

Sue McKinnon

Sue McKinnon studied Physical Education at McMaster University with a special interest in neuro-anatomy and kinesiology.

She has spent the past twenty years working within the fields of injury prevention, health promotion and community development. For the past two years she has been a Manager of Healthy Living Initiatives with 2010 Legacies Now supporting a vision of creating healthy people within healthy communities. In this role she is part of the Action Schools! BC Support Team, creating more opportunities for more children to make healthy choices more often.

Bio - Lindsay Nettlefold

Lindsay graduated from Queen's University with an undergraduate degree in Life Sciences and a master's degree in Exercise Physiology. Lindsay is currently a PhD student at the University of British Columbia in the Experimental Medicine program. Her thesis work explores the relationship between physical activity (measured via accelerometry) and indices of cardiovascular health in children. More specifically, she is involved with the evaluation of the cardiovascular component of the Action Schools! BC dissemination model.

ActionSchools!BC Abstract

Physical Activity is key to developing the tools needed to reduce the chance of injury in children when participating in sport and recreational activities as well as activities of daily living. Physical activity develops good bone health, flexibility, strength, balance, and agility. Action Schools! BC (AS! BC) is a provincial initiative that adopted a socio-ecological approach to preventing obesity and promoting healthy weights in children. AS! BC engages stakeholders at multiple levels of influence and across multiple sectors to mobilize schools and facilitate systemic change. At the school level AS! BC utilizes a comprehensive school health-based model, identifying community and school champions and the development of *customized school Action Plans* that target the whole school environment and involve families, teachers, principals and community stakeholders in providing more physical activity and healthy eating opportunities throughout the school day. Action Schools! BC Support team will present this exciting initiative and discuss the results of the evaluation.