



**PERSONAL MESSAGE AND GREETINGS FROM
HONOURABLE IDA CHONG,
MINISTER OF HEALTHY LIVING AND SPORT**

October 1st is International Day of Older Persons, and this year's theme is "Celebrating the 10th Anniversary of the International Year of Older Persons: Towards a Society for All Ages." This is an excellent opportunity to acknowledge the older British Columbians who have helped shape this province and who continue to make significant contributions to our society using a lifetime of skills, knowledge and experience.

By 2031, almost a quarter of British Columbia's population will be over 65. This is an unprecedented shift, and the Province is committed to building the best system of support in Canada for our seniors. Just over a year ago, we released *Seniors in BC: A Healthy Living Framework*, B.C.'s action plan to support older adults. The plan, a collaborative effort of 13 ministries, outlines four cornerstones on which government will focus: create age-friendly communities; mobilize and support volunteerism; promote healthy living; and support older workers.

Since the framework was launched last year, we have made a number of significant investments and accomplishments. Through ActNow BC, the provincial government's health promotion initiative, we are encouraging and supporting older adults to be physically active, eat nutritious foods and make healthy lifestyle choices. We are also working with the United Way of the Lower Mainland to develop and implement an innovative, community-driven pilot program to help seniors live longer in their own homes through supports such as housekeeping, yard maintenance and transportation. As well, we have recently opened 18 ActNow BC Seniors Community Parks in communities throughout the province; places designed to help older adults stay mobile, physically active and connected in their communities.

These are just a few of the ways we are supporting older adults in British Columbia and working towards a society for all ages. Please join me today in acknowledging and celebrating the diverse contributions of British Columbia's seniors on International Day of Older Persons.

Ida Chong,
Minister of Healthy Living and Sport