South Asians are the largest visible minority group in Canada, expecting to triple in size by 2031. In this group, rates of obesity-related diseases including cardiovascular disease and diabetes are twice as high compared to other ethnic groups. Project Bhangra was a culturally innovative after-school fitness program designed for elementary students across Surrey and Delta. This project aimed to reduce the risk of diabetes for South Asian children, by promoting an active and healthy lifestyle through Bhangra dance. Project Bhangra’s pilot project launched in September 2017 and involved weekly after-school Bhangra classes targeting approximately 172 students across 4 elementary schools: Newton, Beaver Creek, Jarvis Traditional and Coyote Creek Elementary. According to preliminary analysis of the data collected, there were significant improvements in morphological waist circumference, musculoskeletal fitness, and cardiorespiratory fitness. These findings are encouraging, yet according to Cooper et. al (2015) unless such programs are able to sustain themselves, they are unlikely to have a broad public health impact. In September 2018, the research team withdrew from the program, allowing schools with the option to continue if they choose. Our study investigates whether Project Bhangra can be sustained without the support of the research team. We will ensure that all the schools will be provided with the necessary resources to continue the program, but it will ultimately be the schools’ responsibility to orchestrate the continuation of Project Bhangra. As the school year advances, we will be examining what factors contributed or impeded the implementation of Project Bhangra.

Themes:

Check (highlight) the most applicable theme according to the abstract.

| Innovation and Technology | Health and Wellness | Culture and Society | Sustainability and Conservation |

Comments: Well presented with excellent flow. All the best at MURC!