



IMPACT REPORT 2024

Giving hope, help, and a voice to the 1 in 5 British Columbians living with lung disease.





**BC LUNG
FOUNDATION**

BC Lung is committed to giving the 1 in 5 British Columbians affected by a lung or breathing condition hope, help and a voice.

Donate today at bclung.ca/donate

BC Lung Foundation affirms with respect the traditional territories that we live and work on. BC Lung's office is located on the unceded lands of the x^wməθk^wəy^am (Musqueam), Sk̓w̓x̓wú7mesh (Squamish) and səliwətaʔ (Tseil-Waututh) Nations.

Registered Charity: 10681 1979 RR0001

BC Lung Foundation, 2675 Oak Street, Vancouver, BC, V6H 2K2

Table of Contents

02 Mission & Vision

03 5 Pillars of Impact

04 Air Quality

08 Chronic Disease

12 Tobacco & Vaping Control

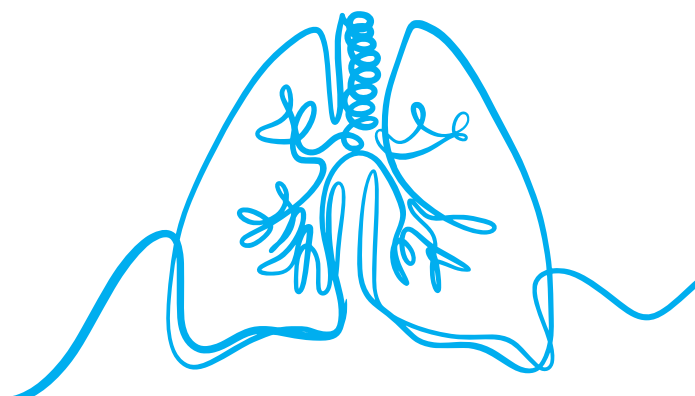
15 Infectious Disease

16 World-Class Research

18 Fundraising Events

20 Our Financials

21 New in 2024



Mission & Vision

Making a difference one breath at a time

2024 has been full of inspiration, promise, and exciting triumphs as we pursued new avenues to progress our mission and vision. We would like to take an opportunity to celebrate the work that has been accomplished as we take meaningful strides towards a healthier BC.

This year saw innovation and impact through milestone projects, signature events, and annual gatherings of the lung health community. We envision a future of clean air and healthy lungs as we work to engage, educate, and support the 1 in 5 British Columbians living with lung disease. So, join us as we take a deep breath in and reflect on a year of purposeful action.



A blue ink signature of Christopher Lam.

Christopher Lam
President & CEO, BC Lung Foundation

Executive Board

"BC Lung Foundation has changed lives for so many people in this province through the remarkable work they do, every day."

- Tom DeSorcy, Board Chair, BC Lung

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Keith Murray | Board Member

Mike Ellis | Board Member
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Richie Gage | Board Member
Robyn Wilson | Board Member
Sharon Korol | Board Member
Dr. Victoria Cook | Board Member

OUR VISION

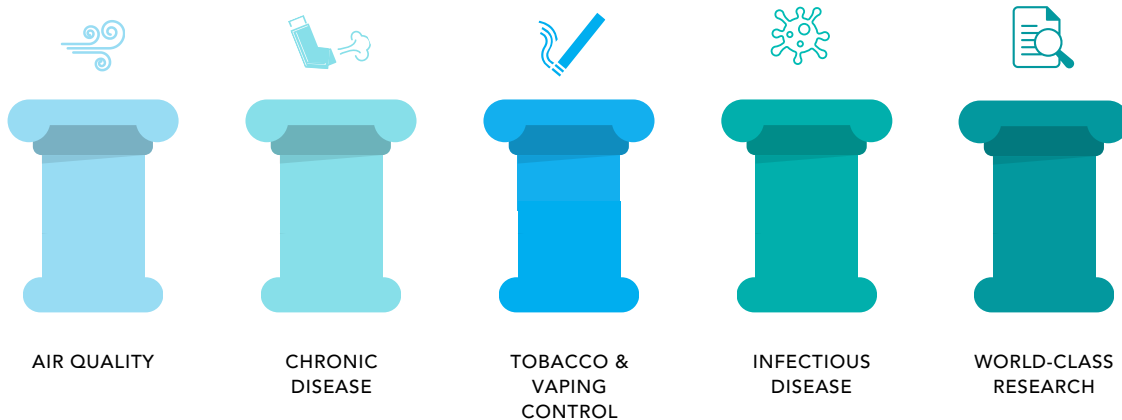
All people free of lung disease.

OUR MISSION

To improve lung health of all British Columbians.

Our 5 Pillars of Impact

BC Lung is committed to focusing our efforts on the following 'Pillars of Impact' to target our mission and vision. Each pillar is an area where BC Lung directs time, energy, and resources to achieve the highest standard of lung health in British Columbia.



Air Quality

Clean air is vital for healthy lungs. BC Lung works to combat both indoor and outdoor air pollution and explore solutions to improve air quality to protect those most vulnerable.

Carter's Project

In the summer of 2023 in 100 Mile House, 9-year-old Carter Vigh sadly passed away due to an asthma attack exacerbated by poor air quality. Local, real-time air quality monitoring would likely have saved his life.

Carter's Project is an initiative in honour of Carter Vigh, which funds the free distribution of air quality monitors throughout British Columbia. Through community engagement, the project aims to increase awareness of air quality monitoring and educate communities about air quality and its effects.

In May 2024, BC Lung Foundation put Carter's project into action as they visited 100 Mile House to distribute air quality monitors – **100** indoor monitors were distributed to family households, and **10** outdoor monitors were distributed in the surrounding area to ensure that the community always has access to local, real-time air quality information. BC Lung hopes to help many communities across the province by ensuring this potentially life-saving information is available to local residents.

www.bclung.ca/cartersproject





"It's been amazing to see our community come together to support Carter's Project. We want to continue Carter's legacy and make a difference in BC because air quality affects everyone."

- Amber Vigh, Carter's Mom

BREATHE Project

BREATHE: **B**uilding **R**esilience to **E**merging **A**irborne **T**hreats and **H**eat **E**vents

The BREATHE Project is a community-based initiative in partnership with Simon Fraser University that teaches community members how to build DIY air cleaners to improve their indoor air quality.

BREATHE workshops are held throughout the province for people vulnerable to the health impacts of wildfire smoke exposure, such as older adults, and those living with lung conditions like COPD, asthma, and pulmonary fibrosis.



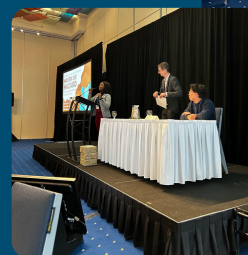
www.bclung.ca/diyaircleaners



Air Quality & Health Workshop

Organized annually, the Air Quality & Health Workshop brings together air quality and environmental health experts and policymakers to share new insights about priority air quality and health issues. The 2024 workshop explored the effectiveness of public health interventions to reduce exposure to wildfire smoke, with a focus on indoor air quality. The workshop's speakers included world renowned experts on air quality and health from across North America, and attendees included air quality and health professionals, researchers, academicians, program administrators, NGOs, public health professionals, and meteorologists.

14 speakers



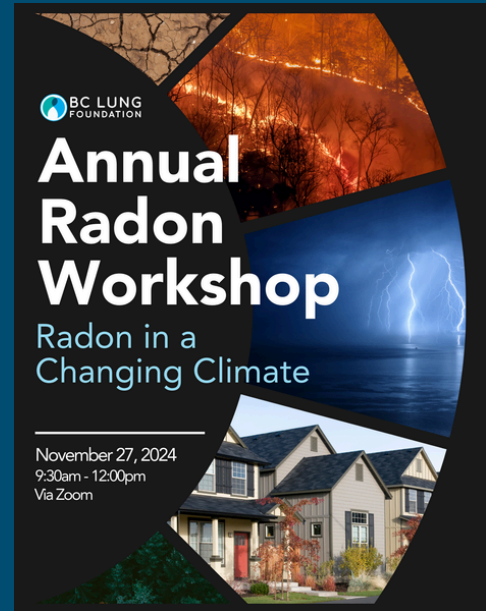
230 attendees

Radon Workshop

Radon is a radioactive gas that is naturally occurring in soils but can accumulate in homes, workplaces, and other buildings. It is the leading cause of lung cancer in Canada after smoking.

BC Lung hosts an Annual Radon Workshop every November to mobilize stakeholders and researchers on radon. This year's workshop focused on Radon in a Changing Climate and invited guests from many sectors to attend including air quality and health professionals, realtors, mitigators, building inspectors, architects, school officials, academicians, and researchers.

246 attendees



Radon Detector Library Lending Program

Radon testing can save lives. The Radon Detector Library lending program is a collaboration between BC Lung, Health Canada, Simon Fraser University, and Airthings that allows community members to borrow a radon testing kit from their local library, free of charge.

82 libraries in the lending program

Community Wood Smoke Reduction Program

Woodsmoke, a byproduct of burning wood, poses significant risks to lung health. Every year, the province of BC and BC Lung Foundation invite BC communities to apply to the Community Wood Smoke Reduction Program. The goal of the program is to encourage communities to swap woodstoves for cleaner heating alternatives through incentives, educational initiatives, and funding.

12 communities participated

Chronic Disease



Living with a chronic condition can be very challenging, which is why BC Lung has developed numerous interactive programs to support those with asthma, COPD, and other chronic lung diseases. BC Lung strives to provide meaningful care and support so that everyone can live happy and healthy lives.

Asthma Education Camp

BC Lung's Asthma Education Camp - 'Breathe 1-2-3' offers a fun, educational setting for children ages 8-10 (with physician-diagnosed asthma) to learn about their asthma and enhance their management skills from certified asthma educators. This fully subsidized camp empowers young individuals to lead healthier, happier lives by helping them understand their condition, recognize triggers, know what to do during an asthma attack, and adopt preventive measures.

www.bclung.ca/asthmacamp



"The knowledge, the fun, and the memories were priceless. George got much more than just learning how to recognize an oncoming asthma attack, triggers, and symptoms... he got happy memories and an extraordinary experience."

– Kristina (George's mom)

With your support, we can provide more programs
and resources for the 100,000 kids and youth in
British Columbia living with asthma.



Better Breather's Program

BC Lung's Better Breather's program offers online weekly support, virtual exercise management classes, and question and answer sessions with health experts to those living with COPD and other chronic lung conditions.

"This program is excellent and really enjoyable, not to mention how beneficial it is for those of us with lung issues. It is also valuable for the social aspect it provides."

-Better Breather's participant

2024 at a glance

9

Ask the Experts
webinars

323

Breathe Right
exercise class
registrations

748

members in
COPD & Asthma
Facebook Group

556

support group
members

Harmonicas for Health & Happiness

Did you know that playing the harmonica can...

- Strengthen your breathing muscles for better breath control
- Improve the quality of your cough for better mucus clearance
- Build confidence for improved quality of life

Harmonicas for Health & Happiness is a fun, online program for those with a chronic lung condition. It was developed by the COPD Foundation, is funded by BC Lung Foundation, and is delivered by Poplar Pulmonary Wellness.

"I loved it! Was a lot of fun to learn something new, connect with others and great exercise for my lungs." - Jane

ex-able

The ex-able program is an app-based therapeutic platform that allows COPD patients to manage their exercise regimen safely at home. Patients are assessed and offered personalized support, as well as one-on-one appointments with registered healthcare professionals from the comfort of home.

"The app is quite friendly and easy to use. I am recording my exercises which gives me good feedback on my movements. I feel more comfortable in carrying out the exercises at home. Now I am more confident in doing my daily routine jobs. My breathing is also improved. I appreciate the help and support given by ex-able to the patients." -Ranjit K

Lung Transplant Housing Support

10
patients
supported
by funding

A lung transplant can be a life-changing procedure but is not without its challenges and financial barriers. The Lung Transplant Housing Support Program closes the gap in temporary housing and living cost support by providing up to \$3,000 in funding to patients and caregivers in need.

www.lthousingsupport.ca



2024 Patient Forums

Pulmonary Fibrosis Patient Forum

In September 2024, the BC Lung Foundation and the Pacific ILD Clinic presented the annual Pulmonary Fibrosis Patient Forum – a workshop focused on pulmonary fibrosis research and education. Every year patients and their caregivers come together to learn more about this disease.

100+
attendees

COPD Patient Forum

BC Lung Foundation holds an annual webinar to raise awareness on the importance of early diagnosis and early intervention for Chronic Obstructive Pulmonary Disease (COPD). On World COPD Day 2024, BC Lung hosted the COPD Patient Forum to raise awareness, share knowledge, and discuss ways to reduce the burden of COPD worldwide.

100+
attendees

Tobacco & Vaping Control

Every year, an estimated 48,000 Canadians die from tobacco use and exposure to second-hand smoke, making it the leading cause of preventable death in this country. BC Lung works to decrease this number, through programs, resources, and policy proposals to encourage smoking cessation and help improve the health of British Columbians.



quitnowca

QuitNow is a free program for those looking to quit or reduce tobacco and e-cigarette use, delivered by the BC Lung Foundation on behalf of the Government of British Columbia. The program continues to be a strong and supportive service for people across the province.

QuitNow has a quit rate of **34.4%**, which is higher than the North American quit rate of other programs.

QuitNow runs a monthly Quit Week contest that allows entrants to try quitting for a week for a chance of winning \$150! Nearly 1,000 participants have started their journeys to quit or reduce nicotine through this contest.

www.quitnow.ca

"I am feeling incredibly grateful to be able to say that I am five years smoke-free today. The support I have received from QuitNow started me on my journey. The journey does not have to be done alone. Thank you!"

- QuitNow Client

5600+

clients served through digital intervention

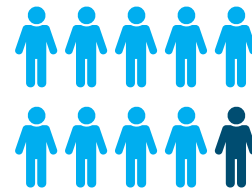
2000+

clients served through behavioural coaching

Smoke-Free Generation

What if we could put an end to the smoking epidemic and protect children in our province? BC Lung Foundation has proposed a Smoke-Free Generation policy in British Columbia.

The Smoke-Free Generation policy proposes a progressive increase in the legal minimum age to purchase tobacco and nicotine products. Those born on or after a specific date will never be able to purchase these products, effectively phasing out the sale and use of tobacco and nicotine products.



9 in 10 people
who smoke start
before age 20

Do you support a smoke-free generation? Sign the petition today at bclung.ca/smokefreegeneration



In March 2024, we lobbied for lung health in Victoria, BC, meeting with the Honourable Adrian Dix, Minister of Health to discuss the Smoke-Free Generation policy. We look forward to continuing conversations to push this game-changing policy forward.

550 petition signatures



A CANADIAN SMOKE-FREE GENERATION

Learn more and sign the petition at
bclung.ca/smokefreegeneration



BC LUNG
FOUNDATION

Infectious Disease

The BC Lung Foundation was originally established over a century ago to fight tuberculosis, and to this day, continues to raise awareness and support initiatives that prevent the spread of infectious disease.

TB Conference

The Annual TB Conference 2024 was held in Baltimore, MD and discussed recent efforts to prevent, diagnose, and treat TB, while exploring approaches and practices for isolation and post-treatment.

46
speakers

655
attendees



Vaccination Webinar

In October 2024, BC Lung hosted 'Staying Up to Date: Benefits of Vaccination' a webinar focused on the importance of vaccinations featuring guest speaker Dr. William J. Connor from the University of British Columbia.

Scan here to watch
the recording



World-Class Research



BC Lung funds world-class medical research to find treatments, and ultimately cures, for lung diseases. Our funding supports physicians and health professionals to improve patient care and continue to increase knowledge about lung diseases and treatments.

BC Lung Foundation commits to the Lung Health Research Grants Competition, a peer-reviewed competition that supports pulmonary research or development projects.

10

2024 grant recipients

3

2024 Fellowship recipients

\$530,000+

dedicated to research

2024 Award Winners

Dr. Peter Paré Award of Excellence in Lung Health
Dr. Anne-Marie Nicol



Pictured: Christopher Lam, Dr. Anne-Marie Nicol, Dr. Peter Paré

Award of Excellence in Lung Health Research
Dr. Emily Brigham



Pictured: Christopher Lam, Dr. Emily Brigham, Dr. Eric Coker

Your generosity is helping people vulnerable to the health impacts of wildfire smoke exposure, particularly those living with lung conditions such as COPD, asthma, and pulmonary fibrosis.



Fundraising Events

BC Lung gathers our community throughout the year to fundraise for vital projects through exciting and interactive events. We are so grateful to everyone who participates and fundraises in our annual signature events.

Climb the Wall

BC Lung hosted our 23rd Climb the Wall fundraising event. Calling on participants to climb the 48 storeys at Sheraton Vancouver Wall Centre, the annual event has been around since 2002, providing a unique fitness challenge that supports lung health in BC.

www.climbthewall.ca



The Ride for Lung Health

The Ride brings together a community of avid cyclists passionate about supporting the 1 in 5 British Columbians affected by lung disease. For the 40th anniversary event, cyclists embarked on a day-long journey with riders participating in either a 50km or 100km route through Tsawwassen, Ladner, Delta, White Rock, and Surrey. www.bclungride.ca



Wonder Gala

In 2024, BC Lung Foundation's annual gala, Wonder for Lung Health, was held at the prestigious Terminal City Club in Vancouver. The theme was a spectacular 'Casino Royale' night. Guests enjoyed a plated dinner, casino games, and auctions all in support of BC Lung. www.wondergala.ca



Over the past 40 years, the BC Lung Foundation's Ride event has raised over 10 million dollars towards lung health.



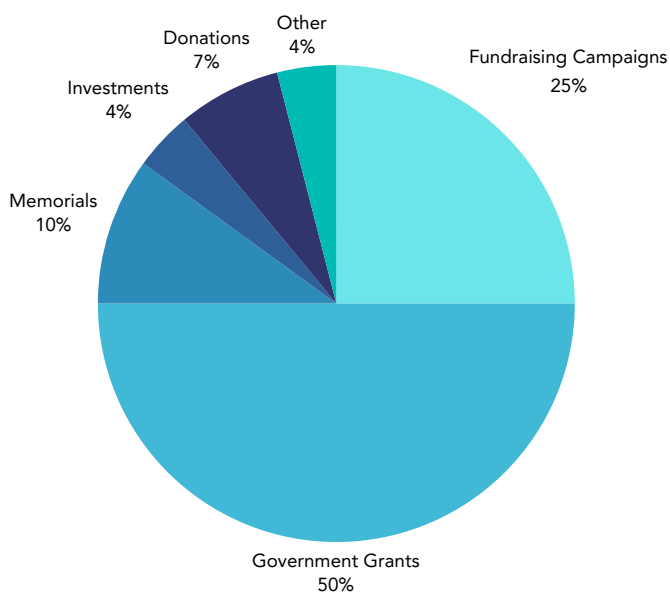
Our Financials

April 2023-March 2024

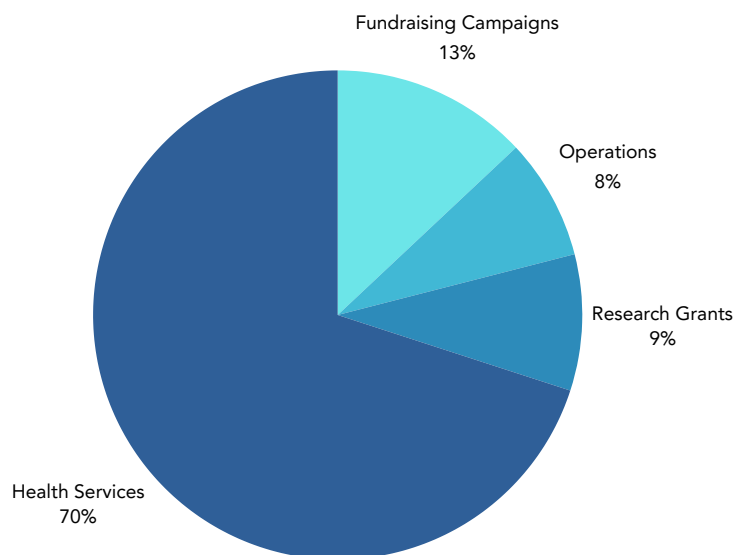
BC Lung takes pride in our strategic approach of allocating funds and resources to deliver the most impact. We value being fiscally responsible while ensuring our community has access to the support and care they need and deserve. Our innovation, sustainability, and resilience continue to promise growth and success as we work to elevate and advance our programs, initiatives, and research.

Revenue (\$): 5,073,156

Sources of Revenue



Distribution of Expenses



New in 2024

Breathe Easy Donor Loyalty Program

Launched in 2024, BC Lung's donor loyalty program, Breathe Easy, aims to connect our donors to our work while providing a gesture of appreciation. As supporters reach certain donation levels, they are offered rewards, and any donations made to BC Lung will count towards your donation total. All rewards are donated by generous sponsors and are at no cost to BC Lung. Learn more at bclung.ca/breathe-easy



Level 1: \$100



Matching Gift (\$)

Level 2: \$250



Golf Savings Book

Level 3: \$500



AQ Monitor or Radon Kit

Level 4: \$1000



2 tickets to Wonder

BC Lung's Podcast: Airwaves & Airways

Join BC Lung Foundation as we chat with nurses, scientists, and experts to address misconceptions, discover new health breakthroughs, and explore the innerworkings of one of our body's most vital organs. Tune in to stay intrigued, inspired and informed about lung health as we work together to breathe easier in BC. Listen now at bclung.ca/podcast

Also available on:



THANK YOU!

None of these meaningful endeavors would be possible without your incredible, ongoing support. Thank you for being a part of our journey to better lung health for all.



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FOUNDATION**

bclung.ca