

MEND and Shapedown BC Referral Guidelines for Healthcare Professionals in Demonstration Project Communities

As part of BC's Childhood Healthy Weights Intervention Initiative (CHWII), the Provincial Government has provided funding to the Childhood Obesity Foundation for the implementation of **MEND** (Mind, Exercise, Nutrition, Do It!) and the expansion of **Shapedown BC**.

MEND and **Shapedown BC** programs are for families with children who are above a healthy weight and help families work together to achieve a healthier lifestyle. The integration of the **MEND** and **Shapedown BC** programs under the CHWII provides opportunity for families to access services and support within a continuum of care model.

- **MEND** is an early intervention weight management program for families with children who are above a healthy weight and in good health. This program is provided by participating YMCAs and British Columbia Recreation and Parks Association (BCRPA) member municipal recreation centres.
- **Shapedown BC** is a clinical weight management program for families with children and teens who are above a health weight and have obesity related co-morbidities or complex medical or psychosocial profiles. This program is provided by Health Authorities, in partnership with participating YMCAs and BCRPA member municipal recreation centres.

Healthy weight (5th - 85th percentile for BMI) is defined by the WHO child growth charts for 2 to 19 years utilizing the BMI for age indicator. Growth charts and an online BMI calculator for children and teens is available at <http://www.dietitians.ca/your-health/assess-yourself/assess-your-bmi/bmi-children.aspx>

Program Details

	MEND	Shapedown BC
Intervention	<ul style="list-style-type: none"> • 20 group sessions (for MEND 7-13) or 10 group sessions (for MEND 5-7) delivered over 10 weeks targeting healthy eating, active living and behaviour change • Delivered by trained leaders with recreation and/or health backgrounds • Access to online resources • Offered in English 	<ul style="list-style-type: none"> • Assessment by physician, dietitian and psychologist (Shapedown BC team) • Specialized, individualized clinical services delivered by dietitian and psychologist • 20 group sessions (23 for teens) over 10 weeks targeting healthy eating, active living and behaviour change • Delivered by dietitian and psychologist • Ongoing follow-up with the Shapedown BC team • Offered in English

	MEND	Shapedown BC
Eligibility Criteria	<ul style="list-style-type: none"> • 7-13 years • 5-7 years (selected sites) • >85th %ile for BMI for age & no contraindications for participating in physical activity or group sessions • Parent/caregiver participation 	<ul style="list-style-type: none"> • 6-17 years • Groups sessions for age groups 6-8 years, 9-11 years 12-13 years and 14-17 years • >97th %ile for BMI for age • >85th %ile for BMI for age & co-morbidities or other complex medical or psychosocial profiles • Parent/caregiver participation
Referral & Screening	<ul style="list-style-type: none"> • Physician referral not required • Parent/caregiver contacts local program to register • Physicians or other healthcare professionals may recommend MEND to families and provide program information • Telephone screening of family by program staff for essential health information, to assess motivation and readiness to change, and to determine with parent if child may have difficulty participating in the program for any reason (medical, physical, psychological, other) • Medical questionnaire for child filled out by family; any concerns raised with regard to participation in physical activity (based on physical activity readiness questions within medical questionnaire) will require physician approval 	<ul style="list-style-type: none"> • Physician referral required • Physician submits program referral form • Telephone screening of family by program staff to assess suitability • 4 hour intake assessment (multi-disciplinary) to confirm readiness and family capacity to participate fully in the program • 1 hour feedback/care planning session with the family • Referring physician advised of outcome of screening process
Referral Forms, Prescription Pad, Brochures & Local Contact Information	<ul style="list-style-type: none"> • MEND brochure and local program contact information available soon for download at www.childhoodobesityfoundation.ca 	<ul style="list-style-type: none"> • Shapedown BC referral form, brochure and local program contact information available soon for download at www.childhoodobesityfoundation.ca

More information on Shapedown BC and MEND programs is available at: www.childhoodobesityfoundation.ca.

In addition you can contact:

Shapedown BC

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MEND

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