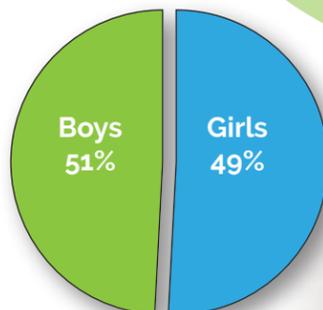


## FAMILY HEALTHY LIVING PROGRAM EVALUATION HIGHLIGHTS<sup>4</sup>

The Family Healthy Living Program reached a broad demographic: families came from diverse ethnic, educational and socioeconomic backgrounds

- 88 eligible children enrolled (79 families)
- 63 commenced; 39 completed (62%)
- 74% of children had a BMI-for-age > 97th percentile (obese<sup>5</sup>) and 26% had a BMI between the >= 85th percentile and the <= 97th percentile (overweight).
- high average weekly attendance (84%)



*"My child said to me tonight 'Thank you for getting us into the course and bringing us here.' It surprised me that she would be in tune and wanting to be here with me. I thought it would just be a struggle the whole time."* ~ parent

Delivery site staff were pleased to participate in the Family Healthy Living Program and recognized family milestones and achievements

*"What I think this program has that not a lot of other programs have, are positive mental health pieces and that is something that I'm really passionate about so I would love to see this aspect promoted more."* ~ delivery site staff

*"You don't feel like you are being judged."* ~ parent

*"Seeing my child interact with other kids, being part of a community."* ~ parent

Parents were satisfied with the family healthy living program



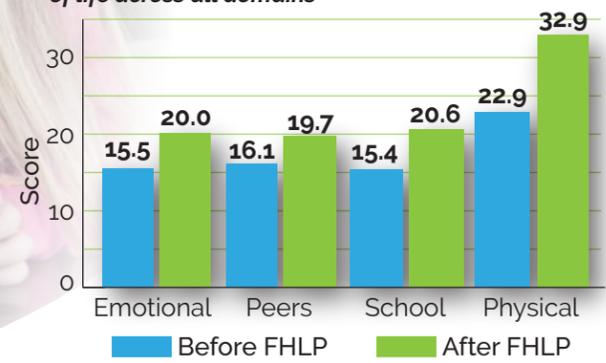
*"I eat more healthy and exercise more."* ~ child

Children were satisfied with the family healthy living program

*"It's very easy to use. You don't need to be computer savvy to use it which is nice. For myself, there were no issues accessing the information or reading any of it, it is concise. It's got useful information, the recipes are nice."* ~ parent

Parents felt that their children increased their overall quality of life

Parents perceived increases to their child's quality of life across all domains\*



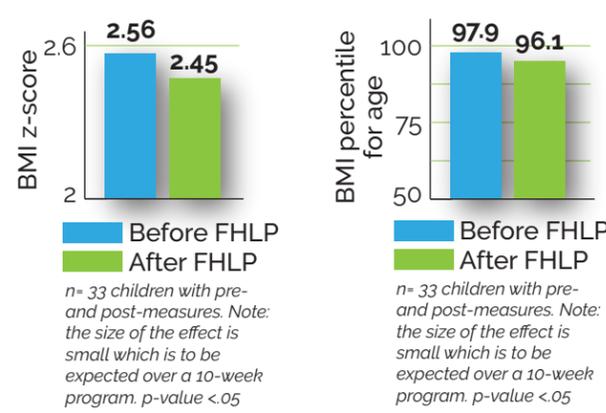
n=27 parents reporting pre- and post-measures. Higher scores indicate better emotional QOL, social QOL, school QOL and physical QOL. p-value <.05

### Families made changes towards living a healthy lifestyle

- The analysis found statistically significant\*\* positive changes in:
- parent and family healthy eating
  - family and child physical activity
  - child physical literacy
  - child quality of life
  - child anthropometry
  - plan to continue making changes following program completion

\*\* Statistical significance is defined as a p-value <.05

Children decreased their BMI z-score and BMI



### Facilitators and barriers for program implementation and participation

Facilitators included that the program was free of cost, program location, allowing siblings to attend and the complimentary family recreation passes.

Barriers included not being eligible; time conflict, not interested/program not suitable, low recruitment numbers/small group size, other commitments and illness.

<sup>4</sup> The in-depth Family Healthy Living Program Final Evaluation Report, June 2019, can be accessed at: childhoodobesityfoundation.ca  
<sup>5</sup> The World Health Organization (WHO) standard for overweight children is defined as a BMI-for-age between 85th and 97th percentiles; for obese children it is above the 97th percentile.