

Informed by Family Healthy Living Program process and outcome evaluation findings and stakeholders

IMPLEMENTATION

- no cost to families
- aiming to increase number of programs offered in all five health regions
- increase session duration from 90 minutes to two hours
- two-hour Healthy Living Workshop will be offered as stand alone session (accommodates more frequent offerings)
- 10 weekly in class sessions
- 10 weekly online Family Portal E-sessions
- four extra group activities
- maintenance support
- staff training similar to prototype phase with following changes:
 - exploring virtual, online delivery instead of in-person
 - incorporating cultural awareness and sensitivity
 - enhanced content on facilitation skills e.g., how to adapt curriculum for small groups
- refine lesson content and delivery including:
 - innovative and topical curriculum updates e.g., Canada's Food Guide
 - allow more time for group discussion
 - strengthen program linkages between weekly group session and Family Portal
- expanding to underserved communities
- expanding to communities with a high Indigenous population

LEARN MORE about Childhood Obesity Foundation's journey developing an early intervention program in BC at: childhoodobesityfoundation.ca – Family Healthy Living Program: Final Evaluation Report June 2019,

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SCALE UP PHASE

- September 2019 to June 2020
- Childhood Obesity Foundation and partners

DEVELOPING A CHILDHOOD HEALTHY WEIGHTS
EARLY INTERVENTION PROGRAM FOR BC
FAMILIES: A Two-Phased Approach

PROTOTYPE PHASE¹

- April 2017 to June 2019
- Childhood Obesity Foundation and partners
- Family Healthy Living Program



PLANNING AND CONSULTATION

April 2017 to February 2018

- 305 stakeholders engaged (five regional consultation tables, two webinars, three other engagements) including health, physical activity, recreation and education sectors.

DESIGN

January to August 2018

- curriculum design team (physical activity specialists, registered dietitian, mental health expert)
- curriculum and program design working group
- evidence-based; literature review conducted, and Expert Advisory Council
- aligned with existing childhood healthy weights programs

IMPLEMENTATION

September 2018 to June 2019

- no cost to families
- seven individual recreation sites*
- all five health regions
- two delivery cycles
- 90 minute sessions
- 10 weekly, in class sessions (included two hour Healthy Living Workshop)
- 10 weekly online Family Portal E-sessions
- four extra group activities
- four maintenance sessions
- staff training included:
 - weight bias, trauma informed
 - focus on healthy behaviours e.g., healthy eating, physical activity, reduced screen time, sleep hygiene, positive mental health, gratitude

WHO WAS ELIGIBLE?

- children ages 8-12
- child BMI-for-age >= 85th percentile²
- child and parent attend
- siblings could attend

RECRUITMENT FEATURES

- central website and toll-free line
- centralized screening
- social media, posters & rack cards, media interviews
- central and local site promotions

EVALUATION

April 2018 – June 2019

Methodology

- assessed reach, efficacy, tested prototype
- multi-faceted process evaluation (parents, children, delivery site staff)
- outcome evaluation: pre- and post-measures
- guided by Expert Advisory Council³
- University of Victoria (UVic) evaluation team
- UVic and University of British Columbia ethics approved
- embedded waitlist control trial

Family Healthy Living Program Locations

Health Region	Cycle One		Cycle Two	
	Delivery	Maintenance	Delivery	Maintenance
Northern	YMCA of Northern BC Prince George		YMCA of Northern BC Prince George	
Interior	YMCA of Okanagan Kelowna			
Fraser	Tong Louie YMCA Surrey		Tong Louie YMCA Surrey	
	City of Surrey Surrey			
	City of Burnaby Burnaby		City of Burnaby Burnaby	
Island	Westshore Parks and Recreation Greater Victoria		Westshore Parks and Recreation Greater Victoria	
Vancouver Coastal			Langara Family YMCA Vancouver	

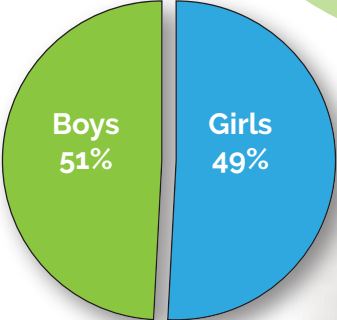
* Pre-pilot test cycle: Municipality of North Cowichan, Island Health

1 For the prototype phase the generic name Family Healthy Living Program was utilized. 2 Families who did not meet the BMI criteria to attend the 10-week group sessions were provided access to an online 10-week program through the Family Portal and participated in a two hour introductory Healthy Living Workshop. 3 Expert Advisory Council members specialize in childhood healthy weights research at the University of Victoria, University of British Columbia, University of Alberta and Centre for HealthWeights - Shapedown BC.

FAMILY HEALTHY LIVING PROGRAM
EVALUATION HIGHLIGHTS⁴

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 (obese⁵) and 26% had a BMI between the >= 85th percentile and the <= 97th percentile (overweight).
- high average weekly attendance (84%)



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

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

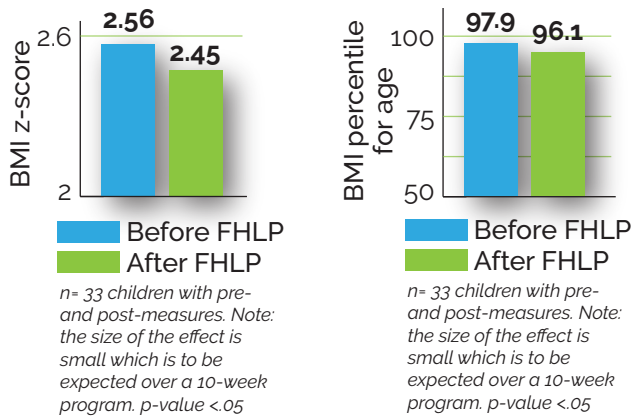


"I eat more healthy and exercise more." ~ child

Parents were satisfied with the family healthy living program

Children were satisfied with the family healthy living program

Children decreased their BMI z-score and BMI



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

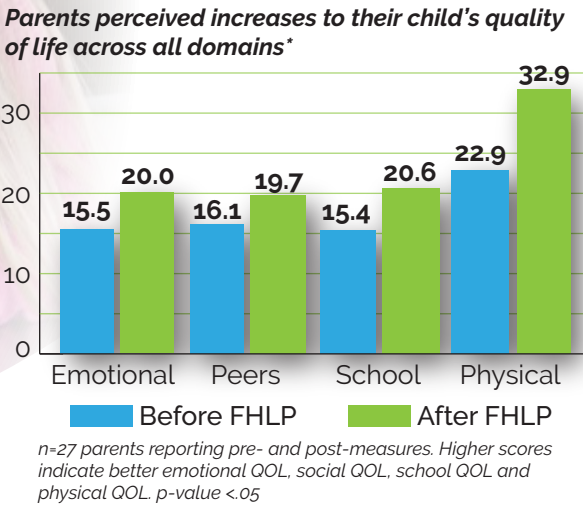
^{**} Statistical significance is defined as a p-value <.05

"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

Parents felt that their children increased their overall quality of life



"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

Families engaged with the innovative online Family Portal

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.

⁴ The in-depth Family Healthy Living Program Final Evaluation Report, June 2019, can be accessed at: childhoodobesityfoundation.ca
⁵ 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.