

CSH Example: Physical Activity

Below are some best practice examples of the health professional's role¹ in supporting physical activity through a CSH lens. These examples present some potential actions in each pillar and should be considered within your capacity and role within your health authority. You can use these as a guide, or insert your own to best suit the unique needs of your setting.

- Support the school in their efforts to meet the provincial *Daily Physical Activity (DPA) Guidelines*
- Provide support in evaluating progress with meeting DPA policies and guidelines

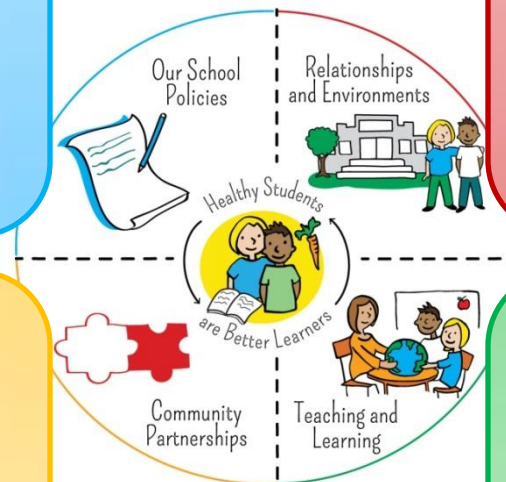
AND/OR

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- Connect the school/district with community organizations that promote physical activity²
- Facilitate linkages to after-school sports programs in the community²

AND/OR

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- Support the school to assess the availability and safety of physical activity spaces and facilities
- Support student-led creation of active transportation programs
- Advocate for programs that reflect the needs of students with physical disabilities

AND/OR

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- Share and interpret health data related to physical activity levels and the benefits of active living
- Encourage and support physical activity programs for staff and students²
- Support evaluation of changes in knowledge, skills, and attitudes related to physical activity and body image

AND/OR

- _____

1. Healthy Schools BC (2012). *Health sector support of comprehensive school health: Best practices implementation*. Directorate of Agencies for School Health BC, Vancouver, Canada.
 2. Go to healthyschoolsbc.ca/programs for a growing list of programs and resources in your community.