



PHYSICAL ACTIVITY ALLIANCE of NORTHERN BRITISH COLUMBIA

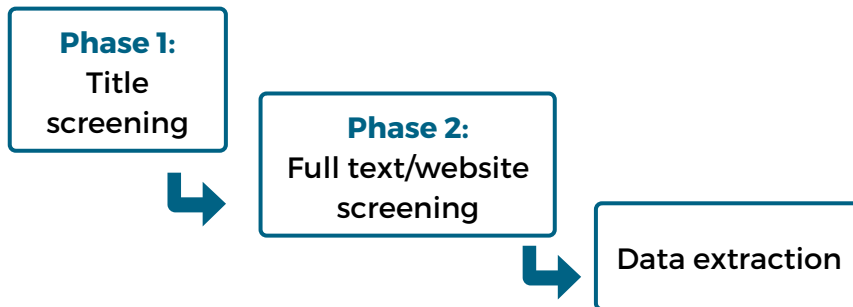
Environmental Scan Summary

Project goals

1. To gain an overview of existing programs, interventions, and resources that support physical activity in rural, remote, and northern British Columbia (BC)
2. To determine the needs of organizations/program providers in rural, remote, and northern BC to support physical activity

What did we do?

Academic Literature and Internet Searches:



Online survey



Individuals who work for or represent an organization that supports physical activity in the northern region of BC

What did we find?

Challenges and needs from survey responses included: facility access, equipment, staff capacity, transportation, and communication

A total of 100 items identified

21 INTERVENTIONS

Addressing capacity issue of human resource



Walking and running

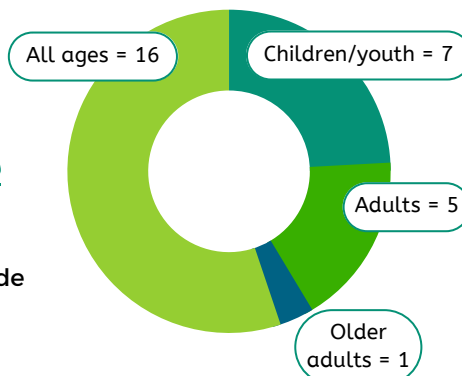


Sports and fitness



School-based
Multi-site
Community-wide

29 PROGRAM PROVIDERS



50 RESOURCES



Informational websites that community members can use to be active (e.g., safety info, maps, list of locations for physical activity, and courses)

Guides, toolkits, and academic articles that provide strategies to support physical activity programming

Next steps

- We will work to develop an **“Active Living Toolkit for the North”**: the first set of resources that support context-specific physical activity strategies in rural northern communities
- Resources and tools to support equity-deserving groups and specific populations