

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.

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: childhoodobesityfoundation.ca/. The COF is co-developing the *Living Green and Healthy for Teens (LiGHT)* program, in which youth and their families will be engaged with interactive, gamified content that helps them build social connections, and includes live and personalized virtual coaching. For more information on this program as it's being developed, please visit childhoodobesityfoundation.ca/living-green-healthy-teens-light-mobile-program-youth-families/.

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 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 these communities: Vancouver (at BC Children's Hospital), Richmond (Cantonese and Mandarin classes), Nanaimo, Langley/Surrey and Kamloops.

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/.

Shapedown BC is now being offered in Cantonese and Mandarin! Contact Amy Chow at 604-233-3150, x5584.

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 Line (PAL)

The Physical Activity Line (PAL) is British Columbia's FREE telephone and on-line resource for evidence-based physical activity information and professional guidance to becoming more physically active across the lifespan.

For more information, contact 604-241-2266 (Lower Mainland) or toll-free 1-877-725-1149. Or visit their website at www.physicalactivityline.com.

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 bc@kidsportcanada.ca.