



Centre for
Heart Lung Innovation
UBC and St. Paul's Hospital

Centre for Heart Lung Innovation Research in Progress (R.I.P.)



NiwH Yizt'iyh Hilht'iz Nets'eelh'iyh Strengthening Our Bodies – Preliminary Survey Results on Physical Activity in BC First Nations Communities

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Dr. Pat Camp

Monday, Jan 16th, 2023
9:00 – 10:00 a.m.

James Hogg Conference Centre RM 103
Zoom Video Conference
(Meeting ID: 693 1997 7044; Passcode: 030679)

“Physical activity is important for individuals with chronic disease symptoms. However, many First Nations communities have reduced access to physical activity and expressed the need for such programming. This project will determine the values of, and barriers and facilitators to, physical activity in rural and remote BC First Nations communities, specifically among people with chronic disease symptoms. This project is in partnership between UBC and Carrier Sekani Family Services (CSFS), a First Nations-led healthcare society. The first phase of the project was surveys. The results of the survey will be discussed further (demographics, current behaviours, problems experienced, and program preferences). The information from the survey phase will be used in the second phase: individual interviews and a Photovoice project. For the Photovoice project, we ask participants to take 4-6 photos of their physical activity behaviours. All this information will help CSFS create physical activity programming within their member Nation communities.”

This event is a Self-Approved Group Learning Activity as defined by the Maintenance Certification Program of the Royal College of Physicians and Surgeons of Canada



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