

Access to Sport and Exercise

City of Lethbridge Fee Assistance Programs

Launched in November 2015, the City of Lethbridge's Fee Assistance program enables residents who face financial barriers to participate in recreational and cultural opportunities.

In 2016, the program's first full year:

- 1,062 registrations were approved
- Helped provide access to 74 different recreation, sport, and culture organizations
- One-third of funds dispersed went to family swim passes

Did you know? There are over 170 kilometers of paved pathways and approximately 55 kilometers of natural or gravel trails in Lethbridge.

(Source: City of Lethbridge)

Youth Access to Organized Sport

A 2005 report on kids in sport notes that access to sport is linked to household income and parents' levels of education. Children of parents with higher salaries and more education are more numerous in organized sport than those from lower income, less-educated families. This discrepancy is likely caused by the cost associated with playing organized sports—equipment and registration fees, for example. As a result, the federal government, through Sport Canada, funds a number of initiatives that promote youth participation in sport, including Kidsport and Jumpstart.

(Source: [Statistics Canada](#) and [Government of Canada, Culture, History and Sport](#))

Kidsport and Jumpstart

Kidsport and Jumpstart are charitable programs that help youth afford the costs involved in playing sports.

Kidsport

- Kidsport Lethbridge & Taber supported:
 - 387 kids in 2015, at a cost of \$59,744
 - 513 kids in 2016, at a cost of \$86,169
- Kidsport Crowsnest Pass supported:
 - 24 kids in 2015, at a cost of \$3,650
 - 29 kids in 2016, at a cost of \$4,394
- Kidsport Pincher Creek supported:
 - 30 kids in 2015, at a cost of \$5,085
 - 33 kids in 2016, at a cost of \$5,462
- Kidsport Claresholm supported:
 - 57 kids in 2015, at a cost of \$8,846
 - 58 kids in 2016, at a cost of \$8,900
- Kidsport Mountain View supported:
 - 44 kids in 2015, at a cost of \$9,368
 - 69 kids in 2016, at a cost of \$16,619

- Kidsport Vulcan County supported:
 - 39 kids in 2015, at a cost of \$6,186
 - 21 kids in 2016, at a cost of \$3,654

(Source: [Kidsport Alberta](#))

Jumpstart

- Jumpstart Bow Valley supported:
 - 138 kids in 2016, at a cost of \$25,078
- Jumpstart Lethbridge supported:
 - 1,192 kids in 2016, at a cost of \$137,367
- Jumpstart Strathmore supported:
 - 151 kids in 2016, at a cost of \$27,361

(Source: [Canadian Tire Jumpstart](#))

YMCA Lethbridge

In 2016, YMCA Lethbridge served over 3,500 members through their health, fitness, and aquatics programs, including 160 seniors and 500 youth. The 2016 Strong Kids Campaign, their annual fundraiser, raised \$101,331 for youth who cannot otherwise afford to participate. Twenty-one percent of YMCA members take advantage of this program to access services.

(Source: [YMCA Lethbridge](#))

Sedentary Living

Excessive sedentary time is associated with increased risk of obesity, Type 2 diabetes, and heart disease. Simple changes—standing more, parking further away, taking the stairs, or going for brief walks—will increase your physical activity and improve your health.

- 9 hours: the average an Albertan is sedentary per day during the week
- 8.5 hours: the average an Alberta is sedentary per day on the weekend
- 1/3 of Albertans are sedentary for more than 10 hours per day
- 62% of Canadians ages 65 and older are inactive
- In Southern Alberta, even seniors with high levels of physical activity still sit for more than 8 hours per day

(Source: Department of Kinesiology, University of Lethbridge)

Mental Health in Youth

When people feel connected to each other, they are more likely to experience greater life enjoyment, higher emotional well-being, and other signs of positive mental health. Feeling connected also helps empower individuals to find treatment when they need it.

A 2015 review of mental health and addiction services in Alberta suggested that there are many points of access to these services within society. However, the constraints of the current system—lack of centralized access, available programs, and mental health awareness, to name a few—can make it

difficult for individuals to receive the care they require.

(Source: [Alberta Mental Health Review, 2015](#))

- As many as 20% of Canadian youth are affected by a mental illness or disorder
 - Only 1 in 5 children who need mental health services receives them
- Approximately 5% of male youth and 12% of female youth, ages 12 to 19, have experienced a major depressive episode
- 3.2 million: the number of youth, ages 12 to 19, at risk for developing depression

(Source: [Canadian Institute for Health Information](#))

CMHA Alberta Adult/Youth Crisis Team

The Canadian Mental Health Association's Adult/Youth Crisis Team provides telephone and face-to-face crisis counseling and outreach to identify problems, alleviate immediate risks, and agree on a plan of action. The crisis team also provides post-crisis follow-up services. There were 1,333 interventions in the 2016-17 program year, and 31% of these interventions occurred with youth.

Deaths by suicide in Southwestern Alberta:

- 2014: 110 (6 were ages 10-19)
- 2015: 146 (9 were ages 10-19)
- 2016: 103 (6 were ages 10-19)

(Source: Deborah Chenery, CMHA)

Opioid Crisis

The synthetic opioid Fentanyl can be up to 100 times stronger than morphine. Carfentanyl, a Fentanyl analogue, is up to 10,000 times stronger than morphine and is meant for use on large animals. Both substances have contributed heavily to the epidemic of opioid overdoses in Alberta.

- Alberta, 2011: 6 Fentanyl-related overdose deaths
- Alberta, 2016: 368 Fentanyl-related overdose deaths

In 2016, there were 17 Fentanyl-related deaths in the South Zone of the province.

- 10 of those deaths were in Lethbridge
- In the first six months of 2017, the number of deaths due to Fentanyl overdose in Lethbridge had reached 8

(Source: [Government of Alberta, Health and Wellness](#) and [Opioids and Substances of Misuse Report, 2017 Q2](#))

Did you know? Naloxone is a medication that temporarily reverses the effects of an opioid overdose. It has become an essential public health tool.

More than 50 pharmacies and walk-in clinics in Southwestern Alberta dispensed Naloxone kits as of July 2017. The kits are provided free of charge. Naloxone kits help reduce the burden that overdoses place on first responders by reducing or removing the immediate life-threatening effects of a drug overdose. In Lethbridge in 2016, first responders administered Naloxone on 83 occasions, 39 of which were to recurring patients.

(Sources: [Alberta Health Services](#) and City of Lethbridge Community Coalition on Opioid Abuse)

Immunization

Herd immunity refers to the indirect protection from sickness and disease that is brought about by high rates of vaccination. The more people who are immunized, the less opportunity there is for disease to spread. For herd immunity to be effective, 85% of a population needs to be immunized. In Canada, severe allergic reactions to immunization happens at a rate of 0.0001%. No scientific data supports a link between vaccines and autism or allergies. Data do support the conclusion that children with no immunization, if exposed, are 100% at risk of contracting otherwise preventable illnesses.

(Source: [Immunize Alberta](#))

2015 Immunization Rates

MMR: Measles, Mumps & Rubella

5-in-1: Diphtheria, Tetanus, Pertussis, Polio, and *Haemophilus Influenzae* Type b

- Crowsnest Pass: MMR: 86.8%; 5-in-1: 75%
- Pincher Creek: MMR: 91.7%; 5-in-1: 90.7%
- Fort Macleod: MMR: 60.6%; 5-in-1: 46.5%
- Cardston-Kainai: MMR: 80.1%; 5-in-1: 56.5%
- County of Lethbridge: MMR: 60%; 5-in-1: 47.1%
- MD of Taber: MMR: 68.7%; 5-in-1: 58.4%
- County of Warner: MMR: 81.4%; 5-in-1: 63.2%
- City of Lethbridge: MMR: 88.7%; 5-in-1: 70.7%
- Vulcan: MMR: 82%; 5-in-1: 74.3%
- Claresholm: MMR: 88.7%; 5-in-1: 77.6%

(Source: Alberta Health)

How the Community Foundation Helps: The Community Foundation gave Youth in Action grants to Canyon School and Pincher Creek Métis Local Council Chinook 1880 for programs that encourage physical activity and teach new sports to youth.