

# FAQs...

## Do these programs work?

YES. Studies have shown that families improve eating and activity, self esteem and weight management

## What are the eligibility criteria?

Shapedown BC: children/teens 6-17 years; above 97th %ile BMI for age; above 85th %ile BMI for age and comorbidities or other weight-related medical or psychosocial issues

MEND: children 5-13 years; above the 85th %ile BMI for age; no contraindications for participating in physical activity or groups

## Is there a BMI calculator for children?

You will find a calculator and WHO growth curves at this link:

[www.dietitians.ca/your-health/assess-yourself/assess-your-bmi/bmi-children](http://www.dietitians.ca/your-health/assess-yourself/assess-your-bmi/bmi-children)

## How do I know which program to send families to?

MEND is an early intervention program. Shapedown BC is designed to work with children/teens who have complex weight-related medical and/or psychosocial issues. Shapedown BC and MEND staff can help families and physicians decide which program is the best fit

## What if there is not a Shapedown BC or MEND in my community?

Dietitian Services at HealthlinkBC (8-1-1) and the Physical Activity Line (1.877.725.1149 or 604.241.2266 in lower mainland) both offer specialized pediatric services and healthy weights coaching. In the coming months, the CHWII will pilot a new integrated telephone intervention service in partnership with physicians and mental health professionals

Contact your local programs for brochures and Shapedown BC referral forms. Visit [www.childhoodobesityfoundation.ca](http://www.childhoodobesityfoundation.ca) for Referral Guidelines for Healthcare Professionals.

## LOCAL CONTACT INFORMATION

### ABBOTSFORD

MEND 7-13  
badams@abbotsford.ca  
604.859.3134 x 5297

### CAMPBELL RIVER

MEND 5-7, 7-13  
sroberts@strathconard.ca  
250.287.9234 x 247

### CHILLIWACK

MEND 7-13  
mend@gv.ymca.ca  
604.799.3732

### KAMLOOPS

MEND 7-13  
drescigno@kamloopsy.org  
250.554.9622

Shapedown BC  
sara.cormier@interiorhealth.ca  
250.851.7300

### KELOWNA

MEND 7-13  
250.491.9622  
sblair@ymcaokanagan.ca

### LANGLEY

MEND 7-13  
kwithers@tol.ca  
604.455.8821

### NANAIMO

MEND 7-13  
mend@nanaimo.ca  
250.714.9265

Shapedown BC  
cihealthyweights@viha.ca  
250.755.7955

### NELSON

MEND 7-13  
cpotkins@rdck.bc.ca  
250.505.4708

### NORTH VANCOUVER

MEND 7-13  
morrisonjsj@nvr.ca  
604.990.2439

### NEW WESTMINSTER

MEND 7-13  
mend@newwestcity.ca  
604.777.5120

### PRINCE GEORGE

MEND 7-13  
mend@nbyc.org  
250.563.9309 x 213

### SAANICH

MEND 7-13  
janined@uvic.ca  
250.475.5412

### SURREY

MEND 7-13  
mend@gv.ymca.ca  
604.320.5826

Shapedown BC  
lisa.symons@fraserhealth.ca  
604.514.6000 x 742682

### TERRACE

MEND 7-13  
mend@terrace.ca  
250.615.3025

### VANCOUVER

MEND 7-13  
mend@gv.ymca.ca  
604.320.5826

Shapedown BC  
acristall@cw.bc.ca  
604.875.2345 x 5984

Shapedown BC for Chinese Families  
Richmond Public Health  
amy.chow@cw.bc.ca  
604.233.3150 x 5584

### COLWOOD

MEND 7-13  
mend@victoriay.com  
250.418.1842

### POWELL RIVER

MEND 7-13  
cparsons@cdpr.bc.ca  
604.485.8903

### Provincial Leads

MEND: Leah Robertson  
leah@childhoodobesityfoundation.ca  
250.216.7893

Shapedown BC: Arlene Cristall  
acristall@cw.bc.ca  
604.875.2345 x 5950

[www.childhoodobesityfoundation.ca](http://www.childhoodobesityfoundation.ca)



“What healthy living programs are available for children 5-17 who are above a healthy weight?”



MEND and Shapedown BC:  
Free, fun family-focused  
healthy weight intervention  
programs now available in BC



HealthyFamiliesBC



# Childhood Healthy Weights Intervention Initiative

The Childhood Obesity Foundation is working in partnership with the BC Ministry of Health, BC Recreation and Parks Association (BCRPA), YMCA of Greater Vancouver, Centre for Healthy Weights at BC Children's Hospital, health authorities, participating recreation centres, HealthLinkBC and Physical Activity Line to:

- Expand **Shapedown BC** at BC Children's Hospital to regional health authority locations
- Introduce **MEND** (Mind, Exercise, Nutrition, Do It!) through participating YMCA and BCRPA member recreation centres
- Enhance telehealth supports through **Dietitian Services at HealthlinkBC** (8-1-1) and the **Physical Activity Line** (1.877.725.1149 or 604.241.2266 in lower mainland)



**MEND and Shapedown BC are free programs that help children, teens and their families achieve a healthier lifestyle.**

- **No diets involved**
- **Empowers children and their families**
- **Uses practical interactive approaches**
- **Free and fun**

## How do families access MEND or Shapedown BC?



Shapedown BC

**Step 1.** Family talks to their physician about referral (referral forms available from local sites)

**Step 2.** Family is booked for comprehensive, in-person, multidisciplinary assessment to establish readiness and capacity to attend group

**Step 3.** Family enters the next age appropriate group or alternate care plan is established

**Step 4.** Referring physician is advised of outcomes



MEND

**Step 1.** Family contacts their MEND site to register

**Step 2.** Family is screened by phone for essential health information, motivation and readiness

**Step 3.** Family enters next age appropriate group

## What do MEND and Shapedown BC offer?

Parents/caregivers join their children for a mix of fun learning and activity sessions targeting behavior change, and engage in parent/caregiver only support discussion. Examples of topics include: healthy eating, goal setting, self esteem, parenting and how to be active as a family.

All graduating MEND or Shapedown BC families receive a 3 month free recreation pass.

### MEND

- Health screening
- Group sessions over 10 weeks led by trained leaders with recreation or health backgrounds (20 sessions for age 7-13 and 10 sessions for age 5-7)
- Access to online resources

### Shapedown BC

- Comprehensive, multi-disciplinary assessment (dietitian, mental health specialist, physician)
- Group sessions over 10 weeks led by health professionals (20 group sessions for ages 6-8, 9-11, 12-13, 14-17 with 2 extra for teens)
- Individualized, clinical support and follow up to 17 years

