



Eating and Activity Program for Kids

A RESOURCE FOR FAMILIES

A telephone program to help B.C. children, teens and their families reach healthy weights and improve their overall health and quality of life.

WHEN?

We are available from Monday to Friday.

WHERE?

Appointments are done by phone.

WHO DELIVERS THE PROGRAM?

Program staff include a pediatric registered dietitian and a qualified exercise professional.

WHAT IS INCLUDED?

Up to eight scheduled telephone calls providing education and counseling on a variety of healthy eating and active living topics. Ongoing support and follow-up appointments to maintain the skills you have learned and the changes you have made are included.

You will be provided with a program workbook including educational materials and fun activities. Program materials are tailored to meet family needs and address barriers to healthy living.

WHAT TOPICS WILL BE COVERED?

We will guide you and your child or teen through various healthy living topics. Examples of topics include: family mealtimes, healthy drink choices, increasing fun physical activities and reducing screen time.

WHAT IS THE TIME COMMITMENT?

Each initial assessment with the registered dietitian and qualified exercise professional will be about 45 to 60 minutes long, and each call thereafter will be about 30 minutes long.

WHAT DOES IT COST?

There is no charge for the service.

DO I NEED A REFERRAL?

We prefer to have a referral to give us information to help you better. We may ask your permission to contact your doctor for a referral. However, any family can call us for help, even without a referral.

FOR MORE INFORMATION

For additional information, please dial **8-1-1** and ask to speak to the HealthLink BC Eating and Activity Program for Kids staff.



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