

## CHNET-Works! – CDPAC and PHAC Fireside Chat – October 12, 2011

### Additional resources:

UK Obesity System Map

[http://www.bis.gov.uk/assets/bispartners/foresight/docs/obesity/obesity\\_final\\_part5.pdf](http://www.bis.gov.uk/assets/bispartners/foresight/docs/obesity/obesity_final_part5.pdf)

MENT childhood obesity program

<http://www.mendprogramme.org/>

British Columbia adaptations of IPODE program in BC, SCOPE

<http://www.childhood-obesity-prevention.org/about-scope/overview/>

and Shape Up Somerville

<http://www.somervillema.gov/departments/health/sus>

Obesity+ service, McMaster University

<http://plus.mcmaster.ca/obesity/Default.aspx?Page=1>

Canadian Health Measures Survey, Statistics Canada

<http://www.statcan.gc.ca/cgi-bin/imdb/p2SV.pl?Function=getSurvey&SDDS=5071&lang=en&db=imdb&adm=8&dis=2>

Statistics Canada: Health Profiles

<http://www12.statcan.ca/health-sante/82-228/index.cfm?Lang=E>

### Unanswered Questions for follow-up:

#### Jean Harvey

Q: Is there a connection between environment that encourages physical activity like Vancouver. Did you do anything about that?

*A: In this pan-Canadian report we were not able to consider region specific programs and initiatives, so unfortunately not. At a provincial level however, ActNowBC was highlighted as an example of a comprehensive campaign in place that targets multiple risk factors including physical activity and low fruit and vegetable consumption.*

#### Jean-Pierre

Q: Is vegetarianism encouraged in school age kids?

*A: It is neither encouraged nor discouraged provided that it leads to a healthy diet. I believe there is an article in the last 2 years on vegetarianism in kids in "Paediatrics and Child Health"*

*Full article:*

*<http://pediatrics.aappublications.org/content/120/4/e1059.full.pdf>*

Q: Any policies or strategies to deal with kids' ever increasing online lives?

*A: Not specifically; start early and educate the parents. This needs to start very early in life and there was a recent (this week) paper on the fact that TV should be forbidden under 2 years. This is a large problem as preventing kids from watching TV means that the parents must be ready and available to spend more time with their children.*

Q: How does the data differ when you separate Knowledge/Beliefs/Behaviour? While improving knowledge and beliefs Re: physical activity is undoubtedly important, I'm interested to know the actual behaviour change observed by the implementation of this program?

A: Questionnaires were specifically used to distinguish between these aspects. I enclose the article of the pilot study The implementation study provides similar result but is not published yet.  
Full Article:  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2528709/pdf/pch12185.pdf>

Q: How can we get a copy of the curriculum and evaluation reports? Natalie

A: We can send a poster that summarizes the content of all 21 lessons. Please Email Evett Uy ([euuy3@cw.bc.ca](mailto:euuy3@cw.bc.ca)). There is also quite a lot of info on the website under "downloads" ([www.healthybuddies.ca](http://www.healthybuddies.ca)).

Q: Is Healthy Buddies going to become part of the Action Schools! BC initiative?

A: The two programs are unrelated.

Q: Why results are better in G4-7 than G3?

A: I am not sure this is true. The results are quite similar. I think that in the pilot study, numbers are small. A difference is that the K-Gr3 and the Gr 4-7 got the info through different means: K-Gr3 from other youth (their older buddies), the Gr4-7 from trained teachers. Supplementary materials are attached.

Q: Any "by-product" of the program such a benefit in bully prevention?

A: In the pilot study, this was clearly mentioned by the teachers in an informal way. We attempted to evaluate that part in the implementation study (before/after) but did not see a difference. Despite the fact that we have been unable to formally demonstrate it, I feel that the program prevents bullying by increasing the sense of responsibility of the older towards the younger kids, and this was anecdotally reported, in particular for First Nations children.

#### **Other**

- Is there a form we can use to get CME credits?
- What multisectorial working groups exist that we can tap into for sharing knowledge? Will there be another forum like this in the near future? I am part of the Promotion of Healthy Weights Working Group in BC, and am also engaged with Diane Finegood (funded by CIHR) to formally evaluate the scale up and spread of MEND in Alberta. An opportunity for knowledge exchange would be wonderful.