for everyone."

The Yorkton Active Transportation Collaborative is born from a Sunrise Health Region health promotion grant to the Yorkton *in motion* committee. The Collaborative is an example of local people inspired to move forward innovative projects contributing to healthy people in healthy communities.

"The dedication of the people and organizations involved in this initiative has been remarkable," adds Belanger. "By creating a Task Force instead of a traditional committee to implement our action plan, the Collaborative has achieved great results in a short amount of time."

Initiatives launched through the Active Transportation Collaborative include the Yorkton "Walk-a-Mile" project, which was coordinated by the Yorkton Business Improvement District, encourages parking your vehicle and walking throughout downtown, with route markers leading the way. The "Yorkton Cycling Network Plan", coordinated by the City of Yorkton, identifies pathway developments which include on-street cycling paths. The objective of the plan is to increase cycling trails and play structures, and ensure active

living principles are considered in any new development happening in the community.

The Yorkton Active Transportation Collaborative is committed to continuing its work to educate and create awareness of active transportation throughout the Sunrise Health Region.

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For more information about Active Transportation visit the Sunrise Health Region website/ Connection to a Healthy Choice/ Activate your Life <http://www.sunrisehealthregion.sk.ca/default.aspx?page=85>

or visit the Public Health Agency website:  
<http://www.phac-aspc.gc.ca/publicat/2009/be-eb/saskatchewan-eng.php>

For information about this news release or to arrange interviews, please contact Sharon Tropin, Director of Communications 306.786.0144