

## Changes and Course Corrections Emerging from and Confirmed by the Consultation March 2018

### 1. Changes and course corrections

Issue or area of inquiry	Action taken or proposed
Interest in sources of evidence informing program design	EIP literature review completed in Summer 2017 was posted to COF website
Concerns about weight stigma and weight bias	<p>MOH completed an evidence review examining weight bias and weight stigma</p> <p>Office of the Provincial Dietitian hosted meeting with health authority public health dietitians</p> <p>Adopted a balanced harm approach (based on the evidence) whereby the mental, physical and social harms of leaving children off trajectory were balanced against the risk of weight bias.</p> <p>Facilitators will receive training on weight bias and stigma</p> <p>Focus of the program is on healthy lifestyles and positive family practices</p> <p>Pre and post BMI measures for screening (pre) and evaluation purposes only. No weekly weighing and measuring throughout the program</p> <p>Process evaluation will assess any negative impacts of the healthy growth check (see below) and the program itself</p>
Concerns about BMI measurements	<p>Child measurements will be incorporated into fun healthy living stations during the Healthy Living Workshop session. The series of measures will include questionnaires about physical activity, healthy eating, screen time, positive mental health and sleep. BMI percentile for age will be determined as part of a healthy growth check. All children attending the Healthy Living Workshop will take part in the questionnaires and physical measurements.</p> <p>Weight and Height will not be reported to the child</p>

Concerns about healthy eating curriculum	COF hired registered dietitian to develop healthy eating curriculum and support EIP training
Concerns about mental health curriculum	COF hired mental health expert to 1) develop key messaging and positive mental health activities for the curriculum 2) deliver training to support trauma informed program delivery and integration of positive mental health practices and support trauma informed program delivery through a community resiliency model (e.g. designed for community program facilitators)
Concerns about disordered eating	MOH did an evidence review including considerations of disordered eating  MOH and COF sought advice of MCFD eating disorder expert to apply a disordered eating lens to curriculum and training materials
Suggestions for curriculum and resources	Shared with curriculum design team
Suggestions about evaluation and measurement	Shared suggested measures and evaluation tools with Academic Advisory
Concerns about session leaders' scope of practice	Job descriptions specify "desirable" training and qualifications  COF will develop scope of practice guidelines, a triage system, lens, training

## 2. Steps taken to enhance engagement opportunities and information sharing

Issue or area of inquiry	Steps taken
Time available at each engagement to address all audience questions	Developed over 100 Q & A's to be posted on COF website
Desire for additional time for input	Extended regional consultation table meeting length to 3 hours (from 2) and enhanced stakeholder interaction opportunities and activities
Opportunities for people unable to attend the meeting in person or via	Full length webinar recording and online survey posted on COF website

teleconference	
Opportunities for people living in rural and remote communities to participate in consultation	Interior Health offered teleconference option Northern Health offered webinar/teleconference option
Integration and alignment with existing programs e.g., Shapedown BC and the HealthLinkBC Eating and Activity Program for Kids	Partner program representatives personally invited to attend engagements Partners participating in curriculum and design working group review alignment and program session outlines and provide advice

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