



Tell our Senators to pass Bill S-228

Canada's Senate has the choice of either protecting the health of our children by passing Bill S-228 in a timely manner or protecting the interests of the industry food lobby by continuing to delay its passage.

Link [here](#) to read a recently published opinion editorial by Dr. Tom Warshawski and Yves Savoie on how Canada's senators can stop the marketing of junk food to kids.

Dr. Tom Warshawski is chair of the Childhood Obesity Foundation. Yves Savoie is CEO of Heart & Stroke. The [Stop Marketing to Kids Coalition](#), founded by Heart and Stroke in collaboration with the Childhood Obesity Foundation, is supported by more than 120 Canadian organizations and individuals. Together we are working to support the federal government's efforts to restrict the marketing of food and beverages high in sugar, salt and saturated fat to children who are 12 and under. The Coalition's primary focus has been on supporting the development, approval and passage of Bill S-228 (Child Health Protection Act).

[Tell our Senators](#) to stop stalling and hold the vote for Bill S-228, which restricts the marketing of foods and beverages high in salt, sugar and saturated fat to children who are 12 and under. Bill S-

228 will support parents in instilling healthy eating behaviours, as well as helping to slow down the increase in diet-related diseases in children, paving the way for a healthier future for children in Canada.



Family Healthy Living Program - Expanding to More Communities in British Columbia

Having just completed the implementation of the prototype program we are happy to say that the Family Healthy Living Program will be offered in more communities around BC this coming Fall and Winter. We are looking for communities in BC that are interested in bringing the program to their families – particularly those communities that are underserved by programs and services. To find out more please contact Karen Strange (karen@childhoodobesityfoundation.ca).

Families that participated in the first two program cycles reporting feeling more confident in their ability to support their children in healthy eating and physical activity and an increase in their child's quality of life. Participants enjoyed the opportunity to spend time together as a family and building connections with other families.

We are currently developing the brand identity for the program and are excited to unveil the new promotional materials in the coming weeks so be sure to keep your eye out.

Visit the [Family Healthy Living Program website](#) to find out more about the program.



Aim2Be m-health app profiled at 2019 Obesity Summit

Obesity Canada's 2019 Summit provided the perfect opportunity to profile the Aim2Be youth and parent companion m-health applications and share early evaluation results.

The Childhood Obesity Foundation hosted an exhibit to demo and discuss the apps with conference delegates. An oral abstract was presented by the Project Director, Janice Macdonald, RD on the most popular health aims and knowledge centre topics accessed by Aim2Be users. As well, a 2-hour workshop was jointly delivered on the topic of *Digital and Group-based Solutions for Families* by Janice and Karen Strange, Project Director of the BC Family Healthy Living program. A copy of the abstract and the digital portion of the power point presentation are available on the [Childhood Obesity Foundation website](#).

The Aim2Be apps are currently available in the app stores but only for research participants at this point. Stakeholders will be advised when Aim2Be is publicly available.

Obesity Canada is a valued partner in this project providing in-kind knowledge exchange support. Other partners include Merck Canada, Ayogo, Heart and Stroke, Diabetes Canada, Craving Change, David Suzuki Foundation and Canadian Men's Health Foundation.



Appetite to Play Continues!

We are thrilled to announce that the [Appetite to Play](#) initiative is continuing! Workshops will continue to be offered in-person, online along with the e-learning modules. The focus for Appetite to Play has been to develop a gold standard training resource with the goal of establishing a self-sustained program. We have succeeded in creating an excellent resource for early years providers to support physical literacy and healthy eating.

Appetite to Play has trained over 2800 Early Years provider's through the delivery of over 190 in-person workshops, 16 virtual workshops and 2 e-learning modules.

There is still one more online workshop scheduled before the summer break! Register soon as spots fill up quickly by contacting us at ATPinfo@cw.bc.ca

You can also learn more by visiting the [Childhood Obesity Foundation's website](#) or by calling the Appetite to Play team at 604-877-6441.





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