
LIFESTYLE INTERVENTION PROGRAMS IN BC

This document provides information on various **no-cost programs** available in British Columbia focused on improving overall health and well-being through positive lifestyle choices.

Live 5-2-1-0

Live 5-2-1-0 is an initiative based at BC Children's Hospital that partners with communities across BC to promote and support healthy behaviours among children. The evidence-based Live 5-2-1-0 message has four goals that children can work towards every day: 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.

Live 5-2-1-0 also provides over 60 free resources to help families learn more about healthy living, and to provide ideas and support for improving health behaviours. Some popular resources for families include the "Tip" sheet series for each of the four daily goals, the fact sheets on screen time and sleep, and the "Around the World Outdoor Games booklet" that provides lots of ideas for active, screen-free activities. You can download these resources and more for free at live5210.ca/resources. There is also a free Live 5-2-1-0 app (for [Apple](#) and [Android](#)) to help kids have fun and earn rewards doing small daily challenges and building healthier behaviours over time.

Website: www.live5210.ca

Generation Health Clinic (formerly Shapedown BC)

Generation Health clinic is a free family-centred healthy living program that offers medical, nutrition, and mental health assessment and support for children and teens aged 6-17 years living with overweight or obesity and presenting with medical and psychological comorbidities. The program is delivered by an interdisciplinary team consisting of physicians, registered dietitians, mental health professionals and exercise specialists. It is only available to children/teens who meet the eligibility criteria and are referred by a physician or nurse practitioner.

It is not a diet or weight loss program. The goal of the program is to improve the physical, metabolic, and emotional health of the child or teen, and to reduce their risk of chronic disease. Through a combination of group-based intervention and individual appointments, families are supported in developing the foundation for good health by focusing on active living, family connections, mental health, healthy eating, screen time, and sleep. After participation in Generation Health Clinic, the child or teen is discharged into the care of their referring provider with a list of recommendations for follow-up.

This program is delivered in partnership with participating YMCAs (or local recreation centres) through:

- Five Locations Across BC (Vancouver, Langley, Richmond, Nanaimo, Kamloops)
- Four Locations Offering Virtual Group Programs
- Two Culturally Adapted Programs (South Asian in Langley and Chinese in Richmond)

Families interested in learning more about *Generation Health Clinic* can phone or e-mail program sites directly. Visit our website for more information about the clinic, including locations and contact information:

Website: <https://generationhealth.ca/clinic/locations/>

Generation Health Community Program

Generation Health Community is a free program for families with children aged 8-12 years old offered in communities across BC. There is also a self-directed program for youth outside those age ranges. The program is for families who want to be on a healthy lifestyle path. It is for families to complete together, at least one parent or caregiver must attend the sessions with the child (it does not need to be the same parent or caregiver each week). The program is offered both virtually via Zoom for families across BC, and in-person in many communities. It was designed in BC by healthy lifestyle and behaviour change experts. The program supports participants to make family changes to health behaviours such as healthy eating, physical activity, positive mental health, screen time, and sleep. The focus is on practical, fun activities that build family connectedness while also building both the parent's and child's skills to make lasting changes. The positive mental health components aim to build resilience and self-confidence. During the 10-week program, families in weekly group sessions are also offered:

- 3 virtual group cooking classes led by a Registered Dietitian
- 1 virtual group Q&A / info session with a Registered Dietitian
- 1 virtual group Q&A / info session with a Mental Health Specialist

After successfully completing the program, families will receive a family recreation centre pass, continued access to the mobile App, and the *Generation Health* monthly healthy living e-newsletter.

Current and past delivery partners include: *YMCA BC*, *YMCA of Northern BC*, *YMCA of Southern Interior BC*, the City of Burnaby, *Canucks Autism Network*, *West Shore Parks and Recreation*, the University of Victoria, the District of Oliver, *Penticton Community Centre*, *South Vancouver Neighbourhood House*, the City of Kelowna, *Childhood Connections - Okanagan Family & Childcare Society*, the City of Richmond, and School District No. 38.

To register, find exact program dates, or find out more about the program:

- Phone: 604-251-2229
- Email: generationhealthcommunity@childhoodhealthyliving.ca
- Website: <https://generationhealth.ca/community/register/>

Childhood Healthy Living Foundation

The Childhood Healthy Living Foundation is committed to leading a societal shift toward healthy eating and active lifestyles to promote the health of Canadian children and youth and the resulting physical and emotional benefits. Their website has a number of excellent resources for families and professionals:

Website: www.childhoodhealthyliving.ca.

HealthLink BC's Eating and Activity Program for Kids

This is a phone-based program that is tailored to the family's needs and supports participants in making healthy lifestyle changes. This program incorporates education and counselling services on a variety of topics and is available to BC residents between the ages of 0 and 18 years, and their families. Ongoing support is available with calls being approximately 45 minutes to an hour in length. There is no cost to participate, and all services are provided by HealthLink BC Pediatric Registered Dietitians and qualified exercise professionals.

For more information about the program or to register, call 8-1-1 and ask to speak to a qualified exercise professional or a registered dietitian.

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

Dietitian and Physical Activity Services at HealthLink BC

HealthLink BC has a toll-free number that can connect you with a registered dietitian or a qualified exercise professional from 9 AM to 5 PM, Monday to Friday. You can also leave a message after hours. Translations services are available in more than 130 languages. Call 8-1-1 and ask to speak to a registered dietitian or to a qualified exercise professional. For the hearing impaired, call 7-1-1.

Website: <https://www.healthlinkbc.ca/more/about-healthlink-bc/about-8-1-1>

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:

- Phone: 604-333-3434
- Website: www.kidsportcanada.ca/british-columbia
- Email: kidsport@sportbc.com