



1. ORGANIZATION NAME		
Global Clinical, Social & Physical Activity Research Society BC		
2. ORGANIZATION STREET ADDRESS		
2nd St, Burnaby, BC V3N 3R2		
3. WEBSITE (IF APPLICABLE)		
www.santesociety.com		
4. GRANT APPLICATION MAIN CONTACT PERSON		
NAME	PHONE	EMAIL
Astou Thiam	(236) 335-4763	global.research.bc@gmail.com
5. ALTERNATIVE CONTACT PERSON		
NAME	PHONE	EMAIL

1. ARE YOU? <input checked="" type="radio"/> New Applicant <input type="radio"/> Returning Applicant	
2. SELECT THE KIND OF COMMUNITY GRANT YOU ARE APPLYING FOR: <input checked="" type="radio"/> General Grant (Operating) <input type="radio"/> General Grant (Programming) <input type="radio"/> Recreational Sport Grant <input type="radio"/> Fee Waiver	
3. AMOUNT YOU ARE REQUESTING: \$ 25,000.00 <input type="checkbox"/> In-Kind (check if applicable)	
4. TOTAL COST OF THE PROJECT/EVENT/PROGRAM ETC. \$ 55,000.00	
5. IF YOU ARE A RETURNING APPLICANT AND ARE REQUESTING AN INCREASE OVER YOUR LAST YEAR GRANT AMOUNT AWARDED. PLEASE PROVIDE A RATIONALE FOR THE INCREASE.	

6. IF YOU ARE APPLYING FOR A GENERAL OPERATING GRANT, DESCRIBE HOW THIS GRANT WILL BE USED TO OFFSET COSTS INCURRED TO OPERATE THE ORGANIZATION. PLEASE DETAIL THE NATURE OF OPERATING EXPENSES (SALARY, LEASE, UTILITIES, ETC.) AND SPECIFY THE TIME PERIOD DURING WHICH THE GRANT WILL BE USED.

Project : from November 1 2021 to October 30 2021

## EXPENSES

projector, smart board, laptops, printer, software 30,000.00 \$ (Federal Grant: already funded)

Salaries/honorarium: 19,000.00 \$ ; REB application, intervention equipment: 1,000.00 \$

Traveling for project in Greater Vancouver : 2,500.00 \$

knowledge dissemination, bilingual promotion: 2,000.00 \$

Insurance civil responsibility + administration: 500.00 \$

7. IF APPLYING FOR AN **OPERATING GRANT**: DESCRIBE HOW THE ORGANIZATION BENEFITS RESIDENTS OF BURNABY AND APPROXIMATELY HOW MANY BURNABY RESIDENTS BENEFIT FROM THE ORGANIZATIONS INITIATIVES ON AN ANNUAL BASIS?

IF APPLYING FOR A **PROGRAM GRANT**: DESCRIBE HOW THIS PROJECT/EVENT/PROGRAM WILL BENEFIT RESIDENTS OF BURNABY (WHO WILL BENEFIT). HOW MANY BURNABY RESIDENTS WILL BE INVOLVED WITH OR BENEFIT FROM THE PROGRAM?\*

Our project aims to evaluate the adherence to a fitness program among French and English-speaking adults in Greater Vancouver (at least 20% from Burnaby) while creating a bilingual and multi ethnic exchange space.

## OBJECTIVES

### Primary objectives

- To assess the rate of participants reaching the physical activity guideline
- To promote French and English-speaking communities' diversity in Greater Vancouver (at least 20% from Burnaby)

We are aiming for at least 100 participants who cleared the PARQ and aged 18–65 years

Applicants for General Operating Grants are not required to complete sections C, D, and E (marked with an asterisk \*)

## SECTION C: THE PROJECT/EVENT/PROGRAM\*

1. NAME OF THE PROJECT/EVENT/PROGRAM	
Adherence to a fitness program among French and English-speaking multi-ethnic adults in Greater Vancouver	
2. PROJECT/EVENT/PROGRAM LOCATION (PHYSICAL STREET ADDRESS OR EVENT LOCATION)	
Outdoors (when possible) in community center of Burnaby, Vancouver, Coquitlam and Surrey	
3. PROJECT/EVENT/PROGRAM START DATE	4. PROJECT/EVENT/PROGRAM END DATE
2021-11-01	2022-10-31

## SECTION D: PURPOSE OF BENEFIT\*

1. DESCRIBE THE PURPOSE OR GOAL OF THE PROJECT/EVENT/PROGRAM
<p><b>BACKGROUND</b></p> <p>Worldwide, 1/4 adult is physically inactive (PinA) and about 5.3 million deaths /year are attributable to PinA<sup>1</sup>. In Canada, only 16.4% of Canadians meet national PA guideline. 17.8% for males and 15 % for females<sup>2</sup>. The cost to Canadians is about 10 billion \$/year<sup>3</sup> and about 1 billion in British Columbia<sup>4</sup>. PinA became the 4th leading risk factor for non-communicable diseases<sup>5</sup>. For instance, the increased risk of stroke due to PinA is 1.60 in Canada<sup>6</sup>. Our project aims to evaluate the adherence to a fitness program among French and English-speaking multi-ethnic adults in Greater Vancouver (20% from Burnaby) while creating a bilingual and exchange space.</p>
2. DESCRIBE THE PROJECT/EVENT/PROGRAM AND THE ACTIVITIES
<p>- Recruitment Participants and coaches</p> <p>- Interventions:</p> <p>*participants will choose 1 activity between soccer/HIIT (high intensity interval training) or hike</p> <p>*They will be follow-up during 3 months, weight, waist, blood pressure and a questionnaire assessing the motivation will be collected</p> <p>*zoom discussion about fitness</p> <p>- Data collection and analysis</p> <p>- Knowledge dissemination, reports</p>

**3. DESCRIBE HOW THE PROJECT/EVENT/PROGRAM ALIGNS WITH ONE OR MORE OF THE FOLLOWING (OFFICIAL COMMUNITY PLAN, SOCIAL SUSTAINABILITY STRATEGY, ECONOMIC DEVELOPMENT STRATEGY, ENVIRONMENTAL SUSTAINABILITY STRATEGY):**

Our project align with the social, community plan of the city of Burnaby.

Our project helped in promoting health in our community while creating a bilingual and multi ethnic exchange space.

participants will choose 1 activity between soccer/HIIT (high intensity interval training) or hike

They will be followed-up during 3 months, weight, waist, blood pressure and a questionnaire assessing the motivation will be collected

Participants will get knowledge and behavioral skills in order to meet PA Canadian guidelines

**4. IDENTIFY YOUR COMMUNITY PARTNERS OR STAKEHOLDERS – YOU MAY ALSO INCLUDE LETTERS OF SUPPORT FOR YOUR PROJECT/EVENT/PROGRAM FROM THESE GROUPS AS PART OF THE APPLICATION.**

- Ministry of Children and Family Development: Federal funding of 30000
- Luc Charlemagne | President of BC Haitian association: help in recruitment
- André Guy Tranquille TEMGOUA Ph. D., P. Eng. CEO PROCENVI Inc.: project counselor
- Judy Rudin | President CDDC Strategic Communications: project counselor

**5. IF THE AMOUNT REQUESTED FROM THE CITY OF BURNABY IS NOT FULLY GRANTED, WHAT WOULD YOU DO TO MAKE UP THE DIFFERENCE AND/OR HOW WOULD YOU PROCEED DIFFERENTLY?**

In that case, hopefully not, we will not recruit coaches and our association will cover the extra cost.

## SECTION E: EVENT OUTCOMES\*

**1. HOW WILL YOU KNOW IF YOUR PROJECT/EVENT/PROGRAM REACHED ITS GOALS? (FOR EXAMPLE, A GOAL OF ENGAGING YOUTH IN ENVIRONMENTAL ACTIVITIES MIGHT INCLUDE REACHING A SET TARGET OF YOUTH PARTICIPANTS)**

1. After getting knowledge and behavioral skills in order to meet PA Canadian guidelines:

Expected result: higher number of participants meeting the Canadian guidelines comparing to Canadian national prevalence

2. The event will allow multi-ethnic French and English speaking participants to mingle during zoom meeting

Expected result: significant number of participants attending zoom discussion about fitness ( at least 30%)

**2. WHAT DATA AND FEEDBACK DO YOU COLLECT FROM YOUR AUDIENCE/PARTICIPANTS? HOW DO YOU EVALUATE YOUR PROGRAMS AND SERVICES?**

- questionnaire assessing the motivation
- satisfaction questionnaire
- weight, waist, blood pressure

Applicants for **Recreational Sport Grants** are not required to complete sections F, and H (marked by two asterisks \*\*).

## SECTION F: LONG TERM VIABILITY\*\*

**ATTENTION:** The grant program is intended to support new organizations and encourage organizational self sufficiency, while creating a framework of financial sustainability rather than using City resources as an indefinite funding source. It is requested that your organization develop a diverse funding income base and seek alternative methods for self-sufficiency to ensure your organization's long-term operational sustainability.

1. WHAT ARE YOUR SOURCES OF REVENUE? WHAT PERCENTAGE OF TOTAL REVENUE DO THEY EACH REPRESENT?					
SOURCE OF REVENUE	% OF TOTAL REVENUE PREVIOUS YEAR		% OF TOTAL REVENUE CURRENT YEAR		
EARNED REVENUE (ALL TICKET SALES, REGISTRATION FEES, MEMBERSHIPS, ETC...)					
GRANTS (ALL FEDERAL, PROVINCIAL, MUNICIPAL, FOUNDATION AND GAMING GRANTS)	80		80		
DONATIONS AND SPONSORSHIPS (CASH)					
DONATIONS AND SPONSORSHIPS (IN-KIND)	20		20		
ALL DONATIONS (CASH/IN-KIND) PROVIDED BY THE CITY OF BURNABY					
2. WHAT OTHER SOURCES OF FUNDING ARE YOU CURRENTLY PURSUING? DOES THE ORGANIZATION HAVE A PLAN FOR DIVERSIFICATION AND INCREASE OF REVENUE OVER THE LONGER TERM? IF YES, PLEASE PROVIDE A COPY OF THE PLAN OR DESCRIBE THE PRIMARY OBJECTIVES AND STRATEGIES.					
Ministry of Children and Family Development: Federal funding of 30000 \$ already secured					
3. PLEASE IDENTIFY THE CASH VALUE (\$) OF ALL CITY OF BURNABY CONTRIBUTIONS YOUR ORGANIZATION/PROGRAM/EVENT HAS RECEIVED FROM THE CITY OF BURNABY OVER THE PAST THREE (3) YEARS. ADDITIONALLY, PLEASE INDICATE ANY OTHER CITY OF BURNABY GRANT OPPORTUNITIES YOU WILL BE PURSUING IN THE CURRENT YEAR. FAILURE TO IDENTIFY CITY OF BURNABY CONTRIBUTIONS MAY AFFECT YOUR ELIGIBILITY FOR GRANTS IN THE PRESENT YEAR AND IN THE FUTURE.					
	3 YEARS AGO	2 YEARS AGO	1 YEAR AGO	CURRENT YEAR	
				AWARDED	REQUESTED
GRANT - CASH					
GRANT - IN-KIND					
PERMISSIVE TAX EXEMPTION					
LEASE GRANT					
OTHER					
4. DESCRIBE THE TOP 3 GOALS FOR THE ORGANIZATION IN THE CURRENT YEAR.					
GOAL 1					
To promote and encourage education and research in clinical, social and physical activity areas among francophone and minority communities, and among general population.					
DESCRIPTION					
We offer evidence-based information from the literature regarding chronic diseases, physical activity or social questions.					

## GOAL 2

To encourage the design, implementation, analysis and dissemination of high quality research that addresses clinical, social and physical activity issues.

## DESCRIPTION

Bilingual information sessions (webinar, live video...) online or in situ:

Offered at least every 2 months

Topics: chronic diseases / physical activity /social issues.

Bilingual research update:

Online (facebook page, instagram, later on our website)

Topics: chronic diseases / physical activity /social issues.

## GOAL 3

Conducting bilingual project in British Columbia.

## DESCRIPTION

### PROJECTS

Research projects :

Topics: chronic diseases / physical activity /social issues

Grants based

Quantitative/qualitative.

## 5. PLEASE COMPLETE THE FOLLOWING

	PREVIOUS YEAR	CURRENT YEAR
NUMBER OF VOLUNTEERS (INCLUDING BOARD)	3	10
VOLUNTEER HOURS PER YEAR	120	600
NUMBER OF VOTING MEMBERS	3	4

6. HOW DOES YOUR ORGANIZATION WORK TO ENSURE THAT PROGRAMS AND SERVICES ARE ACCESSIBLE AND INCLUSIVE FOR ANYONE WHO HAS AN INTEREST REGARDLESS OF AGE, ABILITY, ORIENTATION, ETHNIC/CULTURAL BACKGROUND, SOCIO-ECONOMIC STATUS? PLEASE SHARE EXAMPLES AND SUCCESS STORIES OF INCLUSIVITY AND DIVERSITY WITHIN YOUR ORGANIZATION AND PROGRAMMING.

Board members and volunteers are multicultural Canadians, men and women, adults and youngsters.

**SECTION G: INSURANCE AND ACKNOWLEDGEMENT\***

1. DOES YOUR ORGANIZATION HAVE GENERAL LIABILITY INSURANCE? <input type="radio"/> Yes <input checked="" type="radio"/> No
2. IF YES, WHAT COVERAGE? not yet, we will get it
3. IF AWARDED A GRANT, HOW WILL YOUR ORGANIZATION ACKNOWLEDGE THE CONTRIBUTION FROM THE CITY OF BURNABY? We will acknowledge the City's contribution to our activities and projects in all promotional material. A City of Burnaby logo will be provided to successful grant applicants for acknowledgment purposes.

## SECTION H: OPERATING BUDGET FOR ORGANIZATION or PROJECT/EVENT/PROGRAM\*\*

1. PLEASE IDENTIFY IF YOU ARE PROVIDING INFORMATION FOR THE ENTIRE ORGANIZATION OR A SPECIFIC PROJECT/EVENT/PROGRAM
<input type="radio"/> Organization <input checked="" type="radio"/> Project/Event/Program
2. FOR THE FISCAL YEAR 2021
3. MONTH FISCAL YEAR BEGINS April

REVENUES	PRIOR YEAR ACTUAL	CURRENT YEAR BUDGET	CURRENT YEAR CONFIRMED? Y/N	BRIEF DESCRIPTIONS/COMMENTS (TYPE OF GRANT AND FUNDING PERIOD)
FEDERAL GOVERNMENT (SPECIFY)				
1 ESDC		30000	Y	for our actual project (material)
2				
3				
PROVINCIAL GOVERNMENT (SPECIFY)				
1				
2				
3				
LOCAL GOVERNMENT (SPECIFY)				
1 CITY OF BURNABY		25000	N	for actual project
2				
3				
SPONSORSHIP (SPECIFY)				
1				
2				
3				
EARNED REVENUE				
1				
2				
3				
FUNDRAISING (NET REVENUE)				
INDIVIDUAL DONATIONS				
IN-KIND SOURCES				
INVESTMENT INCOME				
OTHER SOURCES (SPECIFY)				
1				
2				
3				
<b>TOTAL REVENUE</b>	0	55000		

## COMMUNITY GRANT APPLICATION

EXPENDITURES	PRIOR YEAR ACTUAL	CURRENT YEAR BUDGET	BRIEF DESCRIPTIONS/ COMMENTS (TYPE OF GRANT AND FUNDING PERIOD)
TOTAL COMPENSATION EXPENSE		19000	Salaries/honorarium
OFFICE SUPPLIES & EXPENSES		200	administration
PROGRAM & EVENT SUPPLIES		1000	REB application, intervention ec
ADVERTISING & PROMOTION		2000	knowledge dissemination, biling
TRAVEL & VEHICLES EXPENSES		2500	Traveling for project in Greater
INTEREST AND BANK CHARGES			
LICENCES, MEMBERSHIPS, & DUES		300	Insurance civil responsibility
OCCUPANCY COSTS			
PROFESSIONAL & CONSULTING FEES			
CAPITAL PURCHASES & IMPROVEMENTS			
AMORTIZATION OF CAPITALIZED ASSETS			
DONATION, GRANTS, & SCHOLARSHIP EXPENSE AS PART OF CHARITABLE ACTIVITIES			
EDUCATION AND TRAINING FOR STAFF & VOLUNTEERS			we will do it for free
CITY SERVICES EXPENSES (SPECIFY)			
1			
2			
3			
OTHER EXPENSES (SPECIFY)			
1		30000	projector, smart board, laptops,
2			
3			
4			
5			
<b>TOTAL EXPENDITURES</b>	0	55000	
<b>CURRENT SURPLUS (DEFICIT)</b>	0	0	