



Alive and Well Survey Results

The Candle Lake Health Service Committee would like to thank everyone for completing the *Alive and Well Survey*. We strongly believe the rural perspective is unique and local health services require tailored solutions. The community is endowed with innovative ideas, valuable resources, and determination to contribute to the provision of local health services. The *Alive and Well Survey* was created to gain insight into our unique demographics and get to know and understand what the community members of Candle Lake believe is needed to support their health and wellness today and for the future.

We received **375** responses!

250

Permanent residents, residents in nearby communities, or moving to Candle lake in 1-5 years.

125

Property owner, RV site users, temporary visitor, moving to Candle Lake in 5+ years, or no demographic data provided.



Demographic Results

This report focus on the 250 permanent residence, individuals living in nearby communities, and individuals planning to move to Candle Lake in the next 5 years.

Age and Sex

20-39yrs	—	6% Female
40-59yrs	<	28% Female 6% Male
60-79yrs	<	40% Female 16% Male
80-89yrs	<	4% Female 3% Male

Household Composition

- **91%** respondents live with 2 or more adults
- **9%** respondents live alone
- **5%** respondents are a parent, guardian, or caregiver to school aged children
- **5%** respondents are a caregiver for an adult who requires daily personal assistance or supervision

Participation in Activities

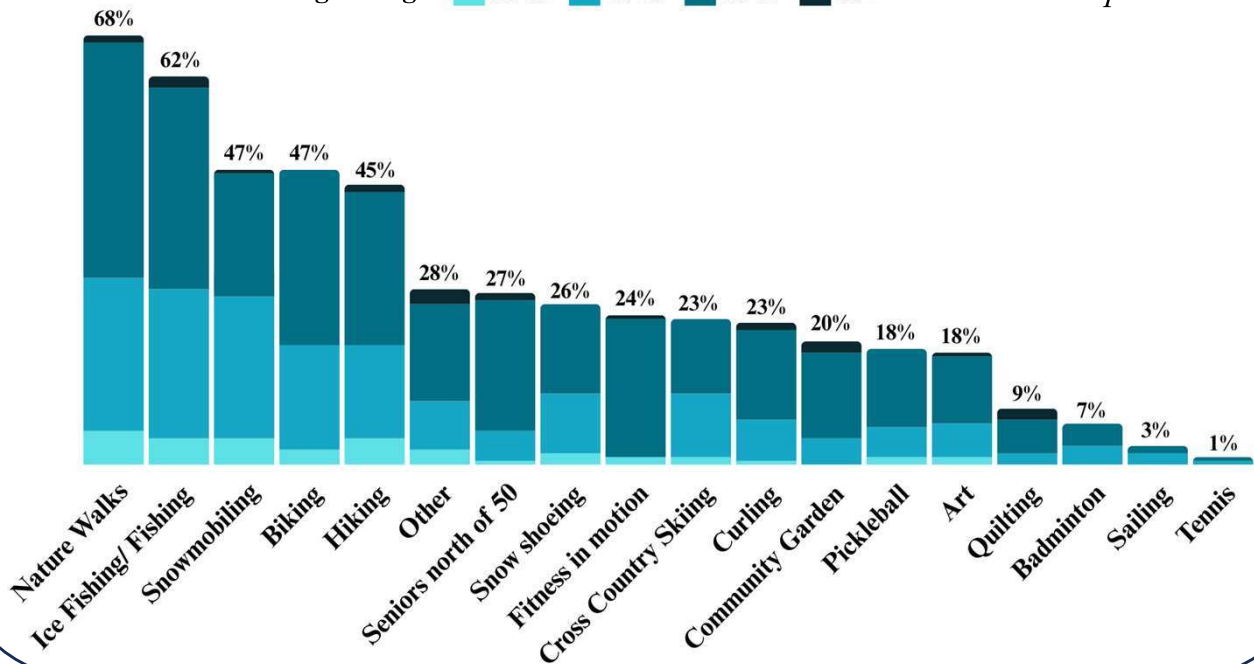
232 Responses

The two graphs below highlight activities respondents engage in to support health and wellness. Outdoor activities, regardless of gender or age, are the most popular, including nature walks, fishing, snowmobiling, biking, hiking, golfing, and water sports like swimming and kayaking. Community-based activities such as Seniors North of 50, Fitness in Motion, pickleball, and community gardening are also widely utilized. Social and spiritual activities are also valued for their contribution to well-being, with many physical activities incorporating a social element.

Health and Wellness Activities – Female participation

Age Range 20-39 40-59 60-79 80+

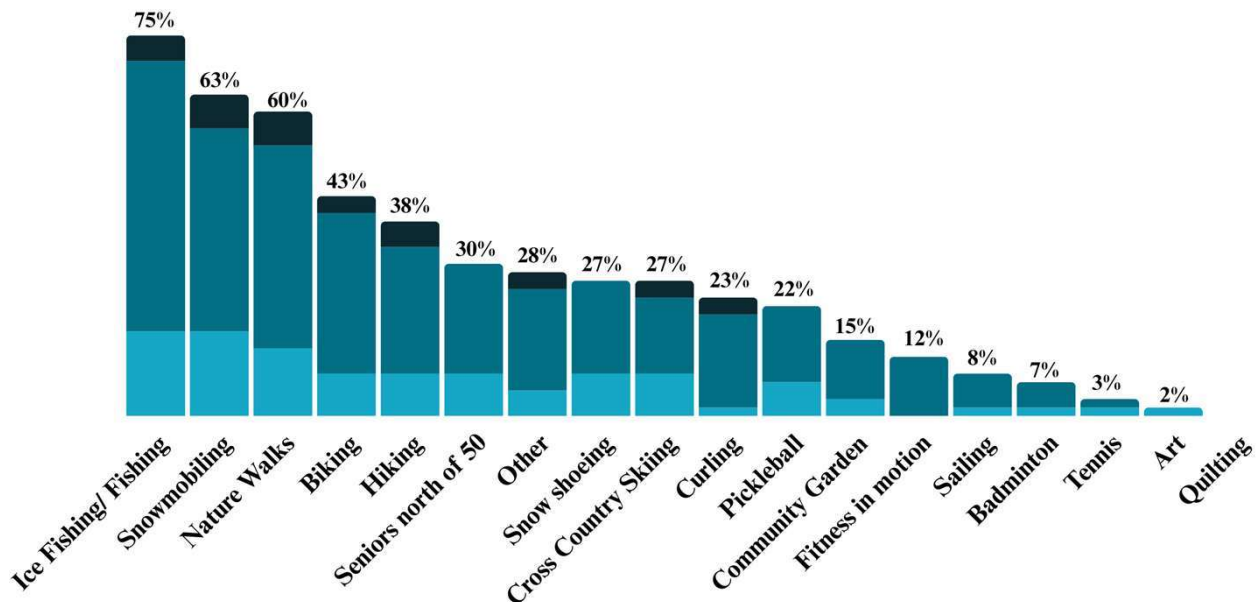
168 respondents



Health and Wellness Activities – Male participation

20-39 40-59 60-79 80+

60 respondents



Disclaimer: a small number of individuals chose not to disclose their sex; therefore, the data is not represented due to privacy concerns.

Financial Wellbeing

250 respondents

68% Reported feeling very comfortable with their finances or able to afford basic necessities.

23% Preferred not to respond.

9% Reported carefully budgeting to cover basic necessities or occasionally being unable to afford them.

Health Status

212 respondents

Overall, majority of residents report being healthy. Candle Lake offers many activities that support people to maintain their health and wellness.

87%

Report being
generally or very
healthy

13%

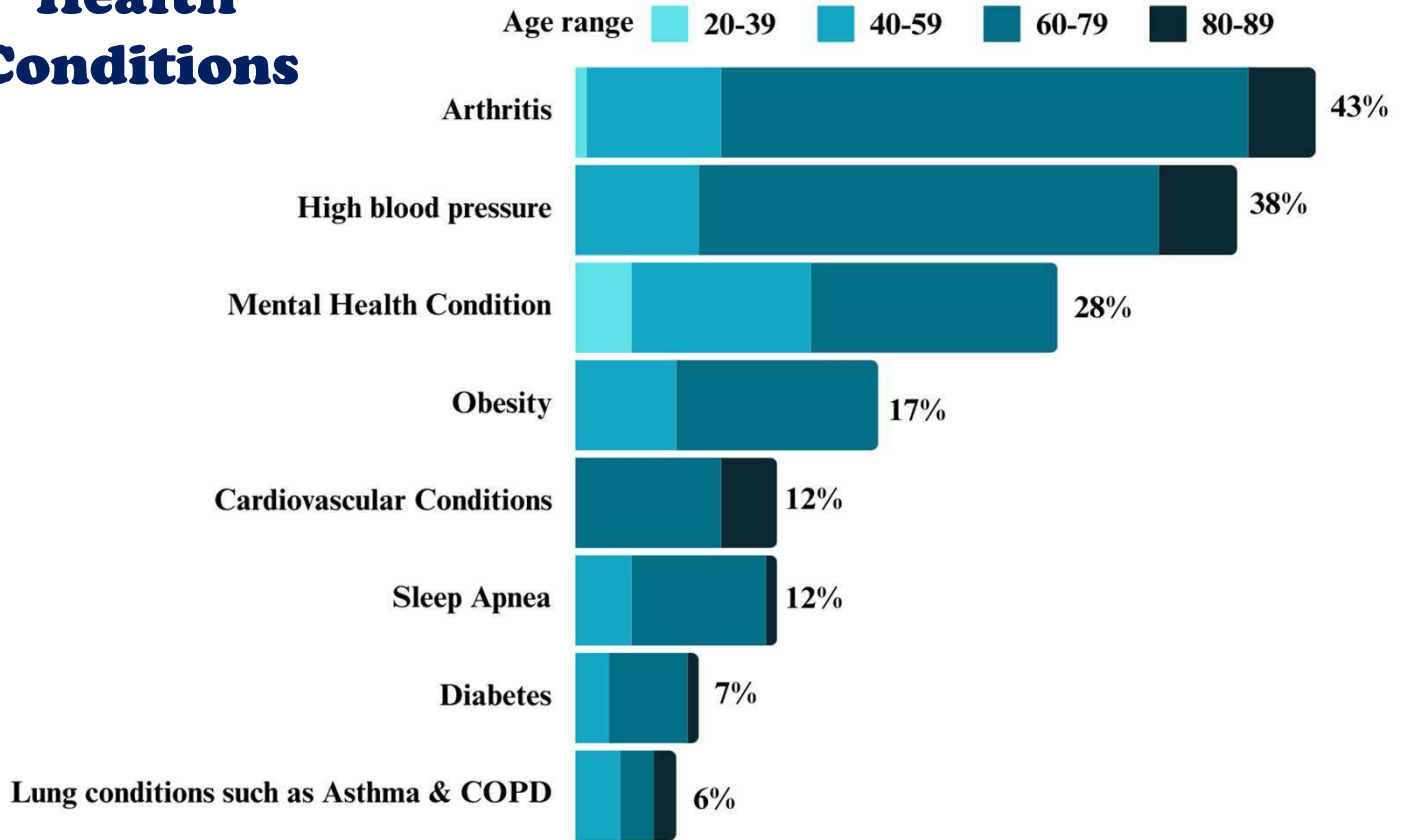
Report poor
health

Health Conditions

155 Responses

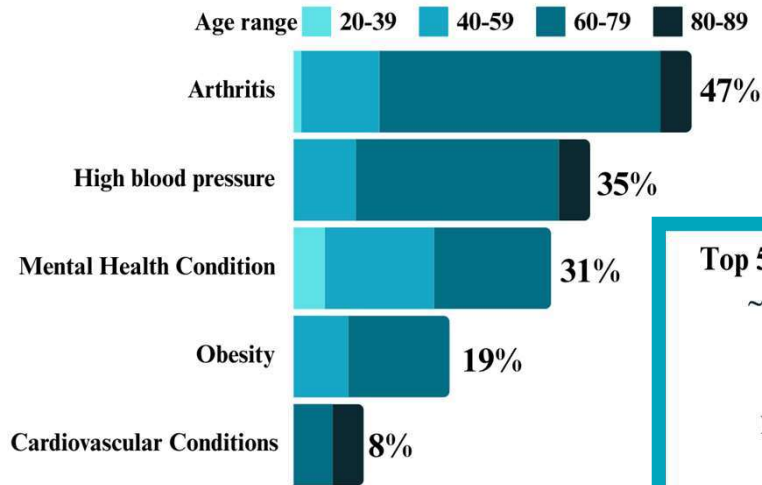
The **5** most reported health conditions include arthritis, high blood pressure, obesity, mental health conditions (depression, anxiety & others), cardiovascular conditions (heart disease, heart failure, heart attack history) and sleep apnea. Other reported, but less common conditions include, lung conditions (COPD or asthma), stroke or TIA history, cancer, kidney disease, blood disorders, irritable bowel/Crohn's disease, dementia, severe allergies and others (autoimmune disease, osteoporosis, infertility).

Health Conditions



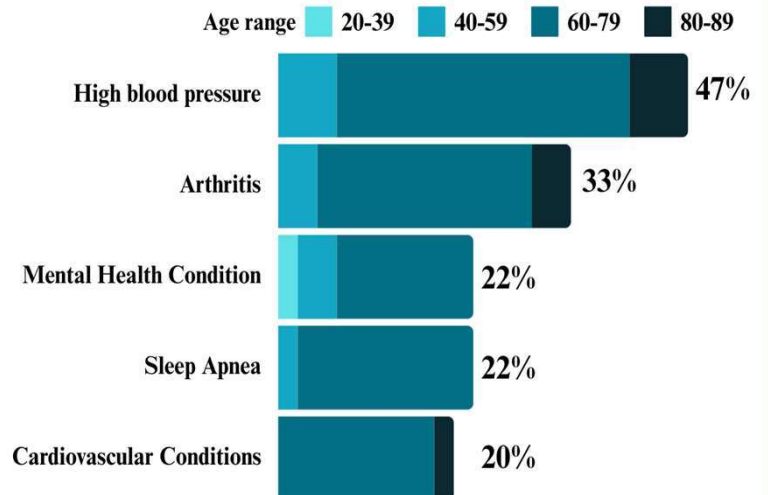
Top 5 reported health conditions by females

~108 responses



Top 5 reported health conditions by males

~45 responses



Disclaimer: a small number of individuals chose not to disclose their sex; therefore, the data is not represented due to privacy concerns.

Healthcare Provider

I have a family doctor

– 226 responses

- 45% located in Prince Albert
- 23% located in Saskatoon
- 22% located in Candle Lake
- 4% located elsewhere
- 6% do not have a family doctor

I see a Nurse Practitioner

– 215 responses

- 61% do not see a Nurse Practitioner
- 33% located in Candle Lake
- 2% located elsewhere
- 2% located Prince Albert
- 1% located in Saskatoon

How often do you see a healthcare provider?

– 226 responses

- 59% one to three times per year
- 24% four to ten times per year
- 10% every two years or longer
- 6% monthly
- 1% weekly or never

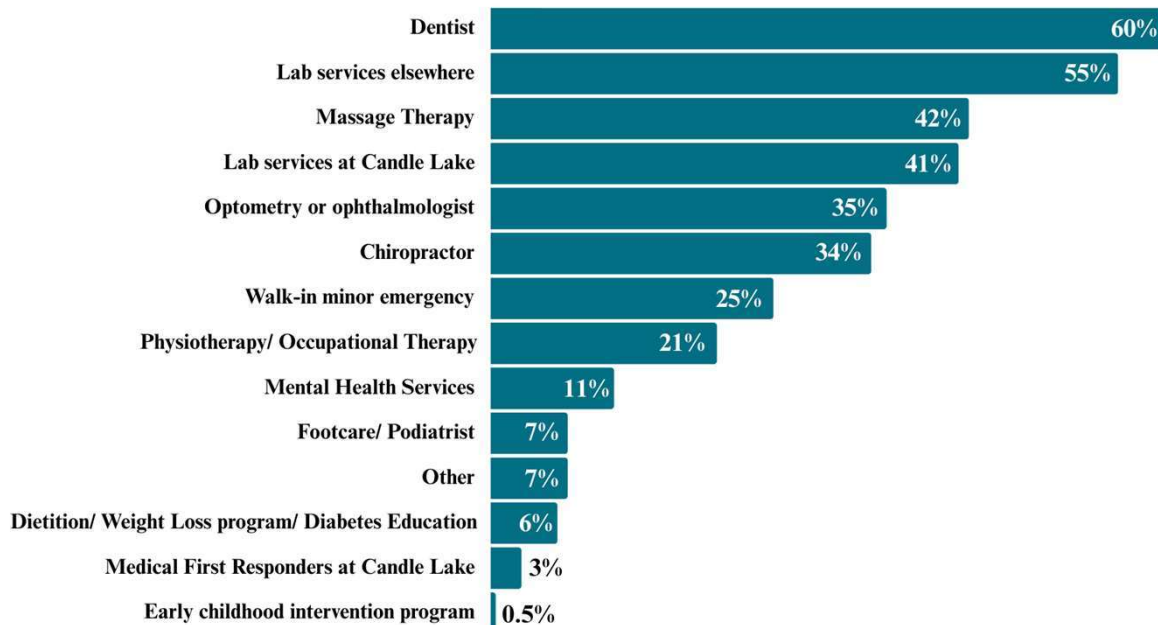
I have been to the emergency department in the past 6 months

- 11% have been to the emergency department in the past 6 months.
- 10% have been admitted to the hospital in the past 6-12 months.

Utilization of Services to Support Health and Wellness in the Past Year

220 Responses

The graph below depicts services individuals access to support health and wellness. The only services specific to Candle Lake are lab services and medical first responders. Majority of the other services are not accessible locally. Refer to page 6 to see the top services individuals would support at Candle Lake.



Accessing services locally

- **94%** of individuals reported they would access the services (graph page 5) if available locally
- **6%** reported they would not access these services locally if available

Reasons for not accessing services locally included:

- **Preference for current provider:** many individuals value the relationship they already have built with their providers
- **Availability issues:** many services are currently not available locally or limited hours of operation in Candle Lake make them hard to access.

Services to Support Health and Wellness

195 Responses

The top services residents suggested they would support in the community include:



Primary Healthcare Provider

36% would like a physician or increased physician hours.

- Dr. Jordan Wingate is currently available one day per week.

13% would like a full time Nurse Practitioner ✓

- Nurse Practitioner Kristen Taylor- Wall started full-time in November.2024.



Lab Services

32% would like local lab services ✓

- Lab services are currently suspended in Candle Lake while SHA works to find someone for a permanent part-time position in our community.



Local Allied Health Professions

35% would like a Dentist

29% would like a Chiropractor

20% would like a Physiotherapist

15% would like a Optometrist

11% would like a Massage Therapist ✓

- Massage Therapy available locally

11% would like Podiatry/ foot care

Based on all of the open-text questions, the following emerged as services and supports individuals would like to see in our community now and, in the future, to support their health and wellness.



Key Insights and Priority Areas for Community Services & Supports

Health Services

- Increased demand for **Frequent Health Care Services**: doctor, nurse practitioner, lab services, and occasional late clinic hours.
- High interest in **Allied Health Services** (e.g., physiotherapy, chiropractic, dental, mental health).
- Critical need for **Home Supports, Homecare, and Foot Care**, especially for older adults and those with chronic conditions.

Community Services and Connectivity

- Opportunity to establish a **Coordinated Volunteer Network** to enhance community programs and provide targeted support to residents.
- Strong desire for a **Navigation System to Connect Residents with Services** focusing on older adults' priorities.
- Local and regional **Transportation Services** are essential, particularly for medical appointments.
- Childcare access** is a major concern for young families.
- Desire for more **Community Engagement** and neighborhood gatherings, such as social activities, skill-based classes, and family-friendly programs like children's camps.

Infrastructure for Health & Wellness

- Desire in a **Larger Health Clinic** to support and accommodate expanded services.
- Improved walking, biking, and golf cart Paths** are valued to enhance mobility and wellness. Strong demand for **Senior Housing options** (e.g., independent and assisted living, year-round care).
- Strong interest in a fully equipped **Gym, diverse Fitness classes for all age-groups**, and a year-round swimming pool.

Thank you for completing the *Alive and Well Survey!*

This is just a preliminary report. There will be more to come!



If you wish to be a volunteer in the community to support future services, please contact us at the **Healthcare Service Committee:**

rvclhealth@candlelake.ca

Acknowledgments:

