

# Workshops in Focus

6<sup>th</sup> **Canadian  
Obesity  
Summit**

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April 23–26  
OTTAWA, ONTARIO



*Prevention, Treatment, and Rehabilitation > Childhood and Adolescent Obesity*

**Friday, April 26, 2019**

**14:00 – 16:00**

## **Exploration of Digital Health and Group-Based Programming to Support Families to Adopt Healthy Behaviours**

**J. Macdonald, K. Strange, Childhood Obesity Foundation, Vancouver, BC**

Almost one in three children and youth (age 5–17 years) in Canada have excess weight or obesity, an estimated 1.6 million Canadians. If left unchecked, they are more likely to become adults with excess weight or obesity and are at an increased risk for Type 2 diabetes, hypertension, poor emotional health and diminished social well-being. Childhood obesity has been attributed to lifestyle behaviours related to eating, physical activity, screen time and sleep.

One province's Healthy Weights Continuum aims to offer a coordinated and comprehensive approach of programs and services to support families to adopt healthy behaviours. Two key components of the Continuum are prevention and early intervention for families with children with excess weight or obesity. Input from stakeholders and families helped shape a family-based intervention led by community-based practitioners and a mobile application for youth and their parents.

The family-based program supports families with children 8–12 years and a BMI for age above the 85th percentile through interactive group sessions and an online family portal. The program is designed to build skills to: 1) support family health and quality of life; 2) eat healthy; 3) be more active; and 4) promote positive mental and social health.

The mobile application is tailored for pre-teens, teens and parents. A live demonstration will explore how the apps integrate personalization, autonomy, gamification and the principles of behaviour change theory including the development of self-regulatory skills.

Evaluation results along with lessons learned to date from both interventions will be explored.

### **Agenda**

1. Introduction to the Healthy Weights Continuum
2. Formative assessment of what families and stakeholders want
3. What does the data from both interventions tell us so far?
4. A sampling of the group-based activities and introduction to the family portal
5. A walk through of the mobile application
6. Lessons learned to date
7. Next steps