

# Aboriginal Sport, Recreation, & Physical Activity in British Columbia: A Research Summary

Sport, recreation, and physical activity are embraced by people of all genders, ages, socioeconomic backgrounds, and cultures (Hanna, 2008). They contribute significantly to the health and well-being of individuals and communities, and are an excellent strategy in reducing the health gap between Aboriginal peoples and other British Columbians. This research summary begins by briefly describing: the traditional role of sport, recreation, and physical activity in Aboriginal communities; recent data on Aboriginal health status and demographics; the social and economic costs of physical inactivity in BC; the health benefits of active living; and common barriers to participation for Aboriginal peoples. The summary will close with a discussion of current strategies and resources aimed at increasing participation and improving overall health outcomes for Aboriginal British Columbians.

## The Traditional Role of Sport, Recreation, & Physical Activity

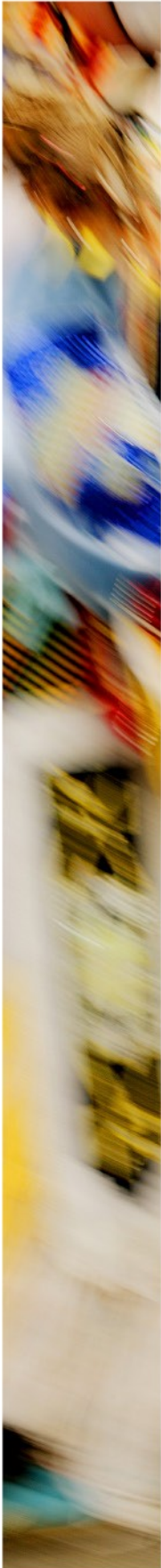
Sport, recreation, and physical activity are a valuable part of our history and culture. Traditionally, Aboriginal peoples led healthy and physically active lifestyles through practices like hunting, fishing, and gathering. Games and athletic competitions developed out of these everyday survival skills and tested the agility, strength, courage, speediness, and stamina of participants. They also served to build character and self-esteem, reduce aggression, and strengthen social structures and relationships (Hassrick, 1964 as in Cole, 1993). Games and competitions in First Nations and Métis communities included running, canoeing, archery, snowshoe races, jumping, wrestling, horse-racing, sharp shooting, and lacrosse (Canadian Heritage Information Network, 2002). Recreational games like cup and ball, moccasin



“Dominion Day Sports, Fort St. James, Stuart Lake” (1912). Image Courtesy of BC Archives, Royal BC Museum

games, hand shadow games, dice or deer button games, snowsnake, guessing games, bone games, and string games developed both hand-eye coordination and creativity (Canadian Heritage Information Network, 2002). Inuit traditional games also involved a combination of physical strength, dexter-





ity and endurance including tug-o-war, blanket toss, high kick, juggling, and dart games (Canadian Heritage Information Network, 2002). Although traditional sport, physical activity, and recreation activities persisted for many generations, they have become less and less common.

## Health Status of Aboriginal Peoples in BC

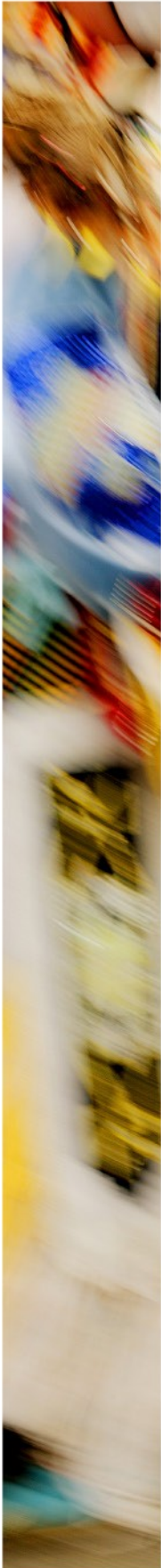
For Aboriginal peoples, health is understood to be the physical, spiritual, mental, economic, emotional, environmental, social and cultural wellness of the individual, family, and community. A healthy community is “one with resources and opportunities, whose members are self-confident and participate in the political, economic, and cultural life and are part of its decision-making processes” (British Columbia, Provincial Health Officer, 2002, p. 10).

In the 2002 report, *The Health and Wellbeing of Aboriginal Peoples in British Columbia*, BC’s Provincial Health Officer observed slight improvements in the health status of Aboriginal peoples, including decreasing rates of infant mortality, unintentional injuries, suicide and most other causes of death for Status Indians (British Columbia, Provincial Health Officer, 2002). However, the report noted that the risk of developing diabetes, pneumonia, HIV/AIDS, or suffering injuries from a motor vehicle accident are still far greater for Aboriginal peoples than for other British Columbians. As a result, Status Indians can expect to live 7.5 years less than other British Columbians and for most causes of death will die at higher rates and younger ages (BC, Provincial Health Officer, 2002). Unfortunately, health statistics

for births, deaths, and health service utilization are only available for Status Indians registered with Indian and Northern Affairs Canada. This helps to highlight the critical need for non-status Indian, Métis, and Inuit health data in BC (BC, Provincial Health Officer, 2002).

Disparities in Aboriginal health status are reflective of both historic, inter-generational trauma linked to colonization (Adelson, 2005) and social determinants of health such as income and social status, employment, housing, education, environment, and access to health services (Waldram, Herring & Young, 2006). According to BC’s Provincial Health Officer, addressing these disparities will require the establishment of formal commitments between federal, provincial, and Aboriginal governments to: improve standards of living; increase awareness of Aboriginal health status and health issues; foster a more holistic approach in health policy and practice; encourage Aboriginal representation in health governance; and support Aboriginal efforts to achieve greater self-determination (BC, Provincial Health Officer, 2002).

The foundation for this change has been realized, in part, through the ratification of the First Nations Tripartite Health Plan in June 2007. The internationally recognized health plan aims to “close the gap between First Nations and other British Columbians in areas like life expectancy, mortality, youth suicide, infant mortality, diabetes rates and childhood obesity (Officer of the Premier, 2007). Similar agreements are required to address the health of Métis and other Aboriginal peoples.



## BC's Aboriginal Peoples

British Columbia is home to the second largest Aboriginal population in Canada. According to the 2006 Aboriginal Peoples in Canada: Inuit, Métis, and First Nations census, there are 196,075 Aboriginal people in BC, which is 5% of the total population of the province (Statistics Canada, 2006). First Nations constitute the vast majority of BC's Aboriginal population (129,580 or 66%), followed by Métis (59,445 or 30%), Inuit (795 or 0.4%), multiple Aboriginal identity (1655 or 0.8%), and Aboriginal peoples not included in other categories (4605 or 2.3%). BC's Aboriginal population increased by 15% between 2001 and 2006, which is more than three times the rate of BC's non-Aboriginal population. The median age of Aboriginal people in BC is 28 years old, compared to 41 years of age in the non-Aboriginal population. In 2006, 60% of BC's Aboriginal population lived in urban areas while 26% lived on reserves (Statistics Canada, 2006).

## The Cost of Physical Inactivity in BC

According to the 2000-2001 Canadian Community Health Survey conducted by Statistics Canada, 27% of BC's entire population is physically active, 22% are moderately active, and another 38% are inactive (Statistics Canada, 2002). Although BC has the "highest rate of physical activity in Canada, this rate declined 1.1% from 27.2% in 1994 to 26.9% in 1999" (Coleman & Walker, 2004, p. iii).

It is estimated that "physical inactivity costs the British Columbian health care system

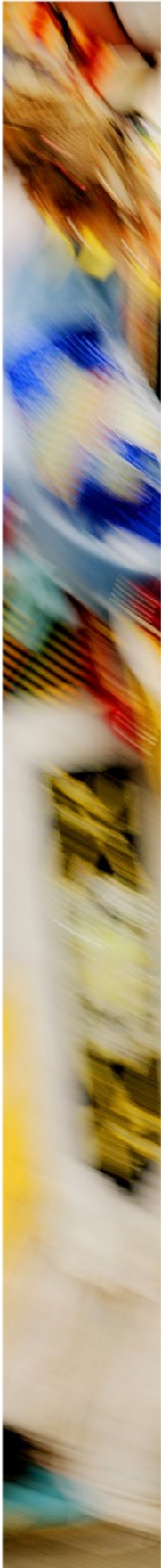


Image courtesy of Aboriginal Tourism BC Association

\$211 million a year in direct costs (hospital, physician, drug, institutional and other costs), equal to 1.8% of total government spending on these services" (Coleman & Walker, 2004, p. iii). Indirect costs to the system such as productivity losses from premature death and disability add an estimated \$362 million each year. Together, the total economic burden of physical inactivity in BC is estimated at \$573 million annually (Coleman & Walker, 2004).

Coleman and Walker (2004) argue that realizing a 10% reduction in physical inactivity would save the BC economy almost \$50 million annually, save 139 lives a year in BC and avoid 385 potential years of life lost. Investing in a "full ounce" of prevention by promoting good health where people live, work, play and learn is recommended as an important first step towards transformative health care change in BC (BC Legislative Assembly Select Standing Committee on Health, 2004)





## Health Benefits of Sport, Recreation and Physical Activity

Sport, recreation, and physical activity are important components of healthy living and help in the prevention and control of several chronic diseases including cardiovascular disease, some cancers (colon and breast cancer), bone and joint diseases, hypertension, type 2 diabetes, obesity, and premature death (Warburton, Nicol, Bredin, 2006). Other health benefits include feeling more energetic, sleeping better, increased self-esteem, weight control, stronger muscles and bones, a decrease in anxiety, stress, and depression, and an overall improvement in mental wellbeing (Fox, 1999).

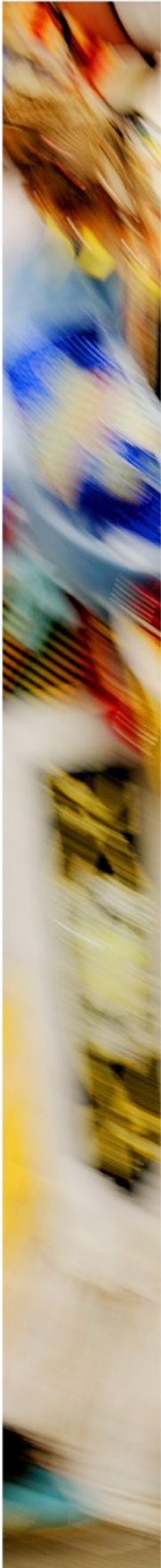
For children and youth in particular, health benefits also consist of opportunities for peer interaction (Bailey, 1999), increased social status (Chase & Drummer, 1992), improved school attendance and retention (Mulholland, 2008) and decreased loneliness (Page et al., 1992). An added benefit is sports' capacity to foster social capital, an "important tool for civic renewal efforts but also for sustaining community life in places undergoing profound and rapid change" (Mulholland, 2008, pp. 41-42).

Research indicates that youth that participate in sports are more likely to eat healthy, be of lower weight, and are less likely to engage in risky behaviors such as cigarette smoking, drug use, and alcohol use (Jones-Palm & Palm, 2005). Participation in organized sports is also associated with reduced aggression, less antisocial behaviour, and contemplating or attempting suicide (US Department of Health and Human Services, 2004).

For young women especially, playing organized sports is associated with lower pregnancy rates and a decreased likelihood of engaging in risky sexual activities (Jones-Palm & Palm, 2005). Most importantly, participating in sport, recreation and physical activity is a good way to have fun, spend time with family and friends, enjoy the outdoors, and learn new things.

### Highlights from the 2002/2003 First Nations Regional Longitudinal Health Survey

- Nearly three-quarters (73%) of First Nations adults are considered overweight (37%) or obese (31%) or morbidly obese (5%). About four in ten (42%) First Nations youth are overweight (28%) or obese (14%).
- Among physical activities, First Nations adults report: walking (90%), fishing (43%), berry picking or other food gathering (38%), swimming (38%), bicycling (35%) and hunting or trapping (32%).
- Only 21% of First Nations adults get "sufficient" physical activity (defined as at least 30 minutes of physical activity resulting in increased heart rate and breathing on 4 or more days of the week). More men than women (27% vs. 15%) get sufficient physical activity for health benefits.
- The vast majority (90%) of youth participate in physical activity once a week or more often, yet only about half (45%) are considered "sufficiently active."



## Barriers to Participation

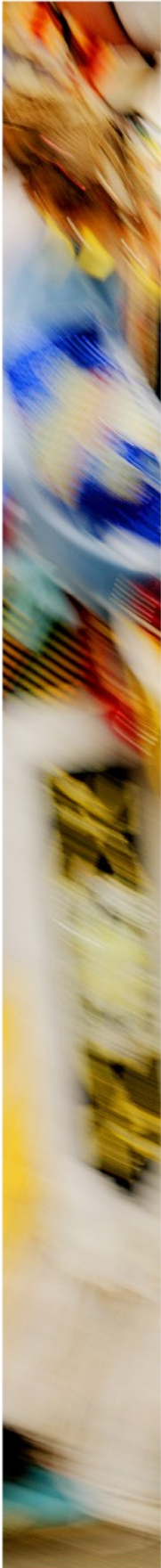
Although the health and social benefits of sport, recreation and physical activity are evident, there are a number of real and perceived barriers to participation. In a 2007 best practices review commissioned by the Aboriginal Sport and Physical Activity Work Group on physical activity programs for Aboriginal youth, several important barriers were identified including: a lack of facilities and equipment, access to transportation and transportation costs, level of parental involvement, an absence of trained physical education workers, adverse weather conditions and safety concerns, program cost, poor motivation, lack of role models and volunteers, fear and/or intimidation, and a poor understanding of the benefits of physical activity (Sutcliffe, 2007). The review noted that while watching television and playing computer and video games were barriers for boys and girls alike, there were a number of gender specific barriers. For example, boys identified a lack of equipment, laziness, and parents preventing them from going outdoors as key barriers. Girls, by contrast, cited living too far from community recreation facilities, being injured or ill, and being too out of shape to comfortably participate as barriers (Sutcliffe, 2007).

A 2007 study on Aboriginal children and youth sport participation in Canada found that although 65% of children participated in sport outside of school hours at least once per week, a number of demographic and cultural factors affected their level of engagement (Findlay & Kohen, 2007). Using data from the 2001 Aboriginal Peoples Survey, the authors found that Aboriginal

girls were less likely to engage in sport than their male counterparts and participation for both sexes decreased as they got older. Children's participation was significantly influenced by their parent's socio-economic status, education, and amount of support and encouragement (Findlay & Kohen, 2007). Aboriginal identity also played a role. For example, children living off reserve had higher rates of sport participation than those living on reserve (Findlay & Kohen, 2007). Métis and Inuit children also had higher rates of sport participation than First Nations children and those who identified as both First Nations and Métis. These differences, however, may be more closely related to cultural and linguistic differences in the definition of sport. For example, hunting, snowshoeing or walking may be perceived as traditional subsistence activities instead of sport (Poulter, 2005 cited in Findlay & Kohen, 2007).

## Overcoming Barriers

While more research on the socio-economic, cultural, and environmental challenges to sport and physical activity is required, a review of the existing literature reveals a number of strategies that can be used to overcome many of these barriers. Best practices identified in the 2007 review of physical activity programs for Aboriginal youth include development and support for community-driven programs designed and led by youth that engage public and private partners (schools, health authorities, local businesses) and provide participants with role models and ongoing mentorship (Sutcliffe, 2007). Consistent leadership and funding as well as the provision of transportation, food, and a safe place to spend time



were also essential to program success (Sutcliffe, 2007). Additional observations garnered from the review include a focus on building capacity and leadership spirit within youth, engaging older youth as role models, the importance of culturally appropriate programming (not necessarily cultural programming), and the need for program evaluation to document and celebrate success (Sutcliffe, 2007).

Suggested strategies from Findlay and Kohen's study to increase Aboriginal children's sport participation include: making low-cost programs available via community centres or infrastructure that minimizes the cost for parents, partnering with local school boards to increase access to facilities such as gymnasiums, supporting or encouraging Aboriginal coaches to increase organized sport opportunities, providing coaching bursaries or other incentives to boost programming, creating more competitions and leagues, supporting travel for children and youth in rural or remote communities to better access resources, and providing opportunities for sport participation particularly focused on girls (Findlay & Kohen, 2007).

### **What's being done in BC?**

In an effort to overcome some of these barriers and "lead the way in North America in healthy living and physical fitness" BC Premier Gordon Campbell introduced a healthy living strategy in 2005 called ActNow BC. ActNow BC is a multi-year, cross-ministry, partnership-based and community-focused health promotion initiative designed to improve physical activity and nutrition levels, reduce tobacco use, and optimize healthy choices in pregnancy (BC

Ministry of Health, About ActNow, 2006). In the spring of 2006, the National Collaborating Centre for Aboriginal Health (NCCAHA) received a six million dollar grant from the Provincial Government to implement an Aboriginal (First Nations, Métis, and urban Aboriginal) counterpart of the ActNow BC strategy. Aboriginal ActNow BC is 1 of 29 action items identified in the Transformative Change Accord: First Nations Health Plan and states that:

the Minister of State for ActNow BC will work with First Nations communities and the First Nations Health Council, the National Collaborating Centre for Aboriginal Health and health authorities to lead the development of a First Nations/Aboriginal specific ActNow BC program. Action will include providing additional training to increase the number of First Nations community based workers trained in chronic disease prevention from 140 to 300 over 3 years and the development of an Aboriginal ActNow BC strategy focused on better nutrition and increased physical activity, particularly among First Nations children (BC Ministry of Health & First Nations Leadership Council, 2006, p. 7).

Working in partnership with the First Nations Health Society, Métis Nation BC, and the BC Association of Aboriginal Friendship Centres, the NCCAHA's Aboriginal ActNow initiative supports community-driven healthy eating and active living projects in Aboriginal communities across BC. The Aboriginal Sports, Recreation and Physical Activity Framework project, led by the BC Association of Aboriginal Friendship Centres, is one example of how BC Aboriginal peoples are initiating transformative change in communities.

## The 5 Pillars Strategy: An Aboriginal Sports, Recreation and Physical Activity Framework for British Columbia

In January 2008, the Aboriginal Sports, Recreation and Physical Activity Partners Council (ASRPAPC) was established by a grant from the NCCAH's Aboriginal ActNow initiative to improve health outcomes of First Nations, Métis, and off reserve Aboriginal communities through sport, recreation, and physical activity. Building on the momentum of transformative change in BC Aboriginal health care, the council developed a five pillars framework to increase access to participation in sports, recreation and physical activity (ASRPAPC, 2008). A summary of the 5 pillars are provided below:

### 1. Active Communities

- Increase access and participation levels in sport, recreation, and physical activity as a means of improving health outcomes
- Ensure equitable access to sport, recreation, and physical activity opportunities that meet our respective needs
- Increase access to existing facilities for Aboriginal peoples living in urban areas
- Replace, upgrade, and increase access to sport, recreation, and physical activity equipment for Aboriginal people in BC

### 2. Leaders & Capacity

- Increase the human resource capacity of communities and organizations to develop and implement sport, recreation, and physical activity opportunities
- Support the training, development, and enhanced experiences of administrators instructors, coaches, and officials
- Increase the physical activity levels of leaders and persons working at a community level as a means of promoting and sustaining a healthy workforce

### 3. Excellence

- Increase the number of organized programs, sports competitions, recreation events, and physical activity campaigns throughout the Province
- Create a strong, coordinated, and competitive system for Team BC and their preparation and participation in elite competitions like the North American Indigenous Games
- Advance athletes and coaches to high performance training and competitions

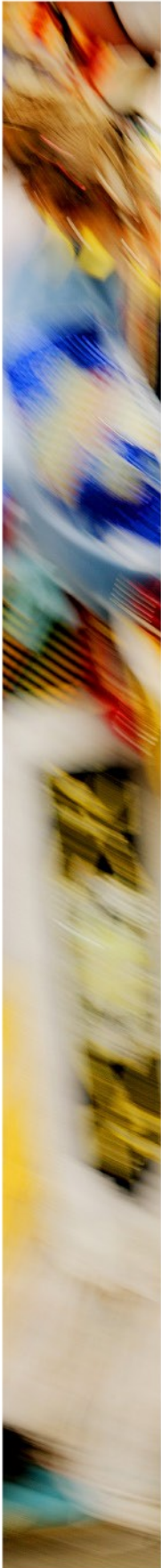
### 4. System Development

- Develop partnerships with mainstream provincial sports organizations to address access, participation, and other barriers to sports, recreation, and physical activity opportunities for Aboriginal people in BC
- Increase the capital infrastructure in First Nations communities to improve access to sports, recreation, and physical activity opportunities
- Adopt a cross-sector approach for the purpose of networking, coordinating activities, and sharing human and financial resources in the development and delivery of sport, recreation, and physical activity programs

### 5. Sustainability

- Build the capacity of the Aboriginal Sports and Recreation Association of BC as the coordinating agency for a 10-Year Provincial Aboriginal Sports and Recreation Strategy
- Establish partnerships with private sector and community organizations to provide opportunities and resources for sports, recreation, and health promotion (small businesses, large corporations, industry, and Charitable Foundations)
- Establish partnerships with Provincial and Federal Governments to develop a sustainable funding framework and a commitment to resource the implementation of the 10-Year Provincial Aboriginal Sports and Recreation Strategy (ASRPAPC, 2008).





## Closing the Gap Through Sport, Recreation, and Physical Activity

Sport, recreation, and physical activity are an integral part of First Nations, Métis, and Inuit history and culture. Regular participation in these activities is associated with an improvement in physical and mental health outcomes, particularly for children and youth, and has been identified as a key strategy to close the health gap between Aboriginal peoples and other British Columbians. A review of the research suggests that increasing Aboriginal peoples' participation levels and access to programs and facilities can be achieved through greater partnership and collaboration between federal, provincial, municipal, and Aboriginal governments. Consistent funding, responsive leadership, and capacity development at the individual, community and organizational level are also essential to growing and sustaining Aboriginal sports, recreation and physical activity in BC.

### Sport, Recreation, and Physical Activity Programs and Resources

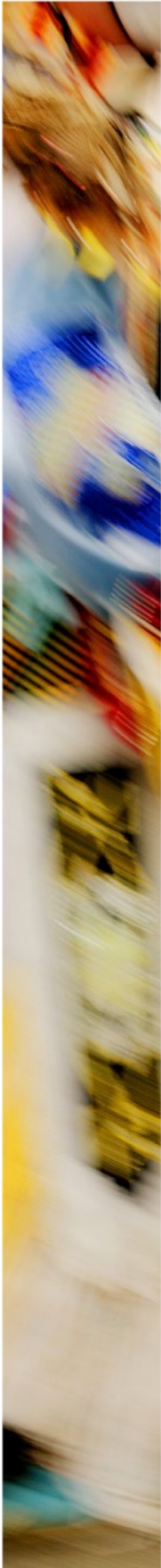
There are many organizations, programs and resources in BC and across Canada to support and encourage Aboriginal peoples and communities to become more active, including:

- Aboriginal ActNow BC ([www.aboriginalactnow.ca](http://www.aboriginalactnow.ca))
- Aboriginal Sports Circle of Canada ([www.aboriginalsportcircle.ca](http://www.aboriginalsportcircle.ca))
- Aboriginal Sport and Recreation Association of BC ([www.asra.ca](http://www.asra.ca))
- Aboriginal Sport Gallery: BC Sports Hall of Fame ([www.bcsportshalloffame.com](http://www.bcsportshalloffame.com))
- Aboriginal Sport, Recreation and Physical Activity Partners Council ([www.bcaafc.ca](http://www.bcaafc.ca))
- ActNow BC ([www.actnowbc.ca](http://www.actnowbc.ca))
- All Native Basketball Tournament, Prince Rupert, BC ([www.allnativetournament.ca](http://www.allnativetournament.ca))
- BC Healthy Living Alliance ([www.bchealthyiving.ca](http://www.bchealthyiving.ca))
- Canada's Physical Activity Guide to Healthy, Active Living ([www.paguide.ca](http://www.paguide.ca))
- Canadian Association for the Advancement of Women and Sport ([www.caaws.ca](http://www.caaws.ca))
- Coaching Association of Canada ([www.coach.ca](http://www.coach.ca))
- First Nations Health Council ([www.fnhc.ca](http://www.fnhc.ca))
- First Nations Snowboard Team (<http://fnriders.com>)
- Heart and Stroke Foundation of BC & Yukon ([www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca))
- Honour Your Health Challenge ([www.honouringourhealth.ca](http://www.honouringourhealth.ca))
- KidSport ([www.kidsport.ca](http://www.kidsport.ca))
- Métis Nation BC ([www.mpcbc.bc.ca](http://www.mpcbc.bc.ca))
- Motivate Canada GEN7 program ([www.motivatecanada.ca/gen7/index.html](http://www.motivatecanada.ca/gen7/index.html))
- National Collaborating Centre for Aboriginal Health ([www.nccah-ccnsa.ca](http://www.nccah-ccnsa.ca))
- North American Indigenous Games ([www.cowichan2008.com](http://www.cowichan2008.com))
- Seabird Island Festival: War Canoes Races, All Native Soccer & Ball Hockey Tournament, Agassiz, BC ([www.seabirdisland.ca](http://www.seabirdisland.ca))
- SportFit ([www.sportfitcanada.com](http://www.sportfitcanada.com))
- Urban Native Youth Association: Aboriginal Youth First Sports & Recreation Program ([www.unya.bc.ca](http://www.unya.bc.ca))



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