

**Active Living Security in the Calgary Health Region:  
Focus on Low-income and Culturally Diverse populations**

Nutrition and Active Living  
Calgary Health Region  
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**To download a copy of this report visit:** [www.calgaryhealthregion/activeliving](http://www.calgaryhealthregion/activeliving)

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Note: This report is provided for information only. Programs, services and initiatives are listed are not necessarily endorsed by the Calgary Health Region.

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## **Active Living Security in the Calgary Health Region: Focus on Vulnerable Population Groups including Low-income and/or Immigrant Families**

### **Introduction:**

Major health disparities exist in Canada. Health disparities are differences in health status that occur among population groups defined by specific characteristics, resulting largely from inequalities in the distribution of the underlying determinants of health. The strongest predictors of disparities are: socioeconomic status, gender, aboriginal status and geographical location (1).

Health disparities are most pronounced at the bottom of the socioeconomic status scale. 47% of Canadians at the bottom quintile of socioeconomic status report their health as being excellent or very good. In comparison, 73% of Canadians in the top quintile of socioeconomic status report their health as excellent or very good. People in the lowest quintile are 5x more likely to rate their health as fair or poor than those in the highest quintile (1).

For some people of racial/ethnic minority populations, health disparities can mean lower life expectancy, decreased quality of life, loss of economic opportunities, and perceptions of injustice (2). There is a continuing concern that minority and economically disadvantaged populations bear a disproportionate share of environmental exposures and related illnesses (3). As such health disparities are a primary area of focus for those working in the field of health promotion and disease prevention.

Active living/physical activity has been identified as an area of focus for Nutrition and Active Living and a key strategic priority for the 3 Cheers for the Early Years initiative within the Calgary Health Region. There is a predicted need to investigate the active living/physical activity situation for low socioeconomic families including those who are culturally diverse. This work is needed in order to more effectively target health promotion and disease prevention delivery to this population.

### **Purpose:**

- 1). To provide background information on the issue of active living relevant to supporting physical activity/active living amongst low-income children, youth, adults, and families.
- 2). To present information about local research and initiatives that specifically address physical activity/active living and low-income children/youth and families.
- 3). To present information obtained from a scan of programs, services, and initiatives offered within the Calgary Health Region that aim to support physical activity/\*active living security for low-income and multi-cultural children/youth and families.

4). To present key conclusions and recommendations for action that promote physical activity/active living among low income and culturally diverse populations.

\*Active Living Security: All people at all times having physical and economic access to sufficient, safe, and supportive environments that meet their physical activity needs and preferences for an active healthy life.

## **Literature Review**

### **Benefits of Physical Activity/Active Living Participation**

#### ***(a) Adults***

Regular physical activity has many health benefits including a role in the prevention of several chronic diseases such as cardiovascular disease, diabetes, cancer, hypertension, obesity, and osteoporosis (4). Physical activity also helps to reduce levels of stress, anxiety, and depression and is an integral component of an individual's overall wellbeing which includes mental, physical, and psychological health (5,6,7). Despite the health benefits of physical activity, studies suggest that only 38% of Canadians are active enough to receive the health benefits attributed to a healthy lifestyle (8). A recent regional survey (with data up to April 2006), estimated that 45% of residents in the Calgary Health Region are active enough to receive the health benefits that are associated with physical activity (9).

#### ***(b) Children***

Participation in physical activity has been shown to benefit the health and well-being of children and youth. Physical activity is crucial to the health and proper growth and development of children and has numerous benefits such as: improved self esteem, development of self confidence, psychological well being, reduced withdrawn behavior, gain of social and sharing skills, development of motor skills, controlled weight, improved sleep and mood, better performance in math, reading, memorization, and categorization (10-26).

Results from questions asked at the GO<sub>2</sub> Preschool Messaging Focus Groups (27), demonstrate that parents unanimously agree that physical activity is important for their young children. In response to being asked which reasons/benefits were the most important for encouraging children to be active, parents felt that physical, social, and behavioural benefits were all equally important. Other reasons that they also felt were important included: helps parent bond with child, physically fit children are happier, behave better, have better social development and active kids are more likely to stay out of trouble.

Despite the benefits of physical activity, less than half of Canadian children and youth are active enough on a daily basis to meet guidelines for healthy growth and development (28,29) which are listed in *Appendix 1*. There is no available data specifically looking at physical activity levels of preschool aged children. Although one

would speculate that the trends would be similar to those observed in older children and youth.

**(c) Parental**

In addition to the benefits for children, parental benefits have also been identified. Social interaction with other parents, free time when children are engaged in a physical activity program, and health benefits from participating in activities with children all benefit parents (21,22). Evidence suggests that adopting an active lifestyle early in life will increase the probability that children will learn skills, enjoy being active, and become active adults. It is important to get children involved in an active lifestyle early, as a significant downward trend in physical activity participation has been reported as children age (16).

**Obesity and Low-income Population Groups**

The rates of overweight and obese children in Canada have been steadily increasing over the years, reaching epidemic proportions. In 1996 it was estimated that 35.4% of boys and 29.2% of girls were overweight, with another 16.6% of boys and 14.6% of girls being obese (30). There is an increased likelihood of obese children becoming obese adults (31).

Obesity rates are disproportionately higher in low income children and those belonging to minority groups (32). Research has also shown that socioeconomically disadvantaged children have lower rates of physical activity compared to the general population (33, 34). In the Calgary Health Region, families with young children living in urban communities identified as having lower incomes, have higher rates of at-risk-for-overweight and overweight. These rates are in comparison to the Calgary Health Region average with data collected from children aged 4.5-7 yrs in health centers in lower socioeconomic communities (See *Table 1*). Currently, there is no data to report physical activity rates in this population.

Calgarians living in wealthier communities (those identified as having the highest average incomes) live as long or longer than anywhere in Canada, while Calgarians living in poorer communities (those identified as having the lowest average incomes) die much earlier (on average males 4.5 yrs earlier and females 2.4 yrs earlier). For example Calgarians living in the communities of Citadel, Edgemont, Hawkwood and MacEwan Glen are identified as having the highest average incomes in Calgary at \$84,407, and have an average life expectancy of ~85 yrs. The life expectancy difference between these wealthy communities and Forest Lawn (a community located in an area identified as having one of the lowest average incomes at \$49,472) is nearly 7 years. The average income in the Calgary Health Region is \$63,577, and the average life expectancy is 81 years (35).

The economic cost of obesity in Canada in 1997 was estimated to be \$1.8 billion (36) and the economic burden of physical inactivity in Canada in 2001 was \$5.3 billion,

or 2.6% of total health care expenditures (37). Promoting active living and increasing physical activity is important as the prevalence of overweight and obesity in Canadian children has been negatively correlated with levels of physical activity (30).

**Table 1**

**Data for Children At-risk-for-overweight and Overweight between the ages of 4.5 – 7 yrs measured at targeted Community Health Centres in the Calgary Health Region**

<b>Community Health Centre</b>	<b>85-95th %ile (At risk for overweight)</b>	<b>&gt;95th %ile (Overweight)</b>	<b>(Combined percent of at risk for overweight and overweight)</b>
<b>8th and 8th</b>	17.3 %	15.6 %	32.9 %
<b>Bowness</b>	20.0 %	20.0 %	40.0 %
<b>Forest Lawn</b>	12.7 %	14.9 %	27.6 %
<b>Village Square (located in Pineridge)</b>	15.5 %	16.3 %	31.8 %
<b>All Sites (Calgary Average)</b>	<b>14.8 %</b>	<b>10.1 %</b>	<b>24.9 %</b>

\* PHANTIM BMI Data – Site Breakdown (Representing clients in clinic within the data range who are >= 4.5 years and < 7 years of age at the time of the clinic visit.)

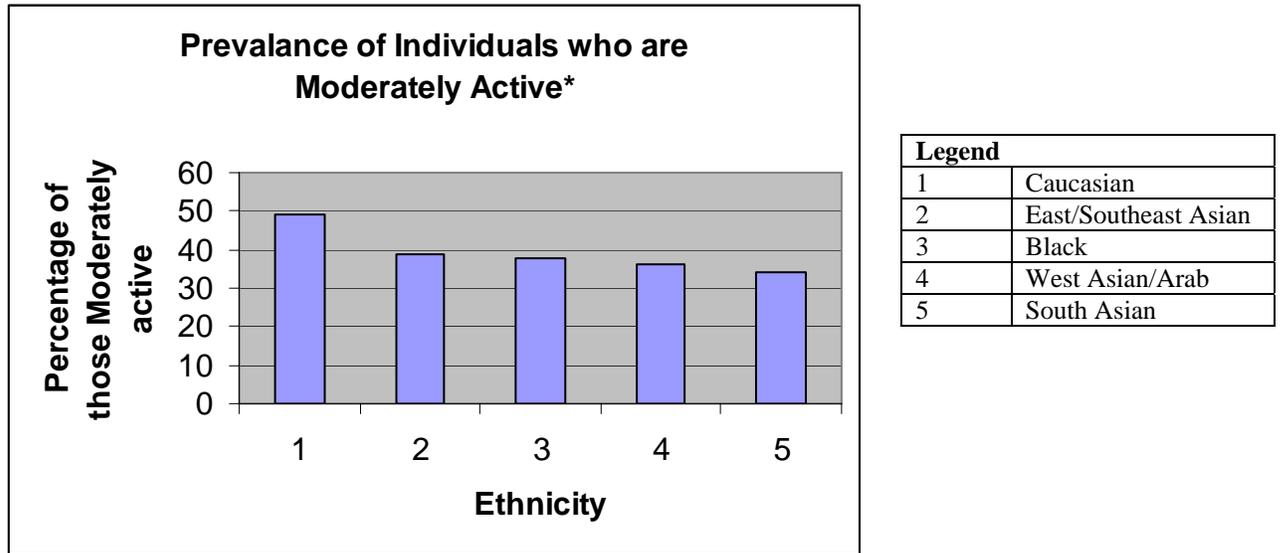
### **Cultural Diversity and Physical Activity/Active Living**

It has been shown that ethnicity and immigrant status have an effect on physical activity levels. Bryan *et al.* (38) reported that the prevalence of physically active Canadian adults varies by ethnicity using data from the 2001 Canadian Community Health Survey (See *Table 2*). Caucasian Canadian adults were found to be the most active, followed by East/Southeast Asians, and South Asians were reported to be the least active.

Immigrant status has also been reported to have an effect on physical activity levels. Perez reported that newer immigrants (defined as those living in Canada ten years or less) were less physically active than immigrants who had lived in Canada for more than ten years. In addition it was also found that both groupings of immigrants were less physically active than non-immigrants (39). This finding is also supported by Wolin *et al.* (40) who similarly reported that individuals who were less acculturated had lower levels of leisure-time physical activity. Ethnicity, length of time since coming to Canada, and rate of acculturation all seem to have an affect on physical activity levels. However there is limited information on physical activity rates and specific cultures. More research in

this area is needed to better understand the connection between specific cultures and physical activity levels.

**Table 2**



\*Moderately Active is defined as an energy expenditure of  $\geq 1.5$  kilocalories /kg/day

Calgary is classified as the fastest growing city in Canada, and 59% of people immigrating to Alberta chose to reside in Calgary (2003), increasing the cultural and ethnic diversity of the city (41). Nearly ten percent (9.5) of Calgary’s population are immigrants (42). The top 10 source countries of immigrants coming to Canada include: China, India, Philippines, Pakistan, United Kingdom, Korea, United States, Iran, Afghanistan, and Vietnam (43). The majority of new immigrants to Calgary are of Asian origin (44, 45). In Calgary the top 10 languages spoken by immigrant children and youth are: English, Tagalog (a primary language spoken in the Philippines), Urdu (Indian), Mandarin, Arabic, Punjabi, Korean, Spanish, Russian, and Hindi (43, 46).

**The Determinants of Physical Activity**

A literature search looking into the determinants of physical activity revealed that there are many identified reasons why individuals chose to engage or not engage in physical activity and active living practices. After reviewing the literature, the decision was made to frame the determinants of physical activity using an adapted ecological model displayed in a table form (Table 3).

The determinants are displayed under six headings; intrapersonal, interpersonal, institutional, community, public policy and physical environment. Each category represents a type of barrier an individual could experience when engaging in physical activity practices. The definitions of the six headings are described in Table 4.

**Table 4: Definitions of Ecological Model Category Headings**

<b>Category Heading</b>	<b>Definition</b>
Intrapersonal barriers	Reflect characteristics of the individual (ie. Negative attitude), which may prevent physical activity
Interpersonal barriers	Relate to formal and informal social networks and support systems (ie. lack of support from family), which may prevent physical activity
Institutional barriers	Occur within social institutions with organizational characteristics (ie. schools not offering after-school physical activity to students)
Community barriers	Occur between organizations, institutions, and informal networks with defined boundaries (ex. An urban municipality providing limited physical activity opportunities for residents)
Public Policy barriers	Local, states, and national laws and policies that may prevent physical activity (ie. prohibiting rollerblading on sidewalks)
Physical Environment	Barriers that occur in the actual physical context in which the activity takes place (ex. lack of walking trails)

(47, 71)

Most of the determinants of physical activity listed in the table are supported by evidence taken from research focused on the general population, and although applicable, do not refer specifically to barriers that the target population face. The available literature in the areas of immigrant and ethnic populations and physical activity levels is also limited.

Local research supports the literature findings in regards to some of the identified determinants and barriers to participation in physical activity. This local work targets vulnerable populations over main stream populations. Some of the most commonly cited barriers to physical activity that low income families reported in local research were: transportation, cost, and the subsidy process.

#### *Transportation*

Literature cites transportation as a major barrier to accessing physical activity opportunities (67). Women living in PATCH-served communities (Lawnview and West Dover) who participated in focus groups based around the availability of physical activity programs identified transportation as a major barrier for participation in physical activity programs (even if they were subsidized) (72). Families that participated in the local First Energy Active Living Connections project also identified reliable transportation as a major barrier to their children’s participation in physical activity programs and opportunities (73).

#### *Cost*

Cost is also cited in the literature as a major barrier to participation in physical activities(65). Parents of preschool aged children in a Calgary focus group (27) were asked to identify if there was anything that was stopping their child/children from

participating in physical activity. Cost and financial barriers were identified as a major barrier. Similarly women in the PATCH focus group, and families participating in the Active Living Connections Project also identified cost as a barrier to participation in physical activity for their children (72, 73).

### *Subsidies*

Difficulty in applying for subsidies is cited in the literature as a reason that people do not often access subsidies. Language barriers, hassels associated with applying for subsidies such as: taking time off work, collecting documents, length of application form, and confusion about subsidy eligibility and regulations often prevent people from applying or accessing subsidies (66).

Women taking part in the PATCH focus groups showed an interest in physical activity for themselves and their children. However, the women reported that they had a lack of knowledge regarding the subsidy programs that would be available to them (72).

This finding is also validated by the First Energy Active Living Connection Project. The First Energy Active Living Connections Project was a local 18 month initiative with the primary goal of increasing the participation of children in recreation programs. The target population was children, youth, families, and community leaders in the Greater Forest Lawn Area. Recreation Outreach workers connected with children and families to link them with low-cost and subsidized recreational activities. Many families that participated in the project reported that lack of knowledge about available programs and resources, and difficulty in applying for subsidies were barriers that prevented them from accessing physical activity programs for their children. Resource Workers also had difficulties in assisting families with filling out subsidy forms as they were time consuming and often confusing (For additional information see *Appendix 2*).

**Table 3**

**Determinants of Physical Activity**

(Adapted based on an ecological model by: McLeroy K.R., Bibeau, D., Steckler, A. et al. 1988. An ecological perspective on health promotion programs. *Health Educ Q*; 15: 351-377)

<b>Intrapersonal</b>	<b>Interpersonal</b>	<b>Institutional</b>	<b>Community</b>	<b>Public Policy</b>	<b>Physical Environment</b>
<p><b>-Age</b> (there is a general decline in physical activity participation and adherence from younger to older ages ) <b>48</b></p>	<p><b>-Social support networks</b> (social support and relationships are major influences on health, well-being and development and maintenance of active living) <b>57, 58</b> (Role modeling of an active lifestyle and participation in physical activity by mothers is directly related to a child's involvement in physical activity) (Parents beliefs regarding their child's competence in physical activity is related to how much time the child spends doing physical activities) <b>59</b> (The use of a family unit to structure and support physical activity is important when attempting to initiate or increase physical activity in children's lives) <b>60</b></p>	<p><b>-Cost of recreational and physical activity programs/opportunities) 65</b></p>	<p><b>-Lack of local programming and physical activity opportunities</b></p>	<p><b>-Limited Advocacy for Physical Activity Improvements and Programming</b></p>	<p><b>-Infrastructure</b> (layout of communities, roads, sidewalks lighting, paths, etc) can influence opportunities for physical activity and levels. (Ex. Less urban sprawl was associated with increased physical activity, and people who live closer to facilities use them more often than those who live further away.) <b>68</b></p>
<p><b>-Gender</b> (National surveys show that men are more physically active than women) <b>48, 49</b></p>	<p><b>-Social Status</b> (Most research has found a positive relationship between Socioeconomic position and physical activity) <b>61, 62</b></p>	<p><b>-Access to resources and subsidies</b> (access can be a difficult process, which can deter people from participating) <b>66</b></p>	<p><b>-Lack of contact with health care professionals and resources</b> (many people may be unaware of the importance of physical activity and are missing opportunities for referral and awareness of options)</p>	<p><b>-Limited subsidy programs</b> (lack of transparency to subsidy)</p>	<p><b>-Traffic</b> (can influence physical activity patterns. Ex. Heavy traffic was associated with increased walking and cycling). <b>69</b></p>
<p><b>-State of personal health</b> (illness, injury)</p>	<p><b>-Social "norms"</b> (Ex. Not seeing other people exercise, makes the environment seem less conducive to exercise). <b>63</b></p>	<p><b>-Hours of operation</b> (may be limited or not coincide with peoples' schedules)</p>	<p><b>-Transportation</b> (it may be inconvenient, and incomplete as there may not be routes available to access physical activity opportunities, as well as scheduling, and cost of transit may persist as barriers) <b>67</b></p>	<p><b>-Bylaw inhibiting physical activity</b> (ex. No dogs in park, no bicycles on sidewalks)</p>	<p><b>-Crime Rates</b> (individuals that live in environments with hazardous conditions such as high crime and neighborhood disorder are less likely to engage in physical activity) <b>64</b></p>
<p><b>-Physical or mental limitations</b></p>	<p><b>-Peer Pressure and Influence</b> (social factors that are important in sustaining physical activities in both boys and girls are self-efficacy and support from family members and friends) <b>64</b></p>	<p><b>-Childcare</b> (may not be offered or provided, which can make it difficult for mothers and families to access facilities)</p>			<p><b>-Safety</b> (of the general area and of parks, equipment etc. Unsafe perceptions of environment by individuals can limit physical activity) <b>32</b></p>
<p><b>-Attitude</b></p>		<p><b>-Lack of programming in institutions</b> (ex. Schools, daycares, churches)</p>			<p><b>-Weather</b> (-physical activity patters can vary according to seasons and weather conditions and opportunities for physical activity) (Ex. Warmer seasons are associated with increases walking for transport.) <b>70</b></p>
<p><b>-Cultural values/beliefs</b> (perceived lack of competence, appropriateness of specific activities, ethnic/social comparison, and actual participation may be influenced by the participants ethnicity) <b>51-53</b></p>					
<p><b>Self-efficacy</b> (self efficacy is positively associated with physical activity) <b>54</b></p>					
<p><b>Educational status</b> (individuals with higher education are more likely to participate in physical activity) <b>48</b></p>					
<p><b>Language and Literacy Level</b></p>					
<p><b>Occupation</b> (there are significant differences between occupations in work-related and total</p>					

physical activity levels) <b>55</b>					
<b>Income</b> (individuals at higher levels of income are more likely to engage in healthy behaviors such as physical activity engagement) <b>53</b>					
<b>Time Restrictions</b> (scheduling, identified commitments)					
<b>Individual Values/Beliefs</b> (Active people had solutions to their negative thoughts surrounding physical activity, while inactive people had more negative thoughts without any solutions.) <b>56</b>					

\*Stats stated in chart are for general population groups and do not specifically refer to vulnerable populations.

## **Scan of Physical Activity/Active Living Programs/Services/Initiatives aimed at Supporting Diverse/Vulnerable Populations in Calgary**

### **Introduction:**

This environmental scan is a collection of active living/physical activity programs, services and initiatives that target and/or support Calgary's low income families. The purpose of this collection is to provide a snapshot of what physical activity programs/services/initiatives are believed to support low income families and to help identify gaps and opportunities that can further meet the physical activity needs of this target population. This is not a complete list as the data collection period was from July - September 2006, and therefore programs and services contacted that did not respond in that period were not included.

### **Inclusion Criteria:**

Programs, services, initiatives listed:

- a) are either free, or offer some form of subsidy or fee assistance to eligible candidates. Eligibility criteria differ between agencies/organizations who offer programs. Note a philosophy learned by the Active Connections Project Recreation Outreach workers was that if programs not offering subsidies were approached, exceptions are often granted and support provided.
- b) offer resources **and** information that support physical activity targeting individuals and families. Agencies/organizations that offer physical activity specific information only were not included as this list is vast and easily accessible via world wide web.
- c) link individuals and families to Calgary specific physical activity/active living opportunities
- d) offer grants and funding opportunities to eligible agencies/organizations to support individual, team or community physical activity.
- e) offer advocacy efforts towards increasing physical activity opportunities to a specific population. Some initiatives focusing on advocacy only operate through partnership.
- f) Programs and services were not biased for inclusion based on accessibility i.e. within walking distance from public transit stations including bus stops and train depots.

### **Exclusion Criteria:**

- a) Organizations and agencies offering programming that indicated they do not offer subsidies or were unavailable to provide information at the time of the scan are not listed
- b) Programs that include drop in and/or special discounted classes that may be offered by private facilities and clubs that may otherwise be higher cost . (Private – exclusionary membership or use criteria)

## Data

The data used for the scan was collected from several local resources including:

- a) An Environmental Scan of Childhood Obesity in the Calgary Health Region (74)
- b) The Kids Subsidy Network Resource Tool Kit; Subsidized Recreation and Leisure Programming for Children and Youth (75)
- c) First Energy Active Living Connections Project (73)
- d) Conversations for Change: An Overview of Services For Immigrant Children and Youth in Calgary (46)
- e) Cross Cultural Connections (76), and
- f) Calgary at a Glance – (An inventory of resources on active living, healthy eating and tobacco reduction) (77)

Websites, and internet searches using the following terms in various sequences: active living, physical activity, children, families, income, low-income, obesity, programs, access, and population health were also used.

## Organization

For ease of identifying gaps and opportunities, data has been organized according to whom the programs, services and initiatives directly target and/or support. The Categories include: Individuals and Families, Local Agencies and Organizations, School Communities, Geographical Neighborhood Communities, and Health Authorities and Professionals.

1. **Individuals and Families** – Individuals and/or families that want the opportunity to engage in physical activity programs or services and may present themselves as low income and or immigrants. No middle man or agency is required to facilitate a physical activity opportunity.
2. **Local Agencies and Organizations** – agencies/organizations that service low socioeconomic families directly or indirectly and have an interest in meeting the physical activity/recreation needs of families and or children in need.
3. **School Communities** – Students, teachers, public health nurses, parent council groups, administrators and/or the community that surrounds a school is inclusive of the school community.
4. **Geographical Neighborhood Communities** – Communities with geographical boundaries that encompass a neighborhood
5. **Health Authorities/Professionals** – individuals, groups and/or agency/organizations who focus or specialize in the area of promoting health through physical activity. Direct phone line support, partnership opportunities, consultations with physical activity experts and information/resource to support pa initiatives are included.

*Note: programs, services and initiatives could be listed under more than one category*

The programs, services, and initiatives were further classified according to the characteristics of the program, service, and/or supports they offer, under the headings: Programming (Free/Subsidized or fee assistance), Funding/Grant Opportunities, Physical Activity information supports, Advocacy, and Diversity/Culturally Sensitive. Inherently all programs, services and initiatives support physical activity/active living security for individuals and families in the Calgary Health Region.

1. **Programming (Free/Subsidized or fee assistance)** – one-time, drop in, multiple day camps, weekly programs that are free in cost or offer a subsidy/fee assistance are included
2. **Funding/Grant Opportunities** – offers monetary funding and/or grants to support physical activity opportunities to those who qualify according to agency/organizations guidelines and criteria.
3. **Physical Activity information supports** – websites and links, print resources (including reports and lesson plans), and phone support services that offer physical activity specific information.
4. **Advocacy** – those that (in their mandate) provide support and advocate for physical activity promotion and opportunity via campaigns, partnership collaborations, offering programs, services, or initiatives, influencing community stakeholders and public policy.
5. **Diversity/Culturally Sensitive** - takes into account the differences and sensitivities of cultures and incorporates these sensitivities into in their mandate to make their programs, services and initiatives inclusive to all. *Note:* that some specific agencies/organizations offer programming, services, and initiatives that are offered only to specific ethnic or cultural groups and takes into account the beliefs and values of the specific population into their design of programs/services.

The program, service, or initiative name, a brief description of their objectives and activities and contact information are given in the program reference section.

## Scan of Physical Activity/Active Living Programs/Services/Initiatives aimed at Supporting Diverse/Vulnerable Populations in Calgary

\*Note that listings are by program name with agency or organization in brackets. When a specific program, service, or initiative name was not available, only the agency or organization is listed.

Program, Service or Initiative	Programming (Free/subsidized or fee assistance)	Funding/Grant Opportunities	Physical Activity information supports	Advocacy	Diversity/Culturally Sensitive
<b>Individual and Family</b>					
211			X	X	X
Aboriginal Resource Centre			X	X	X
Accessible Recreation for Persons of All Ages (The Vocational and Rehabilitation Research Institute)	X			X	
Access to Recreation and Leisure Activity (Partnership Initiative)			X	X	
The Alexandra Community Health Centre (The Alex)	X			X	
Boys and Girls Clubs of Calgary	X	X	X	X	X
Calgary Catholic Immigration Society	X				X
Health Link (Calgary Health Region)			X		X
Calgary Immigrant Aid Society	X				X
Calgary Sport Council			X	X	
Canadian Tire Jump Start		X		X	
City of Calgary Community and Neighbourhood Services	X				X
City of Calgary Parks and Recreation	X				
City of Calgary Transportation Solutions Group	X				
Community Resource Centers (CRC)			X		
Elbow Valley Cycle Club	X				
Fun Team Alberta		X		X	
Girl Guides of Canada – Calgary Area	X				X

<b>Program, Service or Initiative</b>	<b>Programmi ng (Free/ subsidized or fee assistance)</b>	<b>Funding/ Grant Opportuniti es</b>	<b>Physical Activity information supports</b>	<b>Advocacy</b>	<b>Diversity/ Culturally Sensitive</b>
<b>Individual and Family</b>					
Girls@Play (CAAWS)			X	X	
GO2 (Partnership Initiative)			X	X	
Go Girl (Recreation, Parks & Wildlife Foundation)	X			X	
Healthy U (Alberta Health and Wellness)			X	X	
Inform Alberta			X		
Kids in Motion (The Alexandra Community Health Centre (The Alex) and YMCA))	X				X
Kidsport Calgary		X		X	
Millican-Ogden Community Association Family Resource Centre	X				
Mothers in Motion (CAAWS)			X	X	
On The Move (CAAWS)			X	X	
Opportunity Fund (YMCA/YWCA)	X			X	X
Our Lady Queen of Peace Ranch	X		X	X	
Recreation Connectors (City of Calgary, Village Square Leisure Centre)		X	X		
PLAAY (Play and Leisure All Around You) (Partnership Initiative)			X	X	
Scouts Canada	X				X
U R IT! (Ultimate Recreation and Sport Initiative) (Fun Team Alberta)	X	X	X	X	
WISE Fund (CAAWS)		X			
Youth Basketball (Calgary Urban Indian Youth)	X				X
Youth Initiatives Project (The Alexandra Community Health Centre (The Alex))	X			X	
Youths Can Fish 2 Society	X				

<b>Program, Service or Initiative</b>	<b>Programmi ng (Free/ subsidized or fee assistance)</b>	<b>Funding/ Grant Opportuniti es</b>	<b>Physical Activity information supports</b>	<b>Advocacy</b>	<b>Diversity/ Culturally Sensitive</b>
<b>Local Agencies/Organizations</b>					
Sport Participation Initiative Program (Alberta Sport, Recreation, Parks & Wildlife Foundation)	X	X		X	
Calgary Children's Initiative			X	X	
Calgary Outdoor Area Council			X	X	
Calgary Sport Council			X	X	
Calgary United Way				X	X
Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)		X	X	X	
Canadian Tire Jump Start		X			
City of Calgary Parks and Recreation		X		X	
Crossing the Divide	X			X	X
Diversity Cup Soccer	X				X
Ethiopian Services and Programs (Calgary Ethiopian Community Association)	X				X
Everybody Gets to Play (Canadian Park and Recreation Association)			X	X	
Family Resource Facilitation Project (FRFP) (Calgary Health Region, FRFP)			X	X	
GO2 (Partnership Initiative)			X	X	
Kids Go Plan (CCI)			X	X	
Kids Subsidy Network (CCI collaborative, 12 and up action group)		X	X	X	X
Kidvestment (CCI)			X	X	
Our Lady Queen of Peace Ranch	X			X	X
True Sport ( Bell Community Sport Fund)		X		X	

Program, Service or Initiative	Programming (Free/subsidized or fee assistance)	Funding/Grant Opportunities	Physical Activity information supports	Advocacy		Diversity / Cultural y Sensitiv e
				Schools Directly	School Boards	
<b>School Communities</b>						
Active8 (Active Healthy Kids Canada)			X	X		
Active Aliens (Be Fit for Life)	X		X	X		
Active Living Challenge (Be Fit for Life)	X		X	X		
Active Living Council (Be Fit for Life)	X			X		
Alberta Learning			X		X	X
BASEC Body (Be Fit for Life)	X		X	X		
CBE (Calgary Board of Education)			X	X		
CCSD (Calgary Catholic School District)			X	X		
Calgary Children's Initiative			X		X	
Calgary Sport Council			X	X	X	
Calgary United Way					X	X
CAHPERD (Canadian Association for Health, Physical Education, Recreation and Dance)			X		X	X
Community Adventures (Partnership initiative)	X		X		X	
Comprehensive School Health (Calgary Health Region)	X		X	X	X	X
Critical Hours Beyond School Strategy (CCI)			X	X	X	
Ever Active Schools (Active Schools Portfolio)			X		X	X
Fitness Blast (Be Fit for Life)	X		X	X		
GO2 – School Age action group (Partnership Initiative)			X	X		
HPEC (Health and Physical Education Council)			X		X	
Healthy U (Alberta Health and Wellness)			X	X		

<b>Program, Service or Initiative</b>	<b>Programmi ng (Free/ subsidized or fee assistance)</b>	<b>Funding/ Grant Opportuniti es</b>	<b>Physical Activity informatio n supports</b>	<b>Advocacy</b>		<b>Diversity / Culturall y Sensitiv e</b>
<b>School Communities</b>						
				<i>Schools Directly</i>	<i>School Boards</i>	
Lessons from the Heart (Be Fit for Life)	X		X	X		
Lessons from the Heart Teacher Training (Be Fit for Life)	X		X	X		
Live Outside the Box			X	X	X	X
Mission Possible (Be Fit for Life)	X		X	X		
Nutrition and Active Living (Calgary Health Region)			X		X	
Physical Activity & Body Image (Be Fit for Life)	X		X		X	
Public Health Nursing (Calgary Health Region)			X	X	X	X
Rocky View School Board			X	X		
Safe Healthy Active People Everywhere (SHAPE) (Alberta's version of Active & Safe Routes to Schools)			X	X	X	
Schools Come Alive (SCA)	X		X	X		
Squash Alberta	X			X		
Talisman Centre for Sport and Wellness	X			X		
Three Cheers for the Early Years (Calgary Health Region)			X	X		
Vitality! (Be Fit for Life)	X		X	X		

<b>Program, Service or Initiative</b>	<b>Programmi ng (Free/ subsidized or fee assistance)</b>	<b>Funding/ Grant Opportuniti es</b>	<b>Physical Activity informatio n supports</b>	<b>Advocacy</b>		<b>Diversity / Culturall y Sensitiv e</b>
<b>Geographic Neighbourhood Communities</b>						
				<i>Specific Communities</i>	<i>For Communitie s</i>	
<b><i>Primary</i></b>						
Alberta Park/Radisson Heights Community Association	X			X		
Be Fit For Life! For Workplaces and Groups (Be Fit for Life)	X		X	X		
Boys and Girls Clubs of Calgary	X		X	X		X
Calgary Chinese Community Services Association	X			X		X
Calgary Health Region – Specific Programs	X		X	X	X	X
City of Calgary Community and Neighbourhood Services		X		X		X
City of Calgary Community Strategies				X		
Community Adventures (Partnership initiative)	X		X	X		
Community Development Initiative (CDI) (3 Cheers for the Early Years, SE Community Portfolio, Calgary Health Region)	X		X	X		
Community Obesity Prevention Initiatives (Healthy Living, SE Community Portfolio, Calgary Health Region)			X	X		
Critical Hours Beyond School Strategy (CCI)			X	X	X	
East Side Planning Project (Community Development, Calgary Health Region)			X	X		
True Sport (Bell Community Sport Fund)		X		X	X	
Ever Active Workplaces (Be Fit for Life)	X		X	X		

<b>Program, Service or Initiative</b>	<b>Programmi ng (Free/ subsidized or fee assistance)</b>	<b>Funding/ Grant Opportuniti es</b>	<b>Physical Activity informatio n supports</b>	<b>Advocacy</b>	<b>Diversity / Culturall y Sensitiv e</b>
<b>Geographic Neighbourhood Communities</b>					
				<i>Specific Communities</i>	<i>For Communitie s</i>
Federation of Calgary Communities				X	
Fitness Appraisals (Be Fit for Life)	X		X	X	
FUNDamental Family Fitness (Be Fit for Life)	X		X	X	
Fun Team Alberta	X			X	X
Investing in Wellness (Be Fit for Life)	X		X	X	
PATCH Project (Hull Child & Family Services, CHR)	X		X	X	X
Pineridge Healthy Eating and Active Living (HEAL) project	X		X	X	
Recreation Connection Project (First Energy Active Living Connections Project)				X	X
Safety and Active Living (Be Fit for Life)	X		X	X	
Shifting to Wellness (Be Fit for Life)	X		X	X	
Summer Active (Be Fit for Life)	X		X	X	
Summer Active National physical activity campaign (sponsored by Health Canada)			X	X	
Vitality! (Be Fit for Life)	X		X	X	
<b>Secondary</b>					
Aboriginal Resource Centre			X	X	X
Alberta Centre for Active Living			X	X	
Alberta Sport, Recreation, Parks & Wildlife Foundation	X	X		X	
City of Calgary Transportation Solutions Group			X	X	

<b>Program, Service or Initiative</b>	<b>Programmi ng (Free/ subsidized or fee assistance)</b>	<b>Funding/ Grant Opportuniti es</b>	<b>Physical Activity informatio n supports</b>	<b>Advocacy</b>	<b>Diversity / Culturall y Sensitiv e</b>
<b>Geographic Neighbourhood Communities</b>					
				<i>Specific Communities</i>	<i>For Communitie s</i>
GO2 (Partnership Initiative)			X	X	X
Kidvestment (CCI)		X	X	X	
Live Outside the Box			X	X	
Y.M.C.A.	X		X	X	X

<b>Program, Service or Initiative</b>	<b>Programing (Free/ subsidized or fee assistance )</b>	<b>Funding/ Grant Opportunities</b>	<b>Physical Activity information supports</b>	<b>Advocacy</b>	<b>Diversity/ Culturally Sensitive</b>
<b>Health Authorities/ Professionals</b>					
Alberta Cancer Board			X	X	
Alberta Centre for Active Living			X	X	
Calgary Children's Initiative			X	X	
Calgary Area Outdoor Council			X	X	
Healthlink (CHR)					
Helpline (Nutrition & Active Living) (Calgary Health Region)			X		X
GO2 (Partnership Initiative)			X	X	
Kids Go Plan			X	X	
PLAAY (Play and Leisure All Around You) (Partnership Initiative)			X	X	

## **Scan Observations**

### ***Lack of overall programming for ethnic and cultural groups.***

- This scan has identified that most programs, services, or initiatives state in their mandate that they are inclusive of all ethnic groups. However, the scans revealed that few programs exist that are specifically designed to take into account, values, beliefs and practices of culture groups. Lack of targeted programming could be an issue of growing importance as Calgary's immigrant and ethnic populations continue to grow.

### ***Initiatives that engage various partners exist; many of the same partners are involved in all joint initiatives.***

- The City of Calgary, Calgary Health Region, Calgary Children's Initiative, YMCA and the Boys and Girls Clubs Community Services are involved in the majority of partnership initiatives working collaboratively to address access to physical activity in low income and or immigrant/ethnic populations. Alberta Cancer Board, Calgary Sport Council, Calgary Board of Education, Kidsport Calgary, University of Calgary, PATCH, are some agencies also involved in collaborative partnerships. Some of these agencies offer direct services; while others aim to support physical activity promotion.

### ***Advocacy and support for physical activity equality exists.***

- Numerous agencies and organizations advocate for and support physical activity equality and opportunities.

### ***Lack of consistent terminology to describe physical activity, health disparities, inequities, and subsidies.***

- When conducting the scan, the language/terminology used by programs, services and initiatives was inconsistent. This made it difficult to accurately compare and categorize what services agency/organization(s) provided.

### ***Physical activity through sport is under represented in the scan.***

- There are many local and provincial associations of which offer programming and/or support for programming related to sport to individuals and families who can not afford to partake otherwise. Some provincial organizations have been mentioned in the scan such as Squash Alberta, however a comprehensive scan has not been completed. The Calgary Sport Council provides a wealth of connections to sport locally and provincially.

## Key Conclusions and Recommendations for Action

1. The benefits of physical activity are well documented. However 55% of residents in the Calgary Health Region area are not active enough to receive the health benefits that are associated with physical activity. It is unclear whether the physical activity levels among low income populations differ from this percentage.

***There is a need to specifically identify physical activity levels that reflects work and leisure time activities among low income populations.***

2. Less than half of Canadian children and youth are active enough on a daily basis to meet guidelines for healthy growth and development. Research has shown low income children have lower rates of physical activity compared to the general population.

***There is a need for data to report physical activity levels in children and youth among low income populations.***

3. Obesity rates have been reported to be higher in low income children. Calgary data that reports overweight and at-risk of overweight among young children found higher rates in communities identified as having lower incomes.

***There is a need to identify if this data is directly attributed to low income families. There is also a need to explore options for collecting data at the Community Health Centre Well Child visits and/or other health region point of interventions that can provide information on family income, food and active living security.***

4. Ethnicity and length of time since coming to Canada have been reported to have an affect on physical activity levels. Nearly 25% of Calgary's population is comprised of visible minorities including individuals representing cultural diversity. There is limited information on physical activity and cultural diverse populations.

***There is a need to collaborate with cultural groups in the Calgary area, to explore cultural diversity and physical activity. This might include the identification of rates, barriers and opportunities related to physical activity. Calgary Health Region's, Healthy Diverse Populations, is an obvious partner to further work in this area.***

5. The local data reviewed revealed common barriers to physical activity that are supported in the literature review. These common barriers include cost, transportation and subsidies.

***Explore the issues related to cost, transportation and subsidies. Partner with current initiatives that work to address these barriers such as the Calgary***

***Children's Initiative. Identify areas that require regional advocacy or other actions.***

6. Physical activity through sport is under represented in this report. There are many local and provincial groups representing various sports, who play a significant role in supporting physical activity. The capacity of these groups to be engaged in addressing active living inequities is unknown.

***To explore how to engage the broad sport community in addressing active living inequities. The Calgary Sport Council is a logic first contact for this discussion.***

7. The issue of inequities related to physical activity is not strongly reported in the literature. The term *active living security* was coined to describe all people at all times having physical and economic access to sufficient, safe, and supportive environments that meet their physical activity needs and preferences for an active healthy life.

***To increase awareness and discussion of inequalities related to physical activity especially amongst low income and culturally diverse populations.***

8. There is a reported lack of awareness of existing programs, services and initiatives that support physical activity amongst low income and culturally diverse populations and agencies that serve this population.

***To develop and disseminate a resource that specifically identifies low cost physical activity opportunities.***

9. To date, the needs of diverse population groups in the development and distribution of general physical activity messages and resources has not occurred.

***To work with Calgary Health Region's, Healthy Diverse Populations, to utilize multicultural connections and communications plans already developed to communicate key active living/physical activity messages and resources to diverse populations.***

## Program, Service, and Initiative Reference List

Programs, services are listed in alphabetical order. Partnership initiatives are listed under a separate heading following the main list.

<b>Program, Service, or Initiative Name</b>	<b>Description</b>	<b>Contact Information</b>
<b>211 (Phone support line)</b>	-primary source of information for youth recreation programs and parenting information, programs, and services -multilingual -free programming and subsidies are available	<i>Call: 2-1-1</i>  <i>www.211calgary.ca</i>
<b>Aboriginal Resource Centre</b>	-Network of services and service providers (access to a wide range of programs to maintain healthy lifestyle)	<i>(403) 204-0083</i> <i>www.arctr.com</i>
<b>Accessible Recreation for Persons of All Ages and Abilities (The Vocational and Rehabilitation Research Institute)</b> 3304-33 St NW	-public facility includes a pool, gymnasium, studios and offers programs for children and adults -fee assistance is available on an individual basis	<i>(403) 284-2231</i>  <i>www.vrri.org</i>
<b>Activ8 (Active Healthy Kids Canada)</b>	-(K-8) is a national, school-based physical activity challenge program that helps children and youth develop their fitness and skill level -consists of 8 pre-planned lessons for each grade that links to each province's curriculum	<i>1-888-446-7432</i> <i>www.active8.org</i>
<b>ACTive (Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS))</b> Ottawa, ON	-ACTive is a strategy focused on increasing physical activity and sports opportunities for girls and women (aims to mobilize key stakeholder partners in promotion and delivery of physical activities and sports). Provides ACTive framework and Action planning workbook which contains tools to develop an action plan	<i>(613) 562-5667</i>  <i>www.caaws.ca</i>
<b>Active Aliens (Be Fit for Life, Calgary District)</b>	-(K and Gr.1); a representative from "Planet Active" visits the school and delivers a presentation that promotes active living	<i>(403) 220-8011</i>  <i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>
<b>Active Living Challenge (Be Fit for Life, Calgary District)</b>	-(Gr. 4-6); A representative visits the school and gives students an idea of their abilities in different areas of fitness through participating in fitness testing, and ideas on how to improve fitness	<i>(403) 220-8011</i>  <i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>
<b>Active Living Council (Be Fit for Life, Calgary District)</b>	-(Elementary and Jr. High); Guided by a BFFL representative which comes to the school, the council of students come up with active living promotional activity ideas and carry them out in their schools	<i>(403) 220-8011</i>  <i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>
<b>Active Living Games</b>	-BFFL representative hosts games to promote active living (target is children)	<i>(403) 220-8011</i>

<b>Presentation (Be Fit for Life, Calgary District)</b>		<i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>
<b>Active Living Special Events (Be Fit for Life, Calgary District)</b>	-BFFL representative hosts activities that are specific to the group involved	(403) 220-8011  <i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>
<b>Alberta Centre for Active Living</b> 11759 Groat Rd, Edmonton	-works with practitioners, organizations, institutions, and communities to improve the health and quality of life of Albertans through physical activity -physical activity consultant	1-800-661-4551  <i>www.centre4activeliving.ca</i>
<b>Alberta Learning</b>	-a regulatory government agency which makes recommendations and ensures implementation on all aspects of Alberta education -scouts out resources and identifies if they meet the curriculum needs re physical activity	<i>www.education.gov.ab.ca</i>
<b>Alberta Park/ Radisson Heights Community Association</b> Grace Baptist Church (2670 Radcliffe Dr SE)	-After school program includes recreation, literacy, art and crafts, nutrition -runs mid Aug – end of June -free for children grades 1-6	(403) 461-2540
<b>The Alexandra Community Health Centre (The Alex)</b> -Community Health Centre: 922-9 Ave SE (403 266-2622)  -West Dover Clinic: 3203-31A Ave SE (403 273-3953)	-Children and youth recreational programs in partnership with the City of Calgary and YMCA	<i>www.thealex.ca</i>
<b>BASEC Body (Be Fit for Life, Calgary District)</b>	-(Jr. and Sr. High); students participate in a challenging activity circuit set up at the school by a BFFL representative designed with endurance, strength and cardiovascular fitness in mind	(403) 220-8011  <i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>
<b>Be Fit for Life! For Workplaces and Groups</b>	a 6 month program featuring presentations, program planning, consultations, etc.	(403) 220-8011  <i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>
<b>Boys and Girls Clubs of Calgary</b>	-Programs include: -Aboriginal Youth Programs -Camp adventure and Family camps -Memberships: Individual \$25/yr, Family \$55/yr -clubs located at Renfrew, Bowness, Dover, Forest Lawn, Falcon Ridge, Penbrooke Meadows, Pineridge and Thorncliffe	(403) 276-9981  <i>www.calgaryboysandgirlsclub.ca</i>
<b>Calgary Area Outdoor Council</b> 1111 Memorial Dr NW	-centre for information and resource sharing within the outdoor community (clubs, groups, teaching institutions, businesses etc.) -presents workshops, conferences, special	(403) 270-2262 <i>www.caoc.ab.ca</i>

	<ul style="list-style-type: none"> <li>events</li> <li>-advocates the interests and concerns of the outdoor recreation community</li> </ul>	
<b>CBE (Calgary Board of Education)</b> 515 Macleod Tr SE	<ul style="list-style-type: none"> <li>-provide health and physical activity consultation services to schools and active living coalitions</li> <li>-decides what programming gets implemented in schools</li> </ul>	(403) 294-8211  www.cbe.ab.ca
<b>Calgary Catholic Immigration Society</b> (Multiple locations)	<ul style="list-style-type: none"> <li>-offers before and after school recreational programs for youth</li> <li>-subsidies available</li> </ul>	Main office: (403) 262-2006 www.ccis-calgary.ab.ca
<b>CCSD (Calgary Catholic School District)</b>	<ul style="list-style-type: none"> <li>-provide health and physical activity consultation services to schools and active living coalitions</li> <li>-decides what programming gets implemented in schools</li> </ul>	(403) 298-1411  www.ccsd.ab.ca
<b>Calgary Chinese Community Services Association</b> #1 128-2 <sup>nd</sup> Ave SW	<ul style="list-style-type: none"> <li>-David D. Oughton Elementary After School Program(provides academic, social, and recreational supports for grades 1-6</li> <li>-Scout Troup 229</li> </ul>	(403) 265-8446  www.cccsa.ca
<b>Calgary Ethiopian Community Association: Services and Programs</b> 223 12 Ave SW	<ul style="list-style-type: none"> <li>-offers youth and adult soccer teams</li> <li>-for those of Ethiopian origin living in the Calgary area</li> <li>-no fees</li> <li>-referral needed</li> </ul>	(403) 262-7260  www.ethio-calgary.ab.ca
<b>Calgary Immigrant Aid Society</b> #520 910-7th Ave SW	<ul style="list-style-type: none"> <li>-Mosaic Centre: offers Parent and Children programs</li> <li>-referral to health and recreational resources</li> <li>-Preschool program: (3-5 yrs): play-based curriculum</li> <li>-offers opportunities to get involved in celebrations and activities at City recreation facilities</li> </ul>	(403) 265-6093  www.calgatryimmigrantaaid.ca
<b>Calgary Sport Council</b>	<ul style="list-style-type: none"> <li>-is a volunteer driven organization advocating for sport</li> <li>-assists and supports the sport delivery promoting sport and physical activity</li> <li>-presents a series of seminars and workshops designed to provide coaches, parents, volunteers and sport administrators with current information from experts involved in various aspects of youth sport</li> <li>-website provides linkage to sport organizations and other sport information</li> </ul>	(403) 387-7772  www.calgarysportcouncil.ca
<b>Calgary United Way</b> Suite 600, 1202 Centre St SE	<ul style="list-style-type: none"> <li>-invests and collaborates to help reduce poverty, create opportunities for children and youth, and support people living in vulnerable situations</li> <li>-understands community priorities and works collaboratively to find long-term solutions</li> <li>-builds non-profit sector capacity by helping agencies strengthen their services</li> </ul>	(403) 231-6265  www.calgaryunitedway.org

<b>CAHPERD (Canadian Association for Health, Physical Education, Recreation and Dance)</b> Ottawa, ON	-supports and encourages educators and professionals in promoting health and active living behaviours by offering resources -developed definition and recommendations for QDPE (Quality Daily Physical Education)	<i>1-800-663-8708</i>  <i>www.cahperd.ca</i>
<b>Canadian Tire Jump Start</b>	-Subsidy program providing funding for economically disadvantaged children to participate in sports -must be agency referred	<i>1-877-616-6600</i>  <i>www.canadiantire.ca/jumpstart</i>
<b>City of Calgary Community and Neighbourhood Services</b>	-offers unique programming such as: -Park & Play/ Stay & Play summer recreation programs -Youth Drop-In open gyms (at various school locations) -"Go Kids", "How to Play", "World of Fun" recreation programs for kids	<i>Call: 3-1-1 for more info.</i>  <i>www.calgary.ca</i>
<b>City of Calgary Community Strategies</b>	-overall focus is to identify and respond to emerging social and quality of life issues and trends and bringing them to corporate and public agendas (advocacy)	<i>www.calgary.ca</i>
<b>City of Calgary Parks and Recreation</b>	-Pathways, Playgrounds, Tot lots, Ball Diamonds, Soccer fields, Skateboard park, Inglewood Bird Sanctuary, Devonian Gardens, Olympic plaza, Prince's Island Park  -Recreational programs and facilities include: Arenas, Athletic parks, Basketball courts, Glenmore Reservoir sailing school, Golf courses, Pools, Fitness Centers, Mobile skate parks, Southland and Village Square Leisure Centers, tennis courts -offers a variety of registered and drop-in programs and activities for children, youth, adults, and families -Fee assistance is be available: contact 268-CITY (2489) for details	<i>3-1-1</i>  <i>www.calgary.ca</i>
<b>City of Calgary Transportation Solutions Group</b>	-supports active living infrastructure -trip planner, transit schedules -maps of trail and safety handbooks are available	<i>-Teleride (automated) 974-4000</i> <i>-Transit Call Centre: 262-1000 (268-8087 for the hard of hearing)</i>  <i>www.calgary.ca/transportation</i>
<b>City of Calgary, Village Square Leisure Centre,</b> <b>Recreation Connector</b> 2623 56 St NE	Recreation connector has been hired to connect families to City of Calgary recreational opportunities	<i>(403) 280-9714</i>
<b>Community Development</b>	- Community development team housed out of	<i>www.calgaryhealthre</i>

<b>Initiative (CDI) – Three Cheers For the Early Years , 3 CHEERS Initiative, SE Community Portfolio (Calgary Health Region)</b>	Village Square Leisure Centre in the Community Health Centre. Team includes 1 FTE Community Development Coordinator, 0.5 Nutrition and Active Living Specialist and 0.2 FTE Injury Specialist. Outcomes will be in the areas of nutrition and active living, parenting, and injury prevention.	<a href="http://gion.ca/3cheers">gion.ca/3cheers</a>
<b>Community Obesity Prevention Initiatives, Healthy Living, SE Community Portfolio (Calgary Health Region)</b>	- As a result of CHR’s obesity prevention in children business case, 2 teams comprised of 1 FTE Community Development, 1.0 FTE Nutrition Specialist and 0.2 FTE Kinesiology Specialist (each) will be based out of east Calgary. One team rural east and one team urban east. These teams will utilize a community mobilization strategy to address obesity prevention in geographical communities.	<a href="http://www.calgaryhealthregion.ca/childobesity">www.calgaryhealthregion.ca/childobesity</a>
<b>Community Resource Centers (CRC)</b>	-located throughout Calgary -community based one-stop shops that connect people with all available community services, organizations and groups -different services and programs operate out of each community resource centre	<a href="http://www.calgaryandarea.cfsa.gov.ab.ca/CRV.nsf/(Search)/Community+Organizations-CRC+Locations">www.calgaryandarea.cfsa.gov.ab.ca/CRV.nsf/(Search)/Community+Organizations-CRC+Locations</a>
<b>Comprehensive School Health Transition, Healthy Living, SE Community Portfolio (Calgary Health Region)</b>	Strategists assigned with each school jurisdiction to best determine how health can be delivered within CBE, CCSD, RVDD. Physical activity has been identified by schools as a high need area for support.	
<b>Critical Hours Beyond School Strategy (CCI)</b>	-long term preventative strategy -collaboration with parents, educators, childcare providers, program providers, community resource centers, etc. -goal is to help develop and implement comprehensive supports for key out-of-school times	(403) 231-2613  <a href="http://www.childrensinitiative.ca">www.childrensinitiative.ca</a>
<b>Crossing the Divide</b> 992 21 Ave SE	-introduces disadvantaged and at risk youth from various socioeconomic and cultural backgrounds to a backcountry camping experience including hiking, canoeing, mountain biking -3 +4 day and backpacking trips -no cost; must be agency referred	(403) 265-4566 ext. 25  <a href="http://www.crossingthedivide.com">www.crossingthedivide.com</a>
<b>Diversity Cup Soccer</b>	-yearly 2 day soccer tournament hosted by the Calgary police service -free to teams	(403) 206-8150 <a href="http://www.calgarypolice.ca">www.calgarypolice.ca</a>
<b>East Side Planning Project, Nutrition &amp; Active Living, Healthy Living (Calgary Health Region)</b>	-2 FTE Nutrition Specialists will be hired to work as community nutritionists in the community. (Communities to be determined, somewhere in East Calgary).	
<b>Elbow Valley Cycle Club</b>	-bicycle recreation club, touring group – Canadian Association CanBike Skill	<a href="http://www.elbowvalleycc.o">www.elbowvalleycc.o</a>

	workshops -Memberships: Individual \$32yr; additional family members \$7/yr; under 18 are free -bike is required	rg
<b>Ever Active Schools (Active Schools Portfolio)</b> Percy Page Centre 11759 Groat Rd, Edmonton	-a partnership of 13 Alberta active living organizations which collaborates on programs, services, research and advocacy with the goal of keeping all Albertans physically active -schools determine their own 'game plan' with goals and action plans -funding from Alberta Community Development Health and Wellness and Learning	(780) 454-4745  www.everactive.org
<b>Ever Active Workplaces (Be Fit for Life, Calgary District)</b>	-BFFL staff support workplaces through a 6 month process to set goals and implement strategies to increase the activity of their employees	(403) 220-8011  www.ucalgary.ca -Search Be fit for life
<b>Everybody Gets to Play (Canadian Parks and Recreation Association)</b> Ottawa, ON	-focused on increasing recreation opportunities for low-income families -Community Mobilization Tool Kit (resource for organizations, community practitioners, and volunteers)	(613) 523-5315  www.ARPAonline.ca
<b>Federation of Calgary Communities</b>	-an organization for the residential Community Associations that assists in communities with their urban planning needs	www.calgarycommunities.com
<b>Fitness Appraisals (Be Fit for Life)</b>	-(community groups 15-69 yrs); A Certified Fitness Consultant will administer fitness testing to assess the major components of fitness and interpret compared to norms for Canadians	(403) 220-8011  www.ucalgary.ca -Search Be fit for life
<b>Fitness Blast (Be Fit for Life, Calgary District)</b>	-(Grades 4-6); is a follow-up to the Active Living Challenge and is a presentation delivered by a BFFL representative in schools, designed to provide students with increased fitness knowledge	(403) 220-8011  www.ucalgary.ca -Search Be fit for life
<b>FUNDamental Family Fitness (Be Fit for Life, Calgary District)</b>	-a presentation in which BFFL representative provides suggestions and encouragement for families to be active together (Targeted at parents)	(403) 220-8011  www.ucalgary.ca -Search Be fit for life
<b>Fun Team Alberta</b>  -Fun Team (3-12 yrs)  -Rec Team. (13 yrs+)	-a not-for-profit organization that assists individuals and families participating in low cost sports -provides free start up guides for volunteers -offers grants for equipment and start up costs (memberships, rental and facility development) -a family sports program that allow the entire family to play in a fun environment  -league play	1-888-FUNTEAM  www.funteamalberta.com
<b>Girl Guides of Canada – Calgary Area</b>	-Girls Ages 5-17 (includes Sparks, Brownies, Girl Guides, Pathfinders and Senior Branch) -City wide; running in nearly all Calgary	(403) 283-8348

	<p>communities</p> <ul style="list-style-type: none"> <li>-programs involve camping and outdoors, developing skills for daily living, community involvement and global awareness</li> <li>-uniform and membership fee assistance available; no girl is turned away</li> </ul>	<p><i>www.calgareaguides.com</i></p>
<p><b>Girls@Play</b> <b>(Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS))</b></p>	<p>-a website and acts as a meeting place for active girls</p>	<p><i>(613) 562-5667</i></p> <p><i>www.caaws.ca</i></p>
<p><b>Go Girl</b> <b>(Alberta Sport, Recreation, Parks and Wildlife Foundation)</b></p>	<p>-a 1 day workshop for teens (12-17 yrs) which involves a see-and-try variety of physical activities and sports</p>	<p><i>(403) 268-3800</i></p> <p><i>www.cd.gov.ab.ca/asrpf</i></p>
<p><b>HPEC (Health and Physical Education Council)</b></p>	<ul style="list-style-type: none"> <li>-specialist council of the Alberta Teachers Association</li> <li>-health and physical activity consultants support schools locally to encourage active living in the school environment</li> </ul>	<p><i>President: (780) 594-4050</i></p> <p><i>www.hpec.ab.ca</i></p>
<p><b>Health Link</b> <b>(Calgary Health Region)</b></p>	<p>- telephone information line staffed by nurses to address public and professional health issues and resources. Linked to NAL helpline. Nurses transfer calls as needed</p>	<p><i>943-LINK</i></p>
<p><b>Healthy U</b> <b>(Alberta Health and Wellness)</b></p>	<ul style="list-style-type: none"> <li>-Provides information and resources</li> <li>-social marketing campaigns</li> <li>-Healthy U Crew visits different events and interact and answer questions from the public</li> </ul>	<p><i>www.healthyalberta.com</i></p>
<p><b>Inform Alberta</b></p>	<p>-the province's online directory of publicly funded and/or not-for-profit community, health, social, and government organizations and services</p>	<p><i>www.informalberta.ca</i></p>
<p><b>Investing in Wellness</b> <b>(Be Fit for Life, Calgary District)</b></p>	<p>(-for teen and adult community groups); BFFL representative gives a presentation which informs on current health issues and encourages health as a priority and personal responsibility</p>	<p><i>(403) 220-8011</i></p> <p><i>www.ucalgary.ca</i></p> <p><i>-Search Be fit for life</i></p>
<p><b>Kids Go Plan</b> <b>(CCI)</b></p>	<ul style="list-style-type: none"> <li>-an assessment of family-friendly transportation options</li> <li>-recommendations may help improve access to recreation and leisure activities for economically challenged families</li> </ul>	<p><i>(403) 231-6287</i></p> <p><i>www.childrensinitiative.ca</i></p>
<p><b>Kids in Motion</b> <b>(The Alex)</b></p>	<p>-a summer program in partnership with the YMCA</p>	<p><i>www.thealex.ca</i></p>
<p><b>The Kidsport Society of Canada</b></p>	<ul style="list-style-type: none"> <li>-Kidsport offers a \$200 grant to be used towards registration fees and/or equipment for children 5-18 yrs living in the Calgary area</li> <li>-Kidsport on Campus at U of C- every April 200-250 kids are hosted at the U of C campus so they can try a variety of new sports</li> </ul>	<p><i>(403) 202-0251</i></p> <p><i>www.kidsport.ab.ca/calgary.asp</i></p>
<p><b>Kidvestment</b> <b>(CCI)</b></p>	<p>-Family Friendly Workplaces Group, staff, volunteers, Council of Champion representatives, and project consultant</p>	<p><i>www.childrensinitiative.ca/kidvestment/ind</i></p>

	<p>-mandate: is Calgary employees and employers working together to make a contribution to the wellbeing of children through the development of family friendly workplaces</p> <p>-provides a safe, fun, and easy first step for organizations and employers to develop sustainable workplace policies, programs, and practices and can assist in sharing or directing you to related resources, providing research, best practices and ideas</p> <p>-offers organizations 3 levels of participation: Awareness Building, Employee and family engagement and Leadership engagement</p>	<i>ex.asp</i>
<b>Lessons from the Heart (Be Fit for Life, Calgary District)</b>	-(Gr. 10-12); A representative delivers in school a series of lessons focusing on heart rate monitoring relating to physical activity intensity	(403) 220-8011  <i>www.ucalgary.ca</i> -Search <i>Be fit for life</i>
<b>Lessons from the Heart – Teacher Training (Be Fit for Life, Calgary District)</b>	- a 3 hr in-service for teachers which demonstrates how to maximize students’ learning regarding heart rate monitoring	(403) 220-8011  <i>www.ucalgary.ca</i> -Search <i>Be fit for life</i>
<b>Live Outside the Box (The Alberta Sport, Recreation, Parks and Wildlife Foundation (ASRPWF))</b>	-a combination of public relations and advertising strategies aimed at 10-14 year olds	(403) 287-2909 <i>www.liveoutsidethebox.ca</i>
<b>Millican-Ogden Community Association Family Resource Centre</b> 2734-76 Ave SW	-Ages 12-17 -a youth drop-in centre with educational, recreational, and social opportunities	(403) 720-3322
<b>Mission Possible (Be Fit for Life, Calgary District)</b>	-(Grades 2 and 3); a representative delivers an in-school presentation on active living and physical fitness	(403) 220-8011  <i>www.ucalgary.ca</i> -Search <i>Be fit for life</i>
<b>Mothers in Motion (Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS))</b>	- info on fitness opportunities in local areas, info on physical activity and nutrition	(613) 562-5667  <i>www.caaws.ca</i>
<b>Nutrition and Active Living Help Line (Calgary Health Region)</b>	-offers support to health professionals regarding issues with nutrition and active living	943-8125
<b>On the Move (Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS))</b>	-a Handbook which serves as a practical guideline for service providers in the creation of an On the Move program. Also offers issue-based workshops.	(613) 562-5667  <i>www.caaws.ca</i>

<b>Opportunity Fund (YMCA/YWCA)</b>	-fee assistance assessed on an individual basis and provided to those deemed eligible to participate in physical activity	<i>www.ymcacalgary.com</i>
<b>Our Lady Queen of Peace Ranch</b> Bragg Creek	-enables children 7-16 yrs who are physically, mentally, or financially handicapped to participate free of charge -day programs and camps include activities such as horseback riding, hiking, canoeing, fishing, swimming -must be agency referred	<i>(403) 949-2044</i> <i>www.ourladyqueenofpeaceranch.com</i>
<b>PATCH Project (Hull Child &amp; Family Services)</b> 2266 Woodpark Ave SW	-aim of the project is to build a supportive network for resident families to develop the resources and skills necessary to maintain a stable and healthy lifestyle -helps bring community resources to the PATCH (4 sites)	<i>(403) 542-7030 Ext. 664</i>  <i>www.wrhull.com</i>
<b>Physical Activity &amp; Body Image (Be Fit for Life, Calgary District)</b>	-(Elementary and Jr. High); BFFL representative visits the school and -has an interactive discussion surrounding media messages, body image and physical activity	<i>(403) 220-8011</i>  <i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>
<b>Physical Activity Consultant (Alberta Cancer Board)</b>	-Physical Activity consultant works with regional health authorities to role out best practices for physical activity	<i>www.cancerboard.ab.ca</i>
<b>Public Health Nursing – Infant, Child and Women’s Health, SE Community Portfolio (Calgary Health Region)</b>	-messaging in child clinics delivered at immunization visits	
<b>Public Health Nursing – Schools, Child and Women’s Health, SE Community Portfolio (Calgary Health Region)</b>	-public health nurse works with schools to address identified health specific needs	
<b>Recreation Connector (City of Calgary)</b>	-located at Village Square Leisure Centre -Recreation Connector links families with City of Calgary recreation programming opportunities	<i>Village Square Leisure Centre</i>
<b>Rocky View School Board</b>	-provide health and physical activity consultation services to schools and active living coalitions -decides what programming gets implemented in schools	<i>(403) 291-6313</i>  <i>www.rockyview.ab.ca</i>
<b>Safe Healthy Active People Everywhere (SHAPE) (Alberta’s version of Active &amp; Safe Routes to Schools)</b>	-aids communities in identifying safe routes to school programs and active living initiatives in schools	<i>(403) 589-6013</i>  <i>www.shapeab.com</i>
<b>Safety and Active Living in the Workplace (Be Fit for Life, Calgary District)</b>	-BFFL representative hosts a discussion on injury prevention guidelines, and includes interactive activities (Employees, workplace gps)	<i>(403) 220-8011</i>  <i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>

<b>Schools Come Alive (SCA)</b>	-goal is to provide programs/services that support healthy active lifestyles in school communities -provides professional development opportunities through workshops, produces resources and in-services	(780) 454-4745  <i>www.schoolscomealive.org</i>
<b>Scouts Canada</b>	-Girls, boys, and youth Ages 5-26 (includes Beavers, Cubs, Scouts, Venturers, Rovers, SCOUTSabout, and Extreme Adventure) -includes games, crafts, music, and experiencing the outdoors (hikes, camping) -Subsidies open to all who want to participate (via the Helen Rees Financial Assistance Program) -program is also operating in other languages/cultures: (Vietnamese, Ismaili, Muslim, Chinese); contact Fiona at 516-4135 for up to date information	1-888-726-8876  <i>www.chinook.scouts.ca</i>
<b>Shifting to Wellness (Be Fit for Life, Calgary District)</b>	-BFFL representative comes to workplace and discusses relevant topics to help shift workers deal with their lifestyles in a healthy manner	(403) 220-8011  <i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>
<b>Sport Participation Initiative Program (Alberta Sport, Recreation, Parks and Wildlife Foundation)</b>	-provides support through grants for the development and operation of programs which are designed to enhance participation in sport for under-represented groups -grants can be used for equipment, facility rental, coach/official costs, and program resource development -organization/club must be a member of a recognized provincial sport/recreation association	(780) 644-4897  <i>www.cd.gov.ab.ca/asrpf</i>
<b>Squash Alberta</b>	-School squash program is available to school groups in any community -School group rate: \$1/student -equipment provided	(403) 270-7344  <i>www.squash.ab.ca</i>
<b>Summer Active (Be Fit for Life, Calgary District)</b>	-a program/ information resource aimed at encouraging active living during the summer months (focus changes each year)	(403) 220-8011  <i>www.ucalgary.ca</i> <i>-Search Be fit for life</i>
<b>Summer Active National physical activity campaign (Health Canada)</b>	-annual community based physical activity awareness campaign -website contains information and resources on active living and physical activity	<i>www.summeractive.com</i>

<p><b>Talisman Centre for Sport and Wellness</b> 2225 Macleod Trail South</p>	<p>-Facility offering pools, gyms, tracks, circuit-training, drop-in classes, athletic development, weight room -offers a variety of physical activity based school programming up to a full day (Badminton, Soccer, Volleyball, Basketball, Tae Kwon Do, Diving, Swimming, Water Polo and more) -subsidies are available for low-income schools</p>	<p>(403) 335-1255 <a href="http://www.talismancentre.com">www.talismancentre.com</a></p>
<p><b>True Sport (Bell Community Sport Fund)</b></p>	<p>-offers up to 140 \$5,000 and 12 \$25,000 grants to teams and communities to make soccer and hockey programs more inclusive, accessible, and welcoming to all participants (for youth 4-17) -grants also have the capacity for dollar matching</p>	<p>1-877-391-2007 <a href="http://www.truesport.ca">www.truesport.ca</a></p>
<p><b>Ultimate Fitness Challenge (Be Fit for Life, Calgary District)</b></p>	<p>-(Jr. High); a BFFL representative visits schools and has students participate in 4 fitness challenges and students learn how to maintain/improve their physical fitness</p>	<p>(403) 220-8011 <a href="http://www.ucalgary.ca">www.ucalgary.ca</a> -Search Be fit for life</p>
<p><b>U R IT! (Ultimate Recreation and Sport Initiative) (Fun Team Alberta)</b></p>	<p>-youth sport leadership program</p>	<p>1-888-FUNTEAM <a href="http://www.funteamalberta.com">www.funteamalberta.com</a></p>
<p><b>Vibrant Faces; (P&amp;G School Program) CAHPERD (Canadian Association for Health, Physical Education, Recreation and Dance)</b></p>	<p>-(girls grades 7 and 8); aimed to help them overcome barriers to physical activity participation. Provides teacher/leader event guides, student guide booklets, and samples. Runs Sept-May and takes ~4-6 weeks for delivery</p>	<p>1-800-663-8708 <a href="http://www.cahperd.ca">www.cahperd.ca</a></p>
<p><b>Vitality! (Be Fit for Life, Calgary District)</b></p>	<p>-(Elementary and Jr. High) ; Representative provides info and fosters discussions on healthy lifestyles through games and activities -for schools and community groups</p>	<p>(403) 220-8011 <a href="http://www.ucalgary.ca">www.ucalgary.ca</a> -Search Be fit for life</p>
<p><b>Wise Fund (Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS))</b></p>	<p>Offers 12 x \$900 grants Grants are available to female individuals, coaches, and teams who are involved in organized, competitive sport to help fund and assist members of the sporting community</p>	<p>(613) 562-5667 <a href="http://www.caaws.ca">www.caaws.ca</a></p>
<p><b>YMCA/ YWCA</b></p>	<p>- promoting the spiritual, mental, physical and social development of individuals/families -Programs include: Aboriginal Outreach Program, YMCA McNally, YMCA Community Recreation -located throughout the city (5 locations); includes fitness and recreation facilities -Camp Chief Hector and outdoor recreation programs available (for financial assistance contact the city office at: 269-6156.</p>	<p><a href="http://www.ymcacalgary.com">www.ymcacalgary.com</a></p>

<b>Youth Basketball Calgary Urban Indian Youth</b>	-youth basketball offered at the Hillhurst-Sunrise Community Centre for Indian youth (1320-5 <sup>th</sup> Ave NW) -free of charge	(403) 243-1876
<b>Youths Can Fish 2 Society</b> #284 305-4625 Varsity Dr NW	-1 week programs includes fishing, archery, team games and learning camp related skills -Free (proof of low income must be provided); a \$20 refundable deposit is charged to discourage no-shows	(403) 247-0723  <a href="http://www.members.shaw.ca/youthscanfish2">www.members.shaw.ca/youthscanfish2</a>
<b>Youth Initiatives Project (The Alex)</b>	-for ages 12-17 -is a recreational leadership and service learning program	<a href="http://www.thealex.ca">www.thealex.ca</a>

### *Partnership Initiatives*

<b>Program, Service, or Initiative Name</b>	<b>Description</b>	<b>Contact Information</b>
<b>Calgary Children's Initiative (CCI)</b>	-mission is to invest in children so that every child is valued, nurtured, and supported -works with over 70 partner organizations -works at systems level to seek solutions that get at root conditions impacting children and youth -website contains a resource and upcoming events sections Link with physical activity ... - <b>+ 12 action group</b> – 'Recreation for all' formally known as the <b>kids subsidy network</b> and <b>access to recreation and leisure activity</b> – looking at various activities to support service providers, parents and caregivers in access to quality recreation opportunities, Partners engaged include Boys and Girls Clubs of Calgary, YMCA, Kid Sport Calgary, City of Calgary, Scouts, Governor's Council, and Calgary Children's Initiative, Girl Guides and the Calgary Health Region - <b>6 – 12 action group</b> – 'Critical Hours'. Looking at use of facility space use and opportunities within hours of 3 – 6 pm. - <b>0-5 working group</b> – supporting new 'PLAY based research institute' at Mount Royal College	(403) 231-6287  <a href="http://www.childrensinitiative.ca">www.childrensinitiative.ca</a>
<b>Community Adventures</b>	-partnership between CCI, Calgary Health Region, United Way of Calgary, Boys and Girls Clubs of Calgary, YMCA, Aspen, and Calgary Board of Education -goal is to increase elementary students knowledge of and pride in their community and encourage community participation -includes learning modules about their	<a href="http://www.childrensinitiative.ca">www.childrensinitiative.ca</a>

	<p>community, community resident speakers, and participation in service projects in the community</p> <p>-is offered by Boys and Girls Clubs of Calgary, Aspen, and YMCA in all 16 Greater Forest Lawn CBE elementary schools</p>	
<b>GO<sub>2</sub></b>	<p>-a partnership initiative between the Calgary Health Region, City of Calgary, YMCA, YWCA, University of Calgary, Calgary Chamber of Commerce, Calgary Board of Education, Calgary Sport Council, Enmax, Shaw Communications, Talisman Centre, Westside Recreation, Cardel Place, Foothills Health Consultants, Calgary Boys and Girls Club and Calgary Children's Initiative.</p> <p>- website offering information, resources, and links on active living and physical activity</p> <p><b>- 3 action groups targeting (1) preschool aged, (2) elementary school aged and (3) adults in the workplace</b></p>	<a href="http://www.go2calgary.com">www.go2calgary.com</a>
<b>Family Resource Facilitation Project</b>	<p>- the FRFP and Calgary Health Region are working with 13 high needs day cares to determine how best to integrate physical activity into the day care setting</p>	
<b>PATCH Planning</b>	<p>-collaborative partnership between PATCH, CHR and Alberta Cancer Board</p> <p>-aim is to develop a model of how agencies servicing vulnerable populations can deliver health promotion and disease prevention, specifically healthy eating and active living</p> <p>-internship development program</p>	
<b>Pineridge Healthy Eating and Active Living (H.E.A.L.) Project</b>	<p>- Initiative is aimed at promoting HEAL in children and their families living in Pineridge community. The project is led by a group of dedicated volunteers living in Pineridge. In 2003, Pineridge H.E.A.L. group was formed as part of a project that applies a community development approach to mobilize the community around the issue of obesity, referred to as 'Toolbox for Community Action: Promotion of HEAL in Children'. It was a joint initiative between CPCO and ACB, funded by the Public Health Agency of Canada and the Calgary Health Region. CHR continues to provide facilitation support to this initiative.</p>	<a href="http://www.calgaryarea.com/n/pineridge/pineridge/html">www.calgaryarea.com/n/pineridge/pineridge/html</a>
<b>PLAAY (Play and Leisure All Around You)</b>	<p>-collaboration of CCI, 3 Cheers for the Early Years, Health LINK (Calgary Health Region), City of Calgary, GO2</p> <p>-objective is to increase knowledge, awareness and value of play among all age groups</p> <p>-Play Days, the Power of Play Conference, Researcher Think Tank, and media social marketing campaigns are used</p> <p>-posters and calendars were sent to physicians and thousands of low income families to that</p>	<a href="http://www.childrensinitiative.ca">www.childrensinitiative.ca</a>

	encouraged them to call 211 or Health LINK to information on play resources in the city	
<b>Recreation Connectors, Calgary Health Region and Calgary United Way, CCI</b>	Recreation Connectors (3FTE) will be hired to connect families to recreation opportunities. Connectors will be housed with community agencies located in East Calgary.	<i>Contact Calgary Health Region (943-8127)</i>

## *Appendix 1*

### **Physical Activity Guidelines**

#### **NASPE's (National Association of Sport and Physical Education) Guidelines for Physical Activity for 0 – 5 years.**

##### **Guidelines for Infants:**

- Guideline 1.** Infants should interact with parents and/or caregivers in daily physical activities that are dedicated to promoting the exploration of their environment.
- Guideline 2.** Infants should be placed in safe settings that facilitate physical activity and do not restrict movement for prolonged periods of time.
- Guideline 3.** Infants' physical activity should promote the development of movement skills.
- Guideline 4.** Infants should have an environment that meets or exceeds recommended safety standards for performing large muscle activities.
- Guideline 5.** Individuals responsible for the well-being of infants should be aware of the importance of physical activity and facilitate the child's movement skills.

##### **Guidelines for Toddlers:**

- Guideline 1.** Toddlers should accumulate at least 30 minutes daily of structured physical activity.
- Guideline 2.** Toddlers should engage in at least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.
- Guideline 3.** Toddlers should develop movement skills that are building blocks for more complex movement tasks.
- Guideline 4.** Toddlers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.
- Guideline 5.** Individuals responsible for the well-being of toddlers should be aware of the importance of physical activity and facilitate the child's movement skills.

##### **Guidelines for Preschoolers:**

- Guideline 1.** Preschoolers should accumulate at least 60 minutes daily of structured physical activity.
- Guideline 2.** Preschoolers should engage in at least 60 minutes and up to several hours of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.
- Guideline 3.** Preschoolers should develop competence in movement skills that are building blocks for more complex movement tasks.
- Guideline 4.** Preschoolers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.
- Guideline 5.** Individuals responsible for the well-being of preschoolers should be aware of the importance of physical activity and facilitate the child's movement skills.

### **Canada's Physical Activity Guides**

*www.healthcanada.ca/paguide*

**Children 6-9 years:** -Accumulate at least 60 mins of moderate physical activity and 30 mins of vigorous physical activity each day (At least 90mins/d total)

**Youth 10-14 years:** -Accumulate at least 60 mins of moderate physical activity and 30 mins of vigorous physical activity each day (At least 90mins/d total)

**Adults:** -Accumulate 30-60 mins of moderate physical activity at least 4 days/week

**Older Adults:** -Accumulate 30-60 mins of moderate physical activity on most days of the week

## *Appendix 2*

### **Barriers to Physical Activity: (The Subsidy Process) as identified by Tanya Knorren (Resource Outreach Worker with the First Energy Active Living Connections Project) (78)**

The primary goal of The First Energy Active Living Connections Research Project was to increase the participation of children in recreation programs. The target population was children, youth, families, and community leaders in the Greater Forest Lawn Area.

Recreation Outreach Workers provided support to families and aimed to build their capacity to access recreation opportunities. This capacity building process was achieved by connecting families with recreation opportunities, providing information about programs, assisting in the subsidy application process, and when necessary facilitating the implementation of new programs. Workers connected with families through local schools, via telephone and in-person visits. The time frame of the program was approximately 18 months. Evaluation of the project showed that 20% of the children in the intervention group increased their physical activity 11 months after working with the Resource Outreach Workers.

The major barrier for both the families and the Resource Outreach workers was filling out the fee assistance forms. Most of these forms were for the City of Calgary recreation programming. The Connectors spent some time working with the City of Calgary Fee Assistance Office to better understand the process. The City of Calgary states on its fee subsidy forms that applications take approximately 2 weeks to process. However, this was not the experience of the Resource Outreach workers. Workers were notified that forms filled out in Dec. 2004 would not be processed and subsidies would not be available to families before programs started in January 2005. In this particular scenario the Fee Assistance Office expedited the process, and this facilitated registration in programs for the majority of families. Tanya Knorren (a Outreach worker) reported that often children were interested in programs, but by the time the subsidy process was completed and the subsidy received by the family, the program was full. Most programs were not willing to hold spots for those waiting for subsidies.

Based on the successful results of the First Energy Active Living Connections Project, 3 full time Resource Outreach Workers have been hired. They will be housed in community agencies with the goal of continuing to connect children and families to recreational opportunities and assisting in the subsidy process.

As a result of the findings from the First Energy Active Living Connections Project, The Kids Subsidy Network, a collaborative partnership including: the Boys and Girls Clubs of Calgary, YMCA, Kidsport, City of Calgary, Scouts, Governor's Council, and Calgary Children's Initiative, and the Calgary Health Region formed with the goal of expanding availability of subsidy programs. The Kids Subsidy Network provides knowledge, and resources to agencies and organizations to start or improve their own fee reduction programs. They also offer seed grants to selected programs that address gaps in current subsidy programming.

### *Appendix 3*

#### **Agencies and Organizations that are currently involved in Addressing Active Living Insecurity in the Calgary Health Region**

- 211
- Alberta Cancer Board
- Alberta Centre for Active Living
- Alberta Recreation and Park Association
- Be Fit for Life
- Boys and Girls Clubs of Calgary
- Calgary Health Region (211, Health LINK, Nutrition and Active Living, Comprehensive School Health, Public Health Nursing, Three Cheers,
- GO<sub>2</sub> (Partnership Initiative)
- Calgary Children's Initiative (CCI)
- Calgary Sport Council
- Calgary United Way
- City of Calgary (Parks and Recreation & Community Resource Centers)
- First Energy Active Living Connections Project
- Kidsport Calgary
- Kids Subsidy Network (Collaborative partnership between: Boys and Girls Clubs of Calgary, YMCA, Kidsport, City of Calgary, Scouts, Governor's Council and Calgary Children's Initiative, and Calgary Health Region)
- PATCH Project (Hull Child & Family Services)
- YMCA/YWCA of Calgary

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