

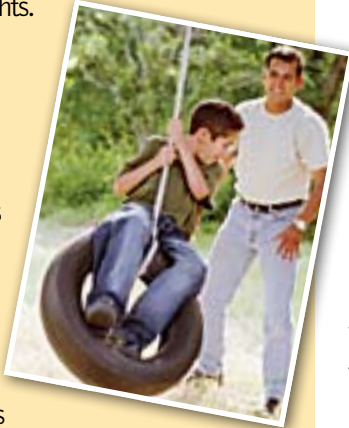
Shapedown BC

.....is a program that helps children, adolescents and their families achieve healthy weights.

There are NO diets involved.

Shapedown BC builds on the strength of the family. It supports families in creating healthy eating and an active lifestyle.

Children and teens improve self-esteem and peer relationships and adopt healthier habits. Parents feel better about their parenting and about their child. The whole family becomes healthier and closer. The results go far beyond weight.



The Centre for Healthy Weights: *Shapedown BC* is located at BC Children's Hospital in Vancouver British Columbia, Canada and includes a family physician, dietitian, psychologist and exercise specialist. Referral to medical specialists is available as needed.



What will *Shapedown BC* do for the family?

The power in **Shapedown BC** comes from its sensitive, entertaining and practical use of family therapy along with exercise, nutrition and behavioral techniques.

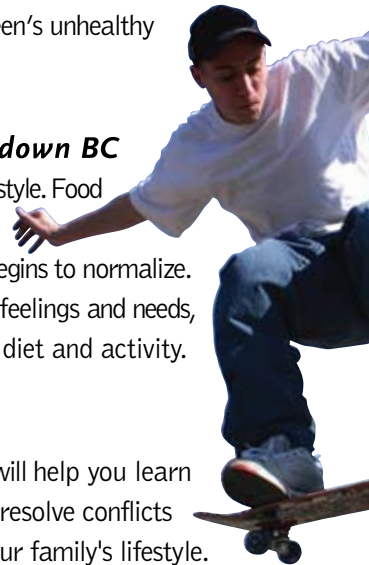


Shapedown BC helps families target changes in nutrition and activity. It focuses on the underlying factors that contribute to a child's or teen's unhealthy lifestyle.

Children and Teens - *Shapedown BC*

will help you create a healthier lifestyle. Food becomes less important, activity more exciting and your weight begins to normalize. You will learn to express your feelings and needs, accept more responsibility for diet and activity. You feel safer and happier.

Parents - *Shapedown BC* will help you learn communication techniques to resolve conflicts and make positive changes in your family's lifestyle. You will improve your nurturing ability and sharpen your limit-setting skills to guide your child toward a healthier lifestyle. You will let go of guilt, fear and frustration about your child's weight. You will feel better about your parenting and about your child.



Who is Eligible for a *Shapedown BC* assessment?

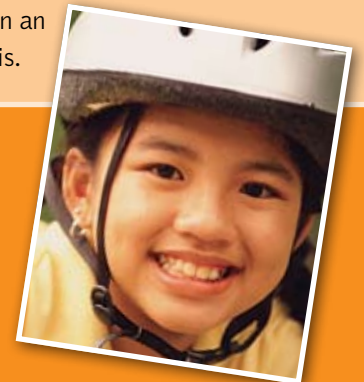
1. **Children between 6-16 years of age.**
2. **Children with a BMI (Body Mass Index) greater than 95%
Children with a BMI between 85% and 95% will be considered if certain medical conditions are present.**
3. **Both parents and children must be prepared to make changes and attend on a regular basis.**

How does *Shapedown BC* work?

Assessment: Parents and children who meet the above criteria take part in an assessment of their medical, social, psychological, and fitness needs.

Care Plan: Based on this assessment, a care plan is developed that identifies specific goals for the family and determines whether **Shapedown BC** is an appropriate program for the family.

Families who are eligible for participation in **Shapedown BC** are offered a group program that runs for 10 weekly sessions of about 2 hours each. After completion monthly follow-up sessions are offered on an on-going basis.



Frequently Asked Questions



Does Shapedown BC work?

YES. Studies have shown that when families participate in **Shapedown BC**, there is improvement in weight, self-esteem, depression, diet and exercise habits. However, progress varies depending on how open and committed the child and family are to change.

What if both parents can't attend?

Both parents should make every effort to participate. If one parent is more removed from a child, their presence may be even more important. Research has shown repeatedly that a family approach is most effective in order to achieve lifestyle changes. It is only by building on the strength of the family that child obesity programs have their long lasting, beneficial effect on weight. Step-parents, extended family and/or friends or anyone who has a parenting role, are encouraged to participate.

What if parents are not ready or willing to make lifestyle changes?

Then **Shapedown BC** is not right for the child and family. The **Shapedown BC** philosophy is that parents should not ask of their child anything they are not willing to do themselves.



Should all kids be thin?

NO. Children come in all sizes and shapes that are perfectly normal. Rapid weight loss or strict diets can affect the growth and development, promote binge eating, slow metabolism and result in weight gain. **Shapedown BC** is safe. It encourages a gradual, safe weight loss or the maintenance of weight as the child grows. The goal in **Shapedown BC** is for the child or teen to gradually attain their healthy weight.

Is There A Diet?

NO. Diets typically cause children to feel deprived and, as a result, to overeat. Instead, **Shapedown BC** supports a balanced approach to food intake based on Canada's Food Guide to Healthy Eating. Families learn how to select healthier foods.

What About Exercise?

Shapedown BC stresses overall fitness, including endurance, flexibility and strength. Children and parents develop a more active lifestyle and replace television viewing and other inactive pursuits with family and peer activities, sports, projects and other interests.

CONTACT INFORMATION

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***Shapedown BC** is based on the **Shapedown** program which was developed at the School of Medicine, University of California and has been successfully implemented in the United States for more than 20 years.*

***Shapedown BC** is funded by ActNowBC. ActNow BC is an integrated, cross government, partnership-based health promotion initiative that supports British Columbians to make healthy lifestyle choices. For more information on this program and others please visit www.actnowbc.gov.bc.ca*



Centre for
Healthy Weights

Shapedown BC

