

Research & Evaluation

Research and evaluation have been part of Generation Health since the start. Our strategy helps us:

- Use data-driven approaches to support families, track goals, and monitor changes
- Continuously assess and improve our program
- Contribute to pediatric obesity research in Canada and around the world
- Identify and respond to patient needs

Data is collected in four major areas:



1

Demographics

Descriptive information (e.g., age, sex) about the families referred to the program.



2

Physical Health Information

Such as lipid levels, blood pressure, and co-occurring health conditions.



3

Mental Health Information

Including anxiety, depression, self-esteem, and quality of life



4

Program Information

Such as number of referrals and number of families invited to group.

We use high quality tools throughout our evaluation process. For example, measures like anthropometrics and bloodwork; and validated self-report questionnaires like the Beck Youth Inventories, Second Edition. However, we also prioritize family voices.

We follow best practices in data security and analysis. When it is time to run data, all information is anonymized and reported as a group. We never share personal information, like names or addresses. Families can opt-out of data collection if they want.