



Eating and Activity Program for Kids

A RESOURCE FOR PROFESSIONALS

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

HOW DOES THE PROGRAM HELP FAMILIES?

Families will gain new skills and learn how to set goals around healthy eating, active living and lifestyle habits. Program materials are tailored to meet family needs and address barriers to healthy living.

WHO CAN ACCESS THE PROGRAM?

Any B.C. residents (0–18 years of age) and their families.

HOW CAN CLIENTS ACCESS THE PROGRAM?

Health care providers complete a referral form and fax to (250) 953 - 0493 (ATTN: HealthLink BC Eating and Activity Program for Kids).

REFERRAL GUIDELINES:

Any child or teen (0–18 years of age) who is overweight, obese, or at an unhealthy growth trajectory. Parents or caregivers of children 12 years of age and older will need their child's consent to speak about their health.

For this program, healthy weight is defined as the 3rd - 85th percentile for body mass index (BMI), using the BMI for age indicator.

WHO DELIVERS THE PROGRAM?

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

EVALUATION SUPPORT MATERIALS

When a child or youth is checked in at the admitting desk, anthropometric measurements can be made part of usual doctor visits. A scale and stadiometer can be kept at an inconspicuous area near the waiting room. Height and weight can be measured by a medical office assistant or nurse prior to seeing the physician. Waist circumference should be measured by a doctor or nurse privately in the examination room.

Height:

- » Stadiometer should be wall-mounted.
- » Child/youth are measured without footwear.
- » Child/youth should look straight ahead, face away from the stadiometer, stand as tall as possible and take a deep breath while measurement is taken.
- » Measure to nearest 0.1 cm using the stadiometer.

Weight:

- » Scale should be calibrated regularly to ensure accurate reading.
- » Child/youth should wear light clothing without footwear.
- » Measure to nearest 0.1 kg on a calibrated physician scale.
- » Do not comment on weight. Keep language neutral.

Waist Circumference:

- » Have child/youth landmark navel with his/her finger.
- » Ask child/youth to pass tape around to you on other side.
- » Crouch down to waist level, measuring at side of the body.
- » Measure to nearest 0.1 cm on soft tape measure.
- » Do not comment on measurement. Keep language neutral.
- » Measure twice. Final value is average of the two, if within 0.2 cm of each other. If difference greater than 0.2 cm, repeat and use average of two closest values.

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.



HealthLinkBC