

# Designing and Developing a Childhood Healthy Weights Family-Based Healthy Living

## Program: A Stakeholder Guided Approach



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### OBJECTIVE

To develop a childhood healthy weights family-based program (ages 8 to 12; BMI for age > 85<sup>th</sup> percentile) using stakeholder consultation to identify key components of the program design framework and implementation considerations.

### BACKGROUND

- Early intervention programming for children leaving the healthy weight trajectory (BMI for age > 85<sup>th</sup> percentile) has been identified as a need within BC's Healthy Weights Continuum<sup>1</sup>
- Family-based behavioral weight management interventions are widely used to address childhood obesity, but many are clinically based and few interventions have incorporated online components

### METHODS

A comprehensive consultation process was undertaken to inform the program design, staff training and program implementation in communities.

#### Phase I Discovery

- Literature review
- Interviews with childhood healthy weights stakeholders
- Review of existing provincial childhood healthy weights programs - curriculum and implementation design
- Draft program design framework

#### Phase II Consultation

Series of consultations with health professionals, recreation, sport and education sector professionals on the draft program design framework was undertaken through:

- 1) Province-wide regional community consultations
- 2) Webinars and a follow up survey

### RESULTS

#### Phase I Discovery



### RESULTS CON'T

Consultations confirmed the key components identified in Phase I and additional key themes emerged including:

- **weight bias and weight stigma** consideration in both program delivery and staff training
- **staffing and training** suggestions within scope of practice
- **implementation considerations** such as:
  - centralized screening and enrolment
  - regional context
  - provincial program alignment and integration
  - barriers and enablers such as transportation, childcare, recreation passes

### CONCLUSION

An early intervention childhood healthy weights program design framework was developed based on comprehensive stakeholder consultation that confirmed the program's key components and identified constructive implementation considerations.

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### REFERENCES

1. Early Intervention is one of six elements in BC's Continuum for the Prevention, Management and Treatment of Health Issues Related to Overweight and Obesity in Children and Youth. The goal of this element is to provide interventions as early as possible to improve the probability of long-term successful outcomes.

<https://www.childhealthbc.ca/sites/default/files/15%2012%2018%20Health%20Weights%20Continuum.pdf>