

NEWS RELEASE

17 Communities in the Northern Health Region to Benefit from Funding to Increase Physical Activity

For immediate release: November 29, 2017

Northern Health, in partnership with the BC Alliance for Healthy Living (BCAHL), has awarded a total of \$353,800.00 in funds to 10 projects that will benefit 17 communities across the north. These initiatives will improve opportunities for physical activity in their communities.

The Active Communities grants are a one-time opportunity supported through the provincial Ministry of Health's [Active People, Active Places Physical Activity Strategy](#). The aim of the strategy is to support and provide access to physical activity for individuals and families in communities across the province.

Regional Districts and local governments including, municipalities, Indigenous communities and Métis Chartered communities, were eligible to apply for the community grants. Successful applicants and communities were chosen based on their plans to strengthen community relationships and capacity through multi-sector partnerships for physical activity planning. Projects are to be completed by October 2018 and are to focus on one or more of the following grant criteria:

- Increase the number of opportunities available to be physically active by one or more of the following: improving access, supporting inclusion, and/or promoting healthy community design
- Increase participation in physical activity
- Encourage and support physical activity leadership in the community
- Build capacity to help others be physically active
- Address barriers to physical activity faced by community members

Northern Health Active Communities grant funds were awarded to:

1. District of Houston- Houston Accessible Recreation Program
2. Gitanmaax Band- Gitxsan Getting Active
3. Village of Telkwa- Smithers to Telkwa Multi-Use Trail
4. Kwadacha First Nation- Kwadacha Roller Derby

5. North Cariboo Metis Association- ROADS: Reaching Out And Doing Something
6. Takla Lake First Nation- Takla: An Active Community
7. Village of Burns Lake- Youthful Hearts: Seniors and Elders Fitness Program
8. District of Hudson's Hope- District of Hudson's Hope Multi-Use Trail Project
9. District of Tumbler Ridge- Promoting Universal Access in the Tumbler Ridge UNESCO Global Geopark
10. Peace River Regional District- Connecting Community Trails in South and North Peace

Contacts:

- **NH media Line 250-961-7724**
- Stakeholder contacts can be provided – please contact the media line above.