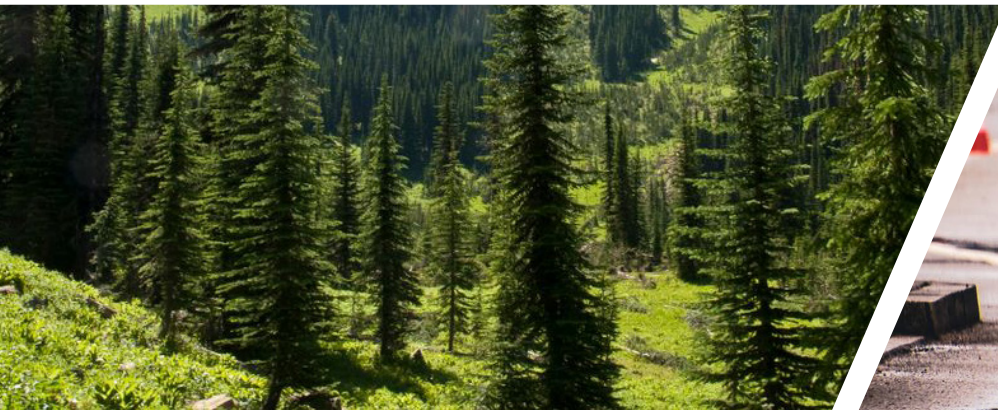




ACTIVE PEOPLE, ACTIVE PLACES
BRITISH COLUMBIA PHYSICAL ACTIVITY STRATEGY

STATUS UPDATE REPORT 2020





PRINT: ISBN 978-1-988314-10-5

ELECTRONIC: ISBN 978-1-988314-11-2

ACKNOWLEDGEMENTS

THE MINISTRY OF HEALTH WOULD LIKE TO ACKNOWLEDGE AND THANK THE MANY PEOPLE AND GROUPS WHO CONTRIBUTED TO THE DEVELOPMENT OF THIS STRATEGY, INCLUDING: THE BC PHYSICAL ACTIVITY LEADERSHIP COUNCIL, PARTICIPACTION, AND THOSE WHO PARTICIPATED IN THE ELECTRONIC SURVEY, THE REGIONAL CONSULTATIONS AND THE ACTION PLANNING PROCESS.

MINISTRY OF HEALTH, DECEMBER 2020

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PREFACE

Active People, Active Places: BC Physical Activity Strategy was released in 2015 as a ten-year physical activity strategy for British Columbia. Embedded in the Strategy was a Framework for Action (see Figure 1), that guided collective efforts across the sport, physical activity, and recreation sectors to increase opportunities for physical activity. An initial three-year action plan (2015/16 – 2017/18) mobilized key initiatives within the Framework for Action that aimed at increasing physical activity rates within the key focus areas of Early Years, Children and Youth, Indigenous peoples, Older Adults and Active Communities. The provincial initiatives that were supported within the initial three-year action plan were evaluated to assess reach and impact.

To further support the momentum created through the coordinated actions and investments undertaken during the initial three-year action plan, an updated three-year action plan – Action Plan 2.0 (2020/21 – 2022/2023) – has been developed to guide continued work towards the goals outlined in *Active People, Active Places*.

This 2020 *Active People, Active Places Status Update Report* is divided into three sections:

- 1) A summary of Action Plan 1.0 (2015-2018),
- 2) An overview of the evaluation results, for the initiatives supported as part of Action Plan 1.0
- 3) Action Plan 2.0 (2020-2023)





Action Plan 2015/16-2017/18

A focused, collective and integrated effort with consistent messaging that builds upon existing work at the provincial, regional and local levels was seen as critical for moving the *B.C. Physical Activity Strategy* forward. The 2015/16-2017/18 Action Plan included two priority areas for concrete action and strategic investments over the three years: Active People and Active Places. Populations and settings for targeted action within these two priority areas included:

- » Active People focuses on targeted populations with low levels of physical activity, including children and youth, older adults and First Nations and Aboriginal peoples.
- » Active Places focuses on creating active communities.

Through the process of developing the Strategy, it was clear that British Columbia already had robust physical activity policies, programs and approaches. Programs that support most population groups and environments already existed, such as: early years physical activity and healthy eating education through the LEAP™ resources; efforts to reach vulnerable children and youth through the After School Sport and Arts Initiative; active transportation across the life course through programs such as Bike BC; and, helping older adults stay active through

Seniors' Community Parks.

There were commitments and investments across a number of partners, including: health authorities; the recreation, sport, and environment sectors; various health-based not for profit organizations; and the private sector.

This action plan set out to build on these investments and aims in order to create sustained change amongst targeted populations by increasing capacity through enhanced skills and training opportunities as well as additional granting opportunities. In addition, targeted information and public education through key partners, such as ParticipACTION & Heathy Families BC, were envisioned as key mechanisms that could support work across each of the focus areas.

Implementation of the action plan was led by the BC Alliance for Healthy Living.

Active People

Action Plan 2015/16–2017/18 (More detailed work plans were developed by implementation teams.)

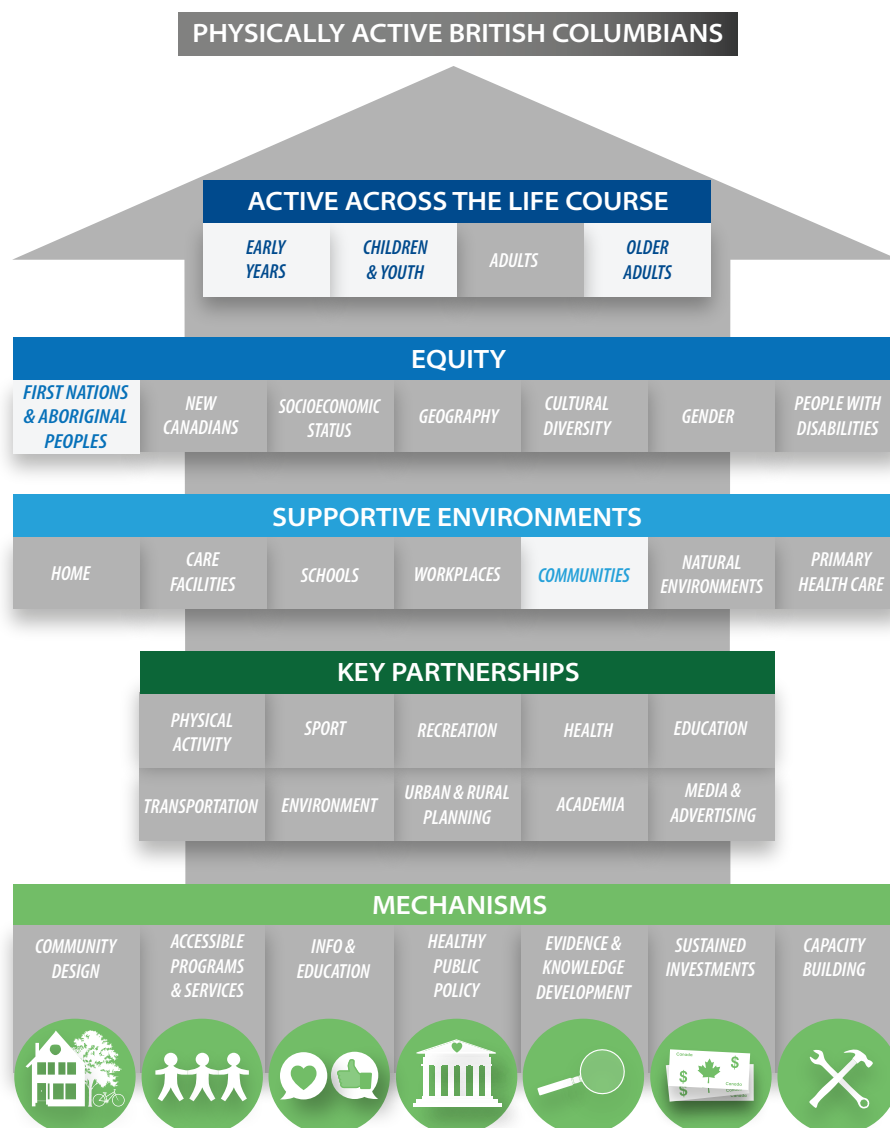
AREA OF FOCUS	GOALS	OBJECTIVES	ACTIONS 2015-2017
Children and Youth	Increase physical activity and physical literacy for children and youth ages 0–19.	Support parents and caregivers with the knowledge and skills to provide opportunities for family based physical activity and enhanced physical literacy.	Implement the Healthy Beginnings Childcare Practice Guidelines for Physical Activity and Screen Time in childcare settings and early years learning programming.
		Enhance capacity in child care settings and schools to provide opportunities for physical activity and physical literacy.	Build on the Healthy Schools BC initiative in order to enhance physical literacy of children and youth by: <ul style="list-style-type: none"> » Providing physical literacy skills training for generalist teachers; and » Providing grants to schools and districts to increase physical activity programming.
		Build leadership and instructional capacity for physical literacy and quality physical education in the school setting.	Support schools, communities, recreation/sport organizations to safely promote and deliver physical activity while ensuring people stay injury free.
		Enhance opportunities for participation in sport across the life course.	Support sport organizations to increase reach of programming to low participatory groups (e.g. new Canadians and vulnerable populations).
First Nations and Aboriginal peoples	Increase participation of First Nations and Aboriginal peoples in sport, recreation and physical activity.	Build meaningful partnerships with First Nations and Aboriginal communities in order to understand their unique barriers and needs and to support the design and delivery of culturally relevant programs that promote healthy active lifestyles.	Support expansion of the Aboriginal Healthy Living Activities and promote cultural awareness and competency training to provincial sport organizations in order to involve more communities and schools in the design and delivery of community projects.
		Establish a cross-sectoral approach in order to increase First Nations and Aboriginal peoples access to funding, expertise, facilities and learning resources.	
Older Adults	Increase physical activity levels and decrease sedentary behaviour in older adults.	Provide more opportunities for older adults to be physically active.	Implement a Choose to Move initiative that provides grants and training supports to build the capacity of community based organizations to deliver physical activity and recreation programming to older adults.
		Enhance awareness of physical activity opportunities for older adults.	
		Build community capacity that supports awareness of, and access to, physical activity opportunities for older adults.	

Active Places

Action Plan 2015/16–2017/18 (More detailed work plans were developed by implementation teams.)

AREA OF FOCUS	GOAL	OBJECTIVE	ACTION 2015-2017
Active Communities	Increase physical activity levels of individuals and families in their communities.	Build on existing partnerships between local governments, health authorities, school districts, divisions of family practice and sport and recreation at the local level to increase access to affordable physical activity through healthy community design and inclusive programs and services.	Develop, coordinate and implement a granting stream through the Healthy Families BC's PlanH program to intensify actions by the existing cross-sector healthy community partnership tables to increase physical activity in their respective communities.

FIGURE 1: AREAS OF FOCUS (2015/16-2017/18) HIGHLIGHTED WITHIN THE B.C. FRAMEWORK FOR ACTION







Action Plan 2015/16-2017/18: Summary of Outcomes and Key Lessons

The Ministry of Health allocated funding to support eight initiatives to activate the initial three-year action plan (2015-2018). Within the two priorities of Active People and Active Places, initiatives corresponded to identified focus areas (Children and Youth, Indigenous peoples, Older Adults and Active Communities).

Funding was also provided to support the BC Physical Activity for Health Collaborative, a leadership table made up of 21 organizations working collaboratively to improve the physical activity levels of British Columbians.

Description of Initiatives

Children and Youth

Active and Safe

Active & Safe Central is a website that provides information to schools, communities, and recreation and sport organizations on common injuries, risk factors and injury prevention for 50 sport and recreation activities.

www.activesafe.ca

All Youth Matter: Youth Inclusion Training

This training is focused on building capacity within the recreation sector to more effectively engage youth with diverse needs in physical activity. Program leaders and coordinators acquire skills and knowledge to create and foster safe, welcoming, and inclusive environments for youth from underserved and marginalized populations.

www.viasport.ca/inclusion/youth

Appetite to Play

The Appetite to Play initiative offers early years providers accredited physical literacy and food literacy training and resources that focus on promoting and encouraging physical activity and healthy eating. An interactive website provides users with additional resources and tools to access physical activity ideas, self-assessment and planning tools, and an interactive online community.

www.appetitetoplay.com

Mind Fit

The Mind Fit program is a targeted approach aimed at providing group support to teens (13-19 years) who have symptoms of mild-to-moderate depression and/or anxiety. The 8-week program provides education, support, strategies, resources, and opportunities for teens to incorporate physical activity into their mental wellness plan.

First Nations and Aboriginal peoples

Aboriginal Healthy Living Activities

Building on ISPARC's long-standing Aboriginal Healthy Living Activities further increased capacity within Indigenous communities by training physical activity leaders (community leaders and champions) to deliver key messages and programming that support healthy, active lifestyles. Programs include Aboriginal RunWalk, Honour Your Health Challenge, HealthBeat and FitNation.

www.isparc.ca/healthy-living-activities

Older Adults

Choose to Move and Active Aging Grants

Choose to Move is an evidence-based physical activity program for inactive older adults, delivered in partnership with community recreation organizations. Active Aging Grants support community organizations to integrate physical activity into their older adults' programs. Together, these initiatives aim to use physical activity to enhance health and well-being, mobility, and social connectedness of older adults.

www.choosetomove.ca

Active Communities

Active Communities Grants

Active Communities grants supported local governments to bring together partnership tables to develop, coordinate, and implement plans to enhance participation in physical activity in their communities.

Physical Literacy for Communities

The Physical Literacy for Communities initiative aims to improve physical literacy to increase physical activity levels of children and youth in their communities. The initiative provides funding, mentorship and support to communities to educate and activate local decision makers from key sectors (education, sport, recreation, health, media), build capacity by training leaders, and create environments conducive to physical literacy development.

<http://physicalliteracy.ca/communities/>

Leadership

BC Physical Activity for Health Collaborative

The Collaborative promotes inter-sectoral collaboration for the advancement of physical activity in B.C. in support of Active People, Active Places. It is a network of organizations (provincial physical activity, recreation and sport organizations, health authorities, researchers, government, etc.) that are involved in advancing physical activity in B.C. and are committed to meeting the goals of the strategy.

Initiative Highlights

The next tables provide a snapshot of each initiative's objectives, achievements and outcomes related to increasing British Columbians' physical activity levels.

Summary of Outcomes

Focus Area: Children and Youth

INITIATIVE AND LEAD	OBJECTIVE	RESOURCES AND TOOLS	OUTCOMES
Active and Safe BC Injury Prevention and Research Unit	To support schools, communities and organizations in providing safe physical activity opportunities.	<ul style="list-style-type: none"> • Active & Safe Central website provides injury prevention information and resources for 50 sports 	<ul style="list-style-type: none"> • 1,288 British Columbians visited Active & Safe Central in first 6 months to learn about injury prevention in sport and physical activity • Over 90% of users thought the site was helpful, easy to use, and increased awareness of injury prevention recommendations
All Youth Matter viaSport	To increase capacity of community sport and recreation staff to engage non-participating youth.	<ul style="list-style-type: none"> • All Youth Matter: Youth Inclusion Training resources, train-the-trainer curriculum, and in-person workshop curriculum 	<ul style="list-style-type: none"> • 20 facilitators trained • 54 workshops in 27 communities • 845 participants trained • 96% of participants were more confident about inclusion • 99% plan to apply their learnings
Appetite to Play Child Health BC	To build capacity in early years settings to incorporate physical activity and physical literacy.	<ul style="list-style-type: none"> • Appetite to Play interactive website provides information and resources for early years providers, including recommended practices on healthy eating and physical activity in the early years • Curriculum for Appetite to Play in-person workshops, virtual workshops, e-learning module 	<ul style="list-style-type: none"> • Web resources reached 14,668 people • Trained 2,886 early years providers • Workshops held in 69 communities • Workshop participants significantly increased their knowledge and confidence to promote physical activity opportunities in early years settings
Mind Fit YMCA of Greater Vancouver	To increase physical activity and improve mental health in youth with mild to moderate symptoms of depression and/or anxiety.	<ul style="list-style-type: none"> • Adapted curriculum for youth • Program delivery, partnership-building, and evaluation resources to support programmers and leaders 	<ul style="list-style-type: none"> • Offered 9 pilot cycles in 5 communities • 27 program leaders trained to deliver the integrated mental wellness-physical activity approach • 96 youth participated • After Mind Fit, participants indicated that, on average they were doing significantly better, they believed that “being active makes me happier”, and they were planning to stay active

Focus Area: Indigenous People

INITIATIVE AND LEAD	OBJECTIVE	RESOURCES AND TOOLS	OUTCOMES
<p>Aboriginal Healthy Living Activities (AHLA) Indigenous Sport, Physical Activity and Recreation Council</p> <ul style="list-style-type: none"> • Aboriginal Run Walk program (ARW) • Honour Your Health Challenge (HYHC) • HealthBeat Screening Program • FitNation • Warriors of Wellness (WOW) 	<p>To build physical activity capacity for healthy living leaders in Indigenous communities.</p> <p>To increase the cultural capacity of those leading physical activity and sport.</p> <p>To increase participation in Aboriginal Health Living Activities.</p>	<ul style="list-style-type: none"> • Healthy Living Hub http://isparc.ca/hl/ • New resources and curriculum to enhance existing training materials • Expanded reach of leader training and program grants • Increased reach of HealthBeat Screening Program to assess chronic disease risk in Indigenous community members • Adapted and rebranded the 60 Minute Kids Club (Warriors of Wellness) for First Nation schools • Development and pilot of a cultural learning curriculum 	<p>All AHLAs</p> <ul style="list-style-type: none"> • 499 healthy living leaders trained with improved resources and curriculum • 379 physical activity opportunities¹ offered to Indigenous peoples • 9,962 physical activity participants <p>ARW and HYHC</p> <ul style="list-style-type: none"> • 200 ARW leaders and 250 HYHC leaders trained with improved resources and curriculum • ARW in 96 communities • HYHC in 53 communities • 8,748 participants in ARW and HYHC physical activity programs <p>HealthBeat</p> <ul style="list-style-type: none"> • 49 local health practitioners trained • 25% increase in screening program participation from 2016 to 2018 • 568 AHLA participants screened <p>FitNation</p> <ul style="list-style-type: none"> • 49 leaders trained • 28 additional program opportunities • 597 more participants • In 2018, 100% of new leaders indicated that their confidence in leading FitNation increased greatly through training

¹ physical activity programs, classes, events, or the creation of infrastructure or environments that promote physical activity



Focus Area: Older Adults

INITIATIVE AND LEAD	OBJECTIVE	RESOURCES AND TOOLS	OUTCOMES
<p>Choose to Move and Active Aging Grants: Active Aging Society (previously delivered through Centre for Hip Health and Mobility)</p>	<p>To build awareness, community capacity, and opportunities for older adults' physical activity.</p>	<ul style="list-style-type: none"> • Curriculum for training Choose to Move Activity Coaches • Online training module for BCRPA certified fitness leaders • Implementation evaluation for Choose to Move (publications) 	<p>Together, the Choose to Move and Active Aging Grants reached 35 communities.</p> <p>Choose to Move</p> <ul style="list-style-type: none"> • 73 leaders trained • 123 new physical activity programs offered at 23 community sites • 1,150 previously inactive older adult participants • Older adults engaged in physical activity on an additional 1.7 days/ week • Social connectedness increased, and loneliness decreased in participants. <p>Active Aging Grants</p> <ul style="list-style-type: none"> • 29 community organizations received grants to support the inclusion of physical activity for older adults in existing programs • Over 300 community-dwelling older adult participants

Focus Area: Communities

INITIATIVE AND LEAD	OBJECTIVE	RESOURCES AND TOOLS	OUTCOMES
Active Communities Grants BC Healthy Communities and BC Alliance for Healthy Living	To increase physical activity opportunities at the community level.	Grant projects: built capacity, created or promoted physical activity opportunities, supported physical activity planning or infrastructure development, and increased physical activity participation. Active Coastal Communities Resource Document	<ul style="list-style-type: none"> • 52 grants awarded to local governments • Strengthened engagement and partnerships across sectors: 871 partnerships helped projects to succeed • 737 physical activity opportunities offered • 41,238 physical activity participants • 3,507 people trained through various capacity-building activities
Physical Literacy for Communities Sport for Life	To build physical literacy in BC communities through education, training, and mentorship.	Community-specific milestones and physical literacy activation plans developed.	<ul style="list-style-type: none"> • 17 grants distributed supporting 81 communities • Further outcomes will be available with completion of initiative evaluation (March 2021)

Focus Area: Leadership

INITIATIVE AND LEAD	OBJECTIVE	RESOURCES AND TOOLS	OUTCOMES
Physical Activity for Health Collaborative Coordinated by BC Alliance for Healthy Living	<p>To collaboratively develop and support implementation of physical activity policies.</p> <p>To strengthen partnerships and relationships across member organizations by actively participating in dialogue and identifying opportunities to work together.</p>	<ul style="list-style-type: none"> • Physical Activity Inclusion online resource hub www.everybodymoves.ca • Physical Activity Action Plan 2.0 	<ul style="list-style-type: none"> • 21 organizations collaborating on physical activity for B.C. • Strengthened partnerships among member organizations • Members increased their capacity related to knowledge of local, provincial, national and international physical activity strategies and initiatives, and their awareness of physical activity inclusion policies • Collaborative provides leadership and input into priorities for the next phase of the Action Plan

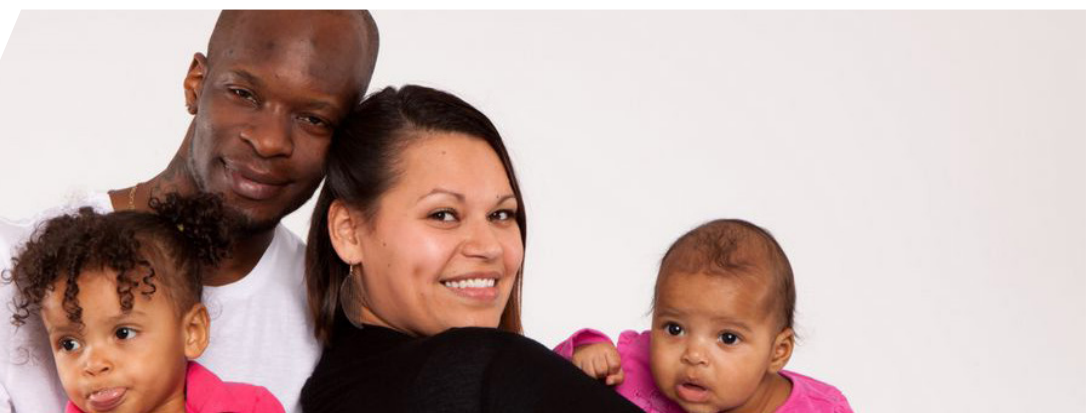
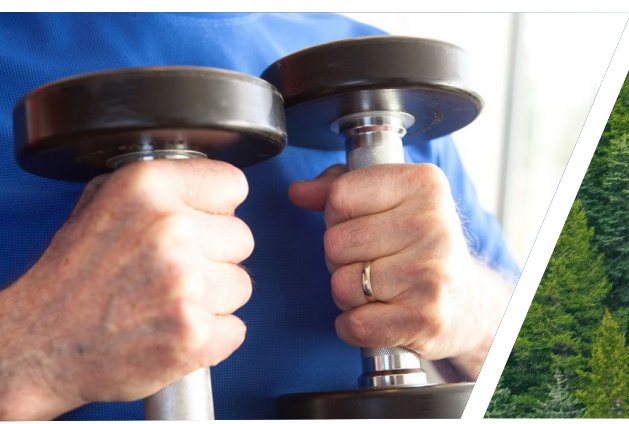


Key Lessons

The initiatives built capacity, and provided opportunities for British Columbians to be more physically active. There were key lessons that led to successes across initiatives. These lessons for success are organized across 5 areas:

- 1. Implementation**
 - » Dedication to partnership development
 - » Substantial lead organization capacity
 - » High quality, evidence-based products, that align with the lead organization's mission
 - » A responsive implementation support system
 - » Consistent attention to sustainability
- 2. Partnerships**
 - » Diverse, committed and collaborative partnerships
- 3. Capacity-building**
 - » Ongoing training for community leaders
 - » Development and enhancement of resources and tools
- 4. Physical Activity Opportunities and Participation**
 - » Sufficient community capacity established
 - » Well-targeted and accessible programs and events
 - » Dedicated investments
- 5. Sustainability**
 - » Dedicated sustainability planning with partners as part of initiative implementation

The initiatives and activities undertaken to support this initial three-year action plan built significant capacity within and across a number sectors and settings to provide increased opportunities and resources for British Columbians to engage in regular physical activity. This initial action plan has laid a solid foundation for achieving the goals outlined in the 10-year *Active People, Active Places: BC Physical Activity Strategy*.





B.C. Physical Activity Strategy Action Plan 2.0 (2020-2022)

Building off the momentum created through the coordinated actions and investments undertaken during the initial three-year action plan (2015/2016 – 2017/2018), a new three-year action plan – Action Plan 2.0 (2020-2022) – has been developed to guide continued work towards the goals outlined in the B.C. Physical Activity Strategy. The development of Action Plan 2.0 included a province-wide consultation process, where stakeholders from multiple sectors were engaged, including: sport, recreation, physical activity, health, academia, not-for-profit, and government. Following the consultation process, the BC Physical Activity for Health Collaborative (the Collaborative) worked together to draft the final Action Plan.

Action Plan 2.0 outlines the objectives and approaches that are supported by stakeholders across sectors to move forward the B.C. Physical Activity Strategy. The Collaborative will provide an ongoing leadership role in the mobilization and monitoring of Action Plan 2.0.

It is important to note that while the action plan highlights specific areas of focus, stakeholders also continue to work across all components of the Framework for Action through fostering partnerships and utilizing the key mechanisms outlined in the Framework.

Focus Areas

The consultation process showed strong support for continuing with the same areas of focus as the initial three-year action plan. Through the consultation process, there was a recommendation to separate the Children and Youth (ages 0-19) focus area into “Early Years” (ages 0-4) and “Children and Youth” (ages 5-17), since the approaches and actions for supporting these populations are notably different. Another change recommended by indigenous partners was revising the wording of the “First Nations and Aboriginal Peoples” focus area to “Indigenous peoples.”

As such, the Active People Active Places areas of focus for Action Plan 2.0 are:

Active People:

- » Early Years
- » Children and Youth
- » Older Adults
- » Indigenous peoples

Active Places:

- » Active Communities

Updated Framework for Action

Through the consultation process for Action Plan 2.0, the following recommendation was made to update the 10-year B.C. Physical Activity Framework for Action:

- » Highlight the underlying foundation of striving to develop physical literacy and to increase opportunities for physical activity across all lifecourse stages, population groups, settings, and sectors.

The updated Framework for Action in Figure 2 reflects this change.

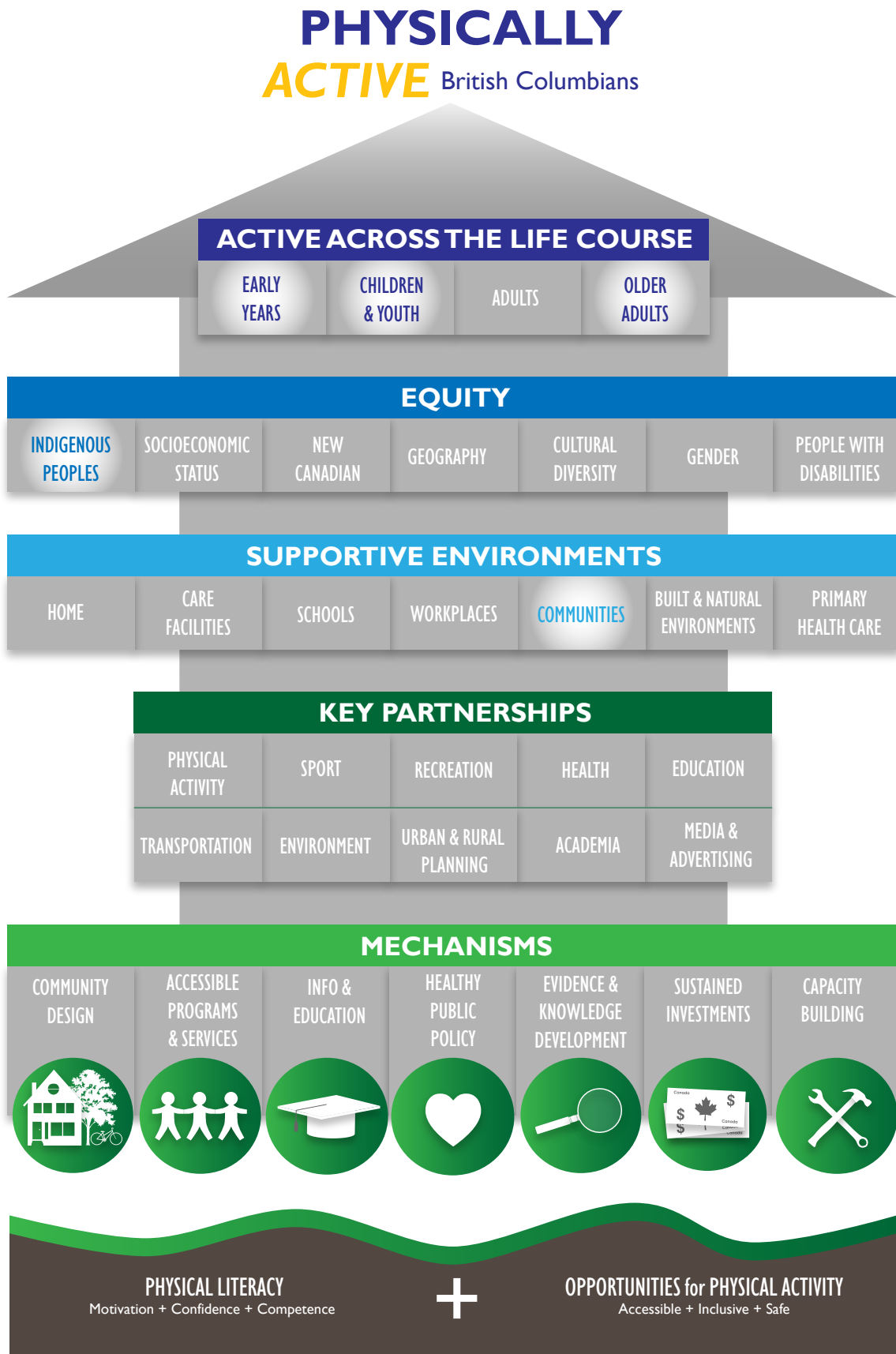
Action Plan 2.0 Guiding Principles

- » **Equity:** all objectives and approaches outlined in Action Plan 2.0 are viewed through an equity lens, whereby consideration is given regarding how to reach all individuals, regardless of age, race, culture, gender identity, physical/cognitive ability, sexual orientation, or socioeconomic status.
- » **Evidence-informed:** all activities and initiatives mobilized under Action Plan 2.0 should be evidence-informed. Evidence-informed practice is about bridging local experience and expertise with the best available evidence from research. This type of approach encourages thoughtful reflection on the potential benefits, harms, and costs of any activity, program, or intervention. It also means acknowledging that what works in one context may not be appropriate or feasible in another context.

Canadian 24-Hour Movement Guidelines

The Canadian 24-Hour Movement Guidelines (www.csepguidelines.ca) underscore the important relationship between physical activity, sedentary behaviour, and sleep and emphasize that all types of movement matter, and a balance is best for health. The overarching physical activity goals of Action Plan 2.0 embrace the 24-Hour Movement Guidelines and aim to improve: moderate to vigorous physical activity, light physical activity, sleep, and reduce the amount of time sitting and recreational screen time. Rather than looking at these guidelines as an all-or-nothing target, any progress made towards meeting the Guidelines is beneficial and should be celebrated.

FIGURE 2: BC PHYSICAL ACTIVITY FRAMEWORK FOR ACTION 2.0





Action Plan 2.0

Early Years

OBJECTIVES	APPROACHES		
<p>1. Build capacity of parents/guardians to better understand the importance of physical activity and how to access and provide physical activity opportunities for their children.</p>	<p>1.1 Provide inclusive*, accessible, and welcoming physical and social environments for parents/guardians and their children.</p>	<p>1.2 Provide parents/guardians with information and resources on how to incorporate daily active play and how to access developmentally appropriate physical activity programming for their children.</p>	
<p>2. Build capacity of child care providers/leaders to provide opportunities to develop physical literacy and increase physical activity.</p>	<p>2.1 Support childcare providers/leaders to develop and implement policies that promote physical activity and reduce screen time and sedentary activities</p>	<p>2.2 Provide resources and training to enhance childcare providers' capacity to deliver physical activity and physical literacy-based opportunities.</p>	<p>2.3 Embed physical literacy and physical activity content in accredited post-secondary training for childcare providers.</p>
<p>3. Through cross-sector partnerships, develop and implement a coordinated system for increasing physical activity and developing physical literacy in the early years.</p>	<p>3.1 Develop or enhance cross-sector partnerships to leverage existing resources and strengthen community capacity to promote physical activity and develop physical literacy in the early years.</p>	<p>3.2 Promote and encourage the implementation of age-inclusive community design.</p>	<p>3.3 Use communication channels across sectors to engage and educate parents/guardians on the importance of physical activity and the development of physical literacy.</p>

* see definitions of emboldened terms on page 21

Children and Youth

OBJECTIVES	APPROACHES		
<p>1. Build capacity of parents/guardians to better understand the importance of physical activity and how to access and provide physical activity opportunities for their children.</p>	<p>1.1 Increase awareness of and access to public spaces and physical activity programs and opportunities that are welcoming to children, youth, and families.</p>	<p>1.2 Provide parents/guardians with information and resources on the importance of physical activity and on how to access inclusive and safe physical activity opportunities for their children.</p>	<p>1.3 Support parents to understand the benefits associated with letting children and youth play unsupervised.</p>
<p>2. Build leadership and instructional capacity of educators and school staff to provide opportunities for quality physical activity and physical education at school.</p>	<p>2.1 Encourage and support schools to take a whole-of-school approach to providing physical activity opportunities and developing physical literacy.</p>	<p>2.2 Provide resources and training to educators and school staff to support them to provide quality physical activity opportunities and to deliver on the BC Physical and Health Education Curriculum.</p>	<p>2.3 Embed physical literacy and physical activity content in accredited post-secondary training for educators.</p>
<p>3. Build capacity of community instructors, coaches, and leaders to deliver quality physical activity, sport, and recreation opportunities to children and youth.</p>	<p>3.1 Provide resources and training to community instructors, coaches, and leaders to support them to provide quality physical activity opportunities and develop physical literacy.</p>	<p>3.2 Provide community-based organizations with resources to recruit and retain physical activity instructors, coaches, and leaders.</p>	
<p>4. Through cross-sector partnerships, develop and implement a coordinated system for increasing physical activity and developing physical literacy in children and youth.</p>	<p>4.1 Promote the design, promotion and implementation of active transportation and school travel planning strategies and programs.</p>	<p>4.2 Promote and facilitate the use of shared use agreements and/or increased access to community assets such as gyms and community centres.</p>	<p>4.3 Use communication channels across sectors to engage and educate parents/guardians and children and youth on the importance of physical activity and the development of physical literacy as well as where and how to access local opportunities.</p>



Older Adults

OBJECTIVES	APPROACHES			
<p>1. Build capacity within the community to offer inclusive, flexible, choice-based opportunities for older adults of all abilities to be physically active and to enhance their physical literacy.</p>	<p>1.1 Provide resources and training to community leaders and caregivers to deliver quality, accessible, and inclusive physical activity opportunities for older adults that focus on developing physical literacy and building social connectedness.</p>	<p>1.2 Develop and deliver physical activity opportunities for older adults that promote physical activity, develop physical literacy, and foster social connectedness.</p>	<p>1.3 Develop or implement policies that enhance physical activity opportunities for older adults.</p>	<p>1.4 Integrate physical activity opportunities into existing programs and services for older adults.</p>
<p>2. Create or enhance community partnerships to increase awareness of and access to physical activity opportunities for older adults.</p>	<p>2.1 Foster partnerships to promote physical activity and physical literacy-based opportunities for older adults across the health continuum.</p>	<p>2.2 Increase access to and awareness of low or no cost physical activity opportunities.</p>		



Indigenous peoples

OBJECTIVES	APPROACHES		
<p>1. Increase awareness of and access to physical activity and physical literacy opportunities for Indigenous peoples of all ages, living at home or away from home, in urban, rural and remote areas that are culturally safe and welcoming.</p>	<p>1.1 Provide resources to enhance knowledge and skills for Indigenous peoples and communities to design and deliver opportunities for physical activity and the development of physical literacy which include Indigenous ways of knowing and being and traditional activities.</p>	<p>1.2 Promote cultural learning opportunities for people who are leading or delivering physical activity programs and initiatives that include Indigenous peoples and communities.</p>	<p>1.3 Provide community members with information on how to access community-based physical activity programs and opportunities.</p>
<p>2. Build or strengthen local, regional and provincial partnerships to develop coordinated approaches to support physical activity opportunities for Indigenous peoples and communities.</p>	<p>2.1 Facilitate linkages between Indigenous people, communities, and organizations with local/provincial partners to support access to funding, expertise, facilities, training and resources for physical activity, sport, and recreation.</p>	<p>2.2 Develop or enhance collaboration across sectors and communities to leverage resources and enhance coordination of physical activity programs and opportunities.</p>	
<p>3. Support the Truth and Reconciliation Commission's Calls to Action² and the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP)³.</p>	<p>3.1 Build awareness and encourage physical activity stakeholders to support the Truth and Reconciliation Commission's Calls to Action and UNDRIP.</p>	<p>3.2 Encourage and support physical activity, recreation and sport programmers to include opportunities for Indigenous peoples and communities.</p>	<p>3.3 Build awareness of how physical activity programs and opportunities can enhance reconciliation and cultural understanding.</p>

² Truth and Reconciliation Commission's Calls to Action



Communities

OBJECTIVES	APPROACHES		
<p>1. Build capacity of British Columbians of all ages and abilities to better understand the importance of physical activity.</p>	<p>1.1 Use communication channels across sectors to engage and educate community members on the importance of physical activity and the development of physical literacy.</p>	<p>1.2 Increase the profile of physical activity through highlighting the co-benefits and alignment with other important community issues (e.g. climate change, transportation, social connectedness, etc.).</p>	<p>1.3 Enhance physical literacy within communities in order to maximize the uptake of community-based physical activity programs and opportunities.</p>
<p>2. Increase awareness of and access to community-based physical activity, sport, and recreation programs and opportunities.</p>	<p>2.1 Expand the implementation of promising practices, programs and initiatives through partnerships and leveraging existing capacity and resources.</p>	<p>2.2 Provide community members with information on how to access community-based physical activity programs and opportunities.</p>	
<p>3. Create physical and social environments within communities that encourage regular physical activity and ensure equitable and inclusive access and opportunities for all people of all ages and all abilities.</p>	<p>3.1 Improve access to safe built and natural environments for all people, with a priority to reduce inequities within and across communities.</p>	<p>3.2 Promote the implementation of planning policies and infrastructure that encourage safe, affordable, and accessible active transportation.</p>	

TERM	DEFINITION
Age-Inclusive Community Design	The design of an environment that considers how it can be accessed and used by as many people as possible across all ages and life stages.
BC Physical and Health Education Curriculum	Released in 2018/19, the BC K-12 Physical and Health Education (PHE) curriculum aims to empower students to develop a personalized understanding of what healthy living means to them as individuals and members of society. The PHE curriculum focuses on well-being and the connections between physical, intellectual, mental, and social health.
Culturally Safe and Welcoming	Is an environment that is free of judgement, where all Indigenous peoples feel safe and respected to participate.
Health Continuum	An integrated system of care designed to support individuals who exist anywhere along the “continuum” of illness to wellness. The types of services include health promotion, prevention, treatment, and maintenance, and the services may be provided in home, community, or health care settings.
Inclusive	Inclusive physical activity opportunities are those that consider how all people – regardless of age, gender identity, socioeconomic status, physical ability, race, culture, or language – have equal opportunity to participate.
Indigenous Ways of Knowing and Being	Is an extensive and encompassing term that acknowledges Indigenous worldviews, traditions, cultural practices, and theories that have been established through time by means beyond conventional and colonial methods. It acknowledges the diverse cultures, histories, and current practices of Indigenous peoples and celebrates traditions and cultures that continue to be the foundation of which many Indigenous peoples and communities follow today. It is more than the practices and traditions; it is how we approach life and our connection to earth and spirituality.
Inequities (specific to physical activity)	Differences in the access and availability of physical opportunities to those of specific population groups – defined in social, economic, demographic or geographic terms – that are systematic, avoidable, unnecessary and unfair.
Physical Literacy	The motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.
School Travel Planning	A systematic approach to examining the infrastructure, behaviour, enforcement and educational needs on school grounds and in surrounding neighbourhoods that can encourage children to use more active modes of travel to school. School travel planning also looks at the issues of road/traffic safety, air pollution and climate change.
Whole-of-School Approach	Also called “Comprehensive School Health”, a whole-of-school approach encourages a departure from one-off or “silver bullet” approaches to improving student health, and seeks to coordinate health activities across all areas of a school community.



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