WEBINAR: RECREATION, SPORT, PHYSICAL ACTIVITY & EDUCATION PROFESSIONALS

Childhood Healthy Weights
Early Intervention Program

January 11, 2018
10:30 am-11:30 am
In the case of technical problems:

Call Vanessa Morley at 604-251-2229 or email vanessa@childhoodobesityfoundation.ca
HOUSEKEEPING

If you successfully downloaded the GoToWebinar software, you have two options for audio:

1) Listen using your computer speakers
2) Listen through phone:

Toll Number: 1 647-497-9386
Access Code: 132-874-036
Throughout webinar, type your questions in the question box

Or e-mail your questions to vanessa@childhoodobesityfoundation.ca
**HOUSEKEEPING**

- Recording on Childhood Obesity Foundation website under “PROGRAMS” and “For Healthcare Professionals + Stakeholders”

http://childhoodobesityfoundation.ca/healthcare-professionals/
Poll – Your Current Role?

We would like to know how you would best describe your current role. Please take a minute to participate in our poll and select only one response.

• If you are participating in a group, please select the response that best describes the majority of participants.
Presenters

Keynote Speaker

Dr. PJ Naylor, UVic Professor, COF Board Member

COF Representatives & Content Experts

Dr. Karen Strange, Project Director, Early Intervention Project
Vanessa Morley, Coordinator, COF
Joy Weismiller, Project Advisor, Juniper Consulting
AGENDA

• Purpose and key questions
• Why an Early Intervention Program in BC
• Early Intervention Program background
• Timeline and progress
• Pilot program design framework
• How to share your feedback (accessing survey)
• Questions
PURPOSE AND KEY QUESTIONS

1. To inform and update on progress
2. Want to hear from you
PURPOSE AND KEY QUESTIONS

1. What are your initial thoughts about the Pilot Program Design framework?
2. What are the considerations to help make EIP a success?
3. What considerations do we need to account for related to broader implementation (post-pilot phase)?
4. What would be best approach to implementing in your region?
5. Do you have any ideas for what to name the new early intervention program?
Childhood Obesity Foundation’s Mission:

“to lead a societal shift toward healthy eating and active lifestyles to promote childhood healthy weights and the resulting physical and emotional benefits”

• Example Initiatives:

- Appetite to Play
- LiGHT
- Screen Smart
- Sugary Drink Reduction Initiatives
- Stop Marketing to Kids Coalition
- Childhood Healthy Weights Intervention Initiative
Children & youth who are off the healthy weight trajectory experience significant health and social issues long before adulthood.

One-in three Canadian children & youth overweight or obese.

Healthy physical activity and eating behaviours developed in childhood track into adulthood.

Most children do not outgrow obesity - 80% of obese adolescents will become obese adults.

Increased risk of chronic disease.

Greater risk of being bullied, teased and socially isolated.

Self-esteem.

Child self-reported quality of life.

Dyslipidemia.

Joint problems.

Type 2 diabetes.

Asthma.

Metabolic syndrome.

Hypertension.

Sleep apnea.

Significantly lower arithmetic, spelling, attention, and mental flexibility.

Structural brain changes.
BACKGROUND

BC’s Healthy Weights Continuum

Where does the intervention “fit” on the Continuum?

Early intervention is one of six elements in the “BC Continuum for the Prevention, Management and Treatment of Health Issues Related to Overweight and Obesity in Children and Youth.”
**BACKGROUND**

- Ministry of Health grant funding to COF
- Develop and pilot new childhood healthy weights early intervention program
- With input of partners and stakeholders throughout BC

**Approach**

- Consultative
- Evidence-based
**PROVINCIAL EXPERIENCE**

Childhood healthy weights program delivery

April 2013 to June 2017
**BACKGROUND**

- EIP will be:
  - tailored to the needs of BC families
  - informed by and align with existing childhood healthy weights programs e.g.,
    - Shapedown BC
      [www.bcchildrens.ca/our-services/clinics/shapedown-bc](http://www.bcchildrens.ca/our-services/clinics/shapedown-bc)
    - HealthLinkBC Eating and Activity Program for Kids
      [www.healthlinkbc.ca/healthyeating/eating-activity-program.html](http://www.healthlinkbc.ca/healthyeating/eating-activity-program.html)
Early Intervention Program*  
Pilot Program Design Framework

Informed by and Aligned with BC Programs: Shapedown BC, HEAPK, Others (e.g. LiIGHT, Live 5-2-1-0)

DRAFT: CHILDHOOD OBESITY FOUNDATION, VERSION: NOVEMBER 1, 2017

FEATURES
- Community-based model
- 26+ Contact Hours
- Introductory Healthy Lifestyle Session
- All Parents
- Group Sessions
  - Only Registered Families
    - With Children BMI-for-age > 85th percentile
  - One Session, Once Per Week for 10 Weeks
    - 1.5 Hours
    - Combination of Parent-only, Child-only and Both
    - First and Final Session Measures
  - Final Session Wrap-up
  - Explore Childcare for Siblings
- Additional Core Contacts (not optional)
- Weekend Session Opportunities
- Flexible Configuration
  - Family-led
  - Community-led
  - Digital/eHealth
  - Electronic and/or Written Format
  - Gamification
- Recruitment
  - Clinical Referrals
  - Community-based Recommendations
- Evaluation
  - Pre, Post and Process
  - Scaleable

CURRICULUM

TOPICS
- Healthy Eating
- Physical Activity
- Behavioural Change Skills
  - e.g. Goal-setting, Monitoring
- Mental Health
  - e.g. Self-esteem, Body Image, Stress
- Parenting Practices
- Sleep Hygiene

GROUPS/TARGET AUDIENCE
- Parents
- Children BMI-for-age > 85th percentile
  - Ages 8 to 12
  - Ages 13 to 17

TRAINING

- Delivery Model
  - Direct or
  - Train the Trainer
- Recruitment/Promotion
- Training Day
  - Healthy Eating
  - Physical Activity
  - Behavioural Change Skills
- Group Facilitation
  - Group Dynamics
  - Challenging Situations
  - Age and Other Adaptations
  - Scope of Practice Triage
    - Clinical Referral
    - Dietary Support/Training

MAINTENANCE + SUPPORT

TOPICS
- Digital/eHealth
- Community Resource Options
  - e.g. Fitness Passes
- Facility Tour

SUPPLEMENTARY MATERIALS
- Written
- Handouts
- Workbooks
- Digital/eHealth

GUIDING PRINCIPLES

- Fun
- Engaging
- Social Connectedness
- Intentional
- Supportive
- Respectful
- Flexible
- Personalized within a Standardized Context
- Minimize Paperwork
- More Active and Interactive
- Inclusive
- Gender
- All Abilities
- Multicultural/Intercultural
- Indigenous
- Limited Income
- Caregiver
  - Involvement
  - Positive Parenting
  - Embedded
  - assessed on a case-by-case basis

SECTOR SPECIFIC STAKEHOLDER ENGAGEMENT PROCESS AND TIMELINE

2017

APRIL–JUNE
- Literature review
- Governance

JULY–AUGUST
- Preliminary Feedback and Recommendations
  - Academic Advisory
  - Oversight Committee
  - Steering Committee
  - BC Program Leads
  - Detailed Program Review

SEPTEMBER
- Program Design Framework Feedback
  - Oversight Committee
  - Steering Committee

OCT–NOV
- Community Stakeholder Consultation
  - BC Program
  - Detailed Alignment and Integration

DEC–JAN
- Finalize Content and Delivery
  - Working Groups
  - Oversight Committee
  - Steering Committee
  - BC Program Leads
  - Academic Advisory

* Early intervention is one of six elements in the British Columbia Continuum for the Prevention, Management, and Treatment of Health Issues Related to Overweight and Obesity in Children and Youth
PILOT PROGRAM DESIGN FRAMEWORK

Underscored by

1. Evidence-Based and Stakeholder Engaged
2. Guiding Principles

GUIDING PRINCIPLES

- Fun
- Engaging
- Social Connectedness
- Intentional
- Supportive
- Respectful
- Flexible
  - Personalized within a Standardized Context
- Minimize Paperwork
- More Active and Interactive
- Inclusive
  - Gender
  - All Abilities†
  - Multicultural/Intercultural
  - Indigenous
  - Limited Income
- Caregiver Involvement
- Positive Parenting Embedded

† assessed on a case-by-case basis
Features Highlights

- Community-based model
- Children BMI-for-age > 85th percentile
- 26+ contact hours
- Introductory healthy lifestyle session
- One Session, once per week for 10 weeks
- Group sessions
- Additional core contacts e.g.,
  - Weekend session opportunities
  - Digital/eHealth
  - Gamification
PILOT PROGRAM DESIGN FRAMEWORK

Gamification – in parks and community settings
Curriculum Highlights

Topics:

• Healthy eating
• Physical activity
• Behavioural change skills
• Mental health
• Parenting practices
• Sleep hygiene

Groups/target audience:

• Parents
• Ages 8-12
• Ages 13-17
**PILOT PROGRAM DESIGN FRAMEWORK**

**Training Highlights**

- Recruitment/Promotion
- Scope of Practice Triage
- Group Facilitation

- Healthy eating
- Physical activity
- Behavioural change skills
- Mental health
- Sleep hygiene
PILOT PROGRAM DESIGN FRAMEWORK

Maintenance and Support Highlights

Topics
- Digital/eHealth
- Community Resource Options e.g., Fitness Passes
- Facility Tour

Supplementary materials
- Written
- Digital/eHealth
SHARE YOUR FEEDBACK

Questions included in the survey:

1. What are your initial thoughts about the Pilot Program Design framework?
2. What are the considerations to help make EIP a success?
3. What considerations do we need to account for related to broader implementation (post-pilot phase)?
4. What would be best approach to implementing in your region?
5. Do you have any ideas for what to name the new early intervention program?
SHARE YOUR FEEDBACK

• To access survey: http://uvic.fluidsurveys.com/s/EIPConsultation/
• Will use feedback to inform pilot
• Webinar tomorrow for Recreation, Physical Activity and Education Professionals
• Upcoming consultation opportunities - Regional consultation tables:
  • Victoria Dec 21\textsuperscript{st}
  • Vernon Jan 29\textsuperscript{th}
  • Vancouver Jan 31\textsuperscript{st}
  • Prince George Feb 6\textsuperscript{th}
  • Fraser Valley TBC
QUESTIONS?
Contact:
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