

Backgrounder for Health Professionals

Generation Health Clinic is designed based on best practices and latest evidence in the area of pediatric overweight and obesity, and in alignment with national nutrition and movement behaviour guidelines. In addition, the program includes mental health support to facilitate participation and engagement in the group program.

Delivery of Generation Health Clinic Program

WHO



Patient and family in partnership with interdisciplinary team:

- physician
- dietitian
- mental health professional
- exercise specialist

WHAT



Comprehensive assessment that looks at genetic, biological, environmental and social factors that contribute to health



Healthy living programming that builds knowledge and skills to practice healthy living behaviours with support from health professionals

WHERE



Health care setting



Community setting



Linkage back to referring provider and community resources

HOW



Support with at least 26 contact hours with interdisciplinary team



Face to face or virtual option



Group and/or individual sessions



Maintenance supports include sessions with exercise specialist, physical activity support in the community, cooking sessions, short term support with program dietitian or mental health professional

Factors that Support Successful Outcomes for Families



Family centred

- Make healthy living changes together as a family



Coordination of care

- Communication with referring providers
- Support for navigating the health care system
- Referrals to other specialty services and community resources



Aligned expectations

- Focus on overall health and wellbeing, not weight



Safe and inclusive care space

- Focus on family strengths
- Team trained on weight bias and weight stigma reduction



Intensity and frequency

- 26+ contact hours over 3-6 months



Motivational interviewing

- Identify and support changes meaningful to child/teen and family



Individualized care plan

- Tailored to the unique needs of the child to support growth and development



Interactive and fun sessions

- Increase engagement and participation



Self-management strategies

- Support long term positive healthy living changes