
LIFESTYLE INTERVENTION PROGRAMS IN BC

This document provides information on various **free programs** available in British Columbia for lifestyle management and treatment of overweight and obesity for children and youth.

Live 5-2-1-0

Live 5-2-1-0 is a project from BC Children's Hospital that helps communities and families across BC to promote and support healthy behaviours among children. The evidence-based Live 5-2-1-0 message for kids stands for: have at least 5 vegetables and fruits, no more than 2 hours of recreational screen time, at least 1 hour of active play, and 0 sugary drinks every day.

Live 5-2-1-0 helps communities work together to make it easier for kids to make healthy choices every day. Live 5-2-1-0 also provides free resources to help families set goals and build healthy daily habits together. Free Live 5-2-1-0 resources for families can be downloaded from the Live 5-2-1-0 website. A free Live 5-2-1-0 app (for [Apple](#) and [Android](#)) is also available to help kids have fun and earn rewards doing small daily challenges and building healthier habits over time.

Website: www.live5210.ca

Shapedown BC

Shapedown BC is a free behavioural weight-management program that helps children and teens and their families recognize and overcome their challenges to active living and healthy eating. Through a no-diet, holistic approach, the multidisciplinary team—Physician, Registered Dietitian and Mental Health Specialist—supports families on their journey to creating a healthier lifestyle by learning to set goals that target positive changes and to face the issues that may be creating barriers. This program is provided by BC health authorities, in partnership with participating YMCAs and recreation centres.

Shapedown BC is offered in:

- Vancouver in English at BC Children's Hospital
- VCH/Richmond in Cantonese/ Mandarin
- Nanaimo in English
- Langley/Surrey in English and Punjabi respectively
- Kamloops in English

Families interested in learning more about Shapedown BC can phone or e-mail program sites directly. Follow this link for Shapedown BC program locations and contact information:

www.bcchildrens.ca/our-services/clinics/shapedown-bc/

Childhood Obesity Foundation

The mission of the Childhood Obesity Foundation is to lead a societal shift toward healthy eating and active lifestyles to promote childhood healthy weights and the resulting physical and emotional benefits. Their website has a number of excellent resources for families and professionals: www.childhoodobesityfoundation.ca/.

Generation Health Program

Generation Health is a FREE, family-based 10-week program held in communities across BC. The program will support you in making family changes to healthy behaviours such as healthy eating, physical activity, screen time and sleep that support your child's own health behaviours. The program is focused on practical, fun activities that build family connectedness while building both the parent/caregiver's and the child's skills to make lasting changes. As well, the program incorporates positive mental health activities that build resilience and self-confidence and help to enhance overall well-being. The program is currently being offered both in-person and virtually.

The program includes

- 10 weekly group sessions, 2 hours long, focus on healthy eating and active living, goal-setting, family mealtime and family physical activity, sleep hygiene, healthy body image and self-compassion, and positive parenting;
- 10 weekly online sessions that provide additional content including, activities and recipes, for you to try as a family;
- 4 group activities scheduled outside of the regular class time and provide an opportunity to try new activities and learn from experienced allied health professionals. .

The program has been designed for families with **children aged 8-12 years** old who are off the healthy weight trajectory, meaning their Body Mass Index (BMI) for age is above the 85th percentile. Information on program locations and how to register can be found at: www.generationhealth.ca (go to the "sign-up" page on the menu).

Aim2Be — A Fun Free Healthy Living App for Canadian Families

Aim2Be is designed to support families to work together to adopt healthy behaviours in four areas: healthy eating, physical activity, screen time and sleep. There's an app for parents and for kids 10+. Aim2Be focuses on living green and fostering a strong self-esteem and a healthy body image. Aim2Be includes social elements and gamification and only take a few minutes of daily interaction.

Aim2Be blends best evidence with proven behaviour change techniques to support families to reach Canadian health recommendations. Dietitians, physical activity experts, psychologists and academics developed and reviewed the content. Parents and youth shaped the design, functionality and content of Aim2Be. Ayogo Health Inc., a leader in m-health solutions, designed and built Aim2Be. Aim2Be is available, in English and French, in the Canadian app stores.

Website: www.aim2be.ca

HealthLink BC's Eating and Activity Program for Kids

This program helps BC children, teens and their families reach healthy weights and improve overall health and quality of life. Families will discuss their health priorities and gain new skills. Staff will focus on supporting behaviour changes for healthy eating, active living and lifestyle habits. The program is available to BC residents between the ages of 0 and 18, and their families. Any child, teen or family concerned they are above a healthy weight is eligible to participate. There is no cost to participate. All services are provided by a HealthLink BC Pediatric Registered Dietitian and qualified exercise professional over the phone.

For more information about the program, call 8-1-1 and press 3 to speak to the HealthLink BC Eating and Activity Program for Kids staff.

To sign up for the program, call 8-1-1 and press 3 to speak to the HealthLink BC Eating and Activity Program for Kids staff.

Website: www.healthlinkbc.ca/healthyeating/eating-activity-program.html

Dietitian Services at Health Link BC

Every day, we make choices about the food we eat and our lifestyles. We can make choices for ourselves and our families that make a real difference to our ability to remain healthy and active now, and enjoy life to its fullest in the future.

If you have any questions about healthy eating, food, or nutrition, call 8-1-1 toll-free in BC to speak to a health service representative who can connect you with one of our Registered Dietitians.

Website: www.healthlinkbc.ca/healthyeating/dietitian-services.html

Physical Activity Services at HealthLink BC

The Physical Activity Line (PAL) is now [Physical Activity Services at HealthLink BC](#). You can find physical activity information and tools on HealthLinkBC.ca, you can call 8-1-1 to speak with a qualified exercise professional, or you can [email Physical Activity Services](#). Qualified exercise professionals are available Monday to Friday from 9 AM to 5 PM Pacific Time. Translation services are available in over 130 languages.

Canadian 24-Hour Movement Guidelines

The Canadian Society for Exercise Physiology's information hub features the latest updates and resources for the *Canadian Physical Activity and 24-Hour Movement* guidelines. They are pleased to feature the release of the world's first *24-Hour Movement Guidelines* for children in their early (ages 0-4) years, as well as guidelines for kids 5-17 years, for adults 18-64 years, and for older adults 65 years and up.

Website: www.csepguidelines.ca

Kidsport BC

Kidsport BC is a community-based sports charity that provides grants for children 6-18 years to participate in a sport season of their choice. There are 40 community chapters in BC and over 175 chapters across Canada.

Kidsport BC provides children with an opportunity to enjoy a season of children's sport programming, healthy habits that will last their whole lives, and self-confidence.

For more information, call 604-333-3434, visit their website at www.kidsportcanada.ca/british-columbia/, or send an e-mail to kidsport@sportbc.com.