



### Introducing Generation Health!

We are excited to unveil **Generation Health** (formerly the Family Healthy Living Program) in British Columbia! Please visit the newly updated website at: [www.generationhealth.ca](http://www.generationhealth.ca).

The 10 week Generation Health program supports families in making changes to healthy behaviours such as healthy eating, physical activity, screen time and sleep that support a child's own health behaviours.

*"It's given us the room and more tools to grow. We're implementing these tools. It's putting us on a better path for the future which is great"*

*~ Participant*

The impact evaluation of the prototype program demonstrated that families made changes towards living a healthy lifestyle. Statistically significant positive changes were seen in:

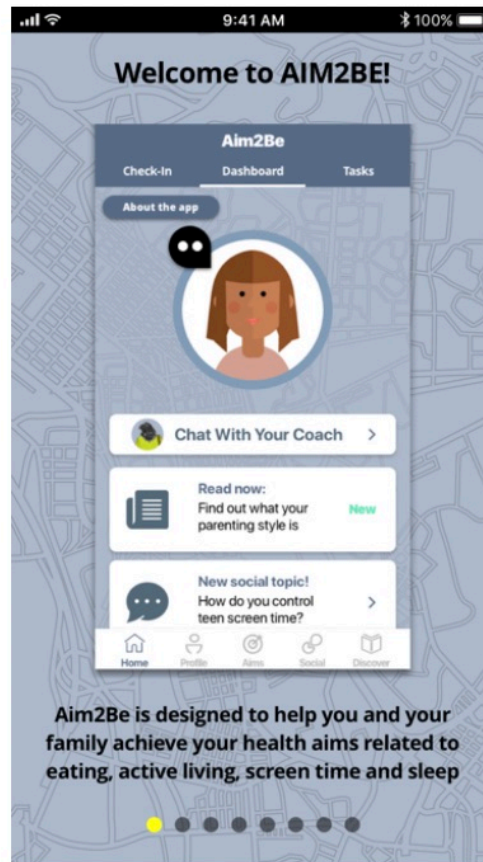
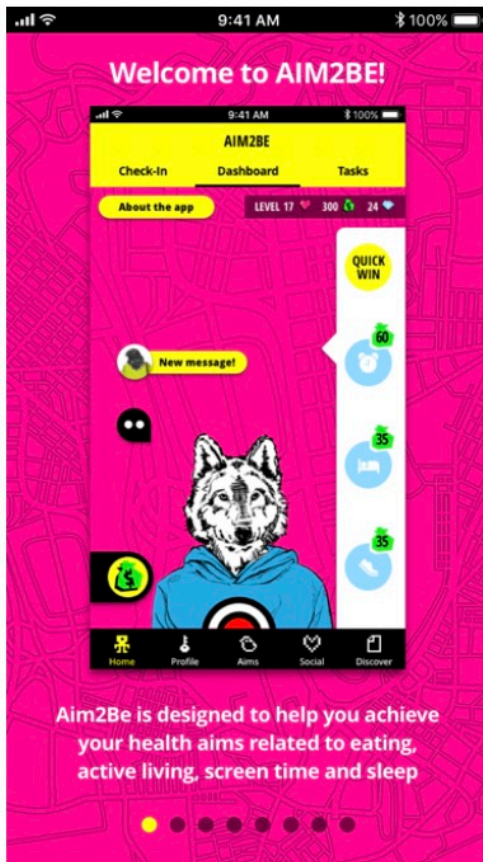
- Parent and family healthy eating
- Family and child physical activity
- Child physical literacy
- Child quality of life
- Child anthropometry

British Columbia communities offering the Generation Health program include:

- Prince George
- Kelowna and Penticton
- Chilliwack, Surrey, Burnaby
- Vancouver
- Greater Victoria, Campbell River

***We are looking for additional communities that are interested in bringing the program to their families.*** For more information about the program and the evaluation, or to find out how to bring Generation Health to your community, please contact Karen Strange at: [karen@childhoodobesityfoundation.ca](mailto:karen@childhoodobesityfoundation.ca)

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### Gearing up to launch Aim2Be in mid-late 2020

Aim2Be is a health lifestyle app for Canadian families. It is designed to help families adopt healthy behaviours in four areas - eating, physical activity, screen time and sleep. It focuses on living green and fostering a strong self-esteem and a health body image. It integrates behaviour change techniques and aligns with Canadian health recommendations. There is a separate app for parents and youth 10+ years. Both include a social wall which is monitored by a health professional. The youth app is gamified.

We are in the midst of a randomized control trial with 200 families with youth 10-17 years who are above the 85th percentile. They will use Aim2Be for 6 months. We'll have results on the impact of Aim2Be on their health behaviours by late 2020. In the meantime, we are reviewing web analytics data from current and past users and determining what Aim2Be enhancements are needed before we launch Aim2Be to Canadian families. It is the plan for Aim2Be to be available for free, in English and French, in the Canadian app stores by mid to late 2020.

For further details, visit [our website](#) and download the Aim2Be Fall 2019 Update or contact [Janice Macdonald](#), Aim2Be Project Director.

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### **Sign Up for an Appetite to Play Workshop!**

Appetite to Play is designed to support early years providers promote and encourage physical activity and healthy eating. The program provides healthy eating and physical activity recommended practices and practice support resources for early years providers to use in a variety of settings including daycare centres, family-based childcare, preschool and parent participation programs.

### **Workshops**

Appetite to Play workshops continue to be offered in-person and online. Our workshops are for early years providers and support physical literacy and healthy eating.

The 3 hr in-person workshops are being scheduled around British Columbia. Contact us at [atp@bcrcpa.bc.ca](mailto:atp@bcrcpa.bc.ca) to learn more about how to host a workshop or how to attend.

The online workshops have a live instructor that facilitates and answers your questions. You will also get 2 hours of professional development credits. For more info call 604-877-6416 or visit the Appetite to Play website at [www.appetitetoplay.com](http://www.appetitetoplay.com). **Explore the new Appetite to Play physical activity posts!**

The early years provides a window of opportunity for developing motor skills and behaviours that will turn into lifelong patterns. Physical activity in the first five years helps the brain grow and develop and supports development of social skills, confidence, creativity and so much more! Below are some examples of our new Physical Activity content for the early years:

[Hop Hop Hop](#)  
[Noodle Hockey](#)

### **See new Healthy Eating posts!**

We have more tips and ideas for healthy eating in the early years. See below for some examples of our new content which cover information on all of the choices for milk as well as creative and helpful ideas for dealing with the challenges one can face when having picky eaters!

[Choosing Milk](#)  
[Picky Eating](#)



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