

## FOR MORE INFORMATION

### RELATED MINISTRIES AND INITIATIVES

**Ministry of Healthy Living and Sport**

[www.gov.bc.ca/hls/index.html](http://www.gov.bc.ca/hls/index.html)

**Every Move is a Good Move** [www.actnowbc.ca](http://www.actnowbc.ca)

**2010 LegaciesNow** [www.2010legaciesnow.com](http://www.2010legaciesnow.com)

**BC Healthy Living Alliance**

[www.bchealthyliving.ca](http://www.bchealthyliving.ca)

### USEFUL LINKS

**ActionSchools! BC**

[www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)

**Active Communities**

[www.activecommunities.bc.ca](http://www.activecommunities.bc.ca)

**Canada's Physical Activity Guide to Healthy Active Living**

[www.phac-aspc.gc.ca/pau-uap/paguide](http://www.phac-aspc.gc.ca/pau-uap/paguide)

**Eating Well With Canada's Food Guide**

[www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

**School Fruit and Vegetable Nutritional Program**

[www.aitc.ca/bc/snacks](http://www.aitc.ca/bc/snacks)

**Baby's Best Chance**

[www.hls.gov.bc.ca/children/index.html](http://www.hls.gov.bc.ca/children/index.html)

**QuitNow Services** [www.quitnow.ca](http://www.quitnow.ca)

**Tobacco Control Program**

[www.health.gov.bc.ca/tobacco/index.html](http://www.health.gov.bc.ca/tobacco/index.html)

**Tobacco Facts for Youth, Parents and Educators**

[www.tobaccofacts.org](http://www.tobaccofacts.org)

**Tobacco-Free Sports**

[www.tobaccofreesports.ca](http://www.tobaccofreesports.ca)

**HealthLink BC**

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

**Health and Seniors Information Line**

Toll-free provincewide: 1 800 465-4911

## MESSAGE FROM THE PREMIER



By focussing today on healthy living, nutrition, active living and fitness, we can help British Columbians lead healthier, longer lives, as well as prevent future illnesses and the costs associated with treating them. ActNow BC has earned global accolades for its success in it's promotion. Building on that success,

we're providing the resources and information people need to make healthy choices.

We've expanded our anti-tobacco programs. We've launched a 24-hour HealthLinkBC 8-1-1 phone service that allows people to speak to a nurse in any of more than 130 languages. Pharmacists and dieticians are also available by phone. To help people stay active in their communities, we're helping to build seniors community parks. We're expanding cycling paths and pedestrian walkways to create greener, healthier communities. We're actively promoting sport as a cornerstone of healthy living.

British Columbia is recognized as one of the healthiest and most active provinces in Canada, and we're leading the way in North America in healthy living and physical fitness. We've set the target of being the healthiest jurisdiction to ever host the Olympic and Paralympic Games. Working together, we can stay fit and healthy, lead longer lives, save money and improve our environment at the same time.

Honourable Gordon Campbell  
Premier of British Columbia



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### SERVICE BC

(For information on any provincial government service or program)

Monday to Friday: 7:30 a.m. – 5:00 p.m.

Toll-free provincewide: 1 800 663-7867

Telephone device for the deaf (TDD) in B.C.: 1 800 661-8773

[WWW.SERVICEBC.GOV.BC.CA](http://WWW.SERVICEBC.GOV.BC.CA)

### SIGN UP FOR THE PREMIER'S NEWSLETTER:

[PREMIERSOFFICE@GOV.BC.CA](mailto:PREMIERSOFFICE@GOV.BC.CA)

SEND YOUR COMMENTS TO:

E-MAIL: [PREMIER@GOV.BC.CA](mailto:PREMIER@GOV.BC.CA)

**BUILDING THE FUTURE** >>

**FOR HEALTHY LIVING**



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### ENCOURAGING PHYSICAL ACTIVITY

- » To encourage everyone to be active, we've invested in bike paths, walkways, greenways and improved cycling infrastructure.
- » Since 2004 the Province has invested over \$45 million in cycling infrastructure resulting in over 200 km of new bike lanes and pathways in over 50 different communities. And through the Gateway Program, we've made a \$50 million investment in cycling infrastructure — the largest in B.C.'s history.
- » We also doubled the Physical Fitness and Amateur Sport Fund to \$44 million, which has significantly increased annual investment earnings from the fund.



- » We've put in place 30 minutes of daily physical activity for all K-12 students and have made 150 minutes a week a graduation requirement for grades 10 through 12. We gave \$1.3 million to school districts for new PE equipment to help students achieve optimal health benefits from exercise as well as committed to a Walking School Bus program and Bicycle Train Program.
- » In addition, we have supported initiatives to increase physical activity rates of Aboriginal populations, including \$3.5 million for the North American Indigenous Games.

We've contributed to Kidsport and other programming to help low-income families register their children in sports programs.



### HEALTH PROMOTION AND DISEASE PREVENTION

B.C. is nationally recognized for our health promotion initiatives and accomplishments. These include:

- » Providing free early childhood screening for vision, hearing and dental and expanding newborn screening for 19 disorders.
- » Establishing Immunize BC to help British Columbians understand the importance of immunization for themselves and their families. We've more than tripled our immunization budget since 2002/03 to protect British Columbia from preventable communicable diseases.
- » Offering the HPV vaccine to girls in grades 6 and 9 to protect them against cervical cancer.
- » Investing nearly \$5 million in breast cancer prevention awareness supporting the Canadian Breast Cancer Foundation's GOHAVE1 campaign and the Telus Tour for the Cure.
- » Launching a healthy living framework for B.C. seniors to support our seniors in leading healthy, active, independent lives in our communities.
- » Signing the Tripartite First Nations' Health Plan to improve the health status of First Nations people in B.C. and we're the first government in Canada to establish a Physician of Aboriginal Health within the Provincial Health Office.

- » Developing the BC Wellness Atlas, outlining more than 270 maps and approximately 120 wellness-related indicators.
- » Smoking in cars is now banned when children under 16-years-old are present.
- » We're restricting industrially-produced trans fat in schools, restaurants and food-service establishments.
- » We've banned junk food in British Columbia schools and set healthy eating guidelines for the sale of food and beverages through vending machines in all public facilities and expanded our School Fruit and Vegetable Nutritional Program to over 900 schools provincewide.
- » We've established Dietitian Services through HealthLink BC to provide accessible quality nutrition information — a free service for all British Columbians.
- » We've launched Punjabi and Chinese versions of our Healthy Eating for Seniors' handbook.
- » We are also encouraging establishments to offer healthier food choices to British Columbians through the HealthCheck BC Healthy Dining Program.
- » Working with UBCM, First Nations and the food industry, we're developing a strategy to improve availability of produce for remote communities.

### ACTNOW BC

We've expanded the reach of ActNow BC and are working to ensure that all British Columbians, including seniors and Aboriginal populations, are aware of how even small lifestyle changes can dramatically improve their health.

- » Leveraging the 2010 Winter Games to engage British Columbians and communities to make healthy choices.
- » More than 255,000 British Columbians from 37 communities participated in the ActNow BC Road to Health Tour.
- » Programs counsel women about alcohol use during pregnancy.

We've met our ActNow BC targets of the lowest smoking rate and the lowest obesity rate in Canada.

