

2009 PARC Symposium Workshop Descriptions

Children's Health and Activity Modification Program (C.H.A.M.P.): A Community-Based Lifestyle Intervention for Obese Children and their Families

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Recently, our research team obtained funding from The Lawson Foundation to develop and implement a comprehensive, 4-week lifestyle intervention program (referred to as CHAMP, an acronym for Children's Health and Activity Modification Program) for obese children and their families. In August, 2008, 16 obese children (aged 8-14) and their families were introduced to the components of CHAMP including: (1) group-based physical activity, (2) behaviour modification counseling, (3) dietary counseling, and (4) weekly education sessions for families. The primary goal of CHAMP is to increase physical activity levels during and following the intervention. Additional objectives are to improve various psychological, physiological, and dietary outcomes. Although data analyses from Year 1 are incomplete, preliminary results appear promising and anecdotal reports from children, guardians, and counselors have been extremely positive. In Year 2 (August 2009), we will offer this program to 30 obese children and their families. Preliminary results and information pertaining to the design, implementation, and evaluation of this health promotion program will be discussed.

Effective Messaging: Making Physical Activity Messages Stick

Nancy Dubois of The Health Communication Unit (THCU) will lead this session that will build on recently delivered presentations on health communication messages regarding obesity, tailored here for the topic of physical activity. Using the [Health Communication Message Review Tool](#) as a framework, the session will work through the 12 essential criteria with a variety of examples for each. Following the session, a blog will be established through THCU to facilitate on-going discussion on this topic.

The impact of maternal exercise on obesity risk

This session will discuss the impact of maternal exercise on obesity risk for both mother and offspring. The importance of physical activity among women of childbearing age will also be discussed as physical inactivity during pregnancy and post-partum may be one potential pathway for obesity development by excessive pregnancy weight gain and post partum weight retention. Promotion of active living and how to overcome potential barriers to physical activity during this time period will also be discussed. Exercise guidelines for overweight and obese pregnant women will be presented (PARmed-X for Pregnancy; www.csep.ca). By the end of the workshop, participants will be able to: help and promote exercise for overweight and obese pregnant women to help them exercise safely and be more active.

Kingston gets Grade 5 and 10 Community Physical Activity Pass Program

In 2005, Kingston Gets Active (KGA), a partnership between health, municipal, education, social, and recreation sectors, launched its first Community Physical Activity Pass program for grade 5 students. Distributed to all 2500 grade 5 students in Kingston and surrounding townships each fall, the Community Physical Activity Pass provides free access to public swimming and skating at 10 municipal recreation centres and the YMCA for the entire school year and throughout the summer. The success of this program prompted KGA to develop a similar program for grade 10 students in 2008. This session will include all you need to know to implement and evaluate your own Community Physical Activity Pass program. Research results will be presented and the importance of the community-research partnership will be highlighted. Participants will receive a take home Community Physical Activity Pass Tool Kit to get started.

Mothers in Motion - Unequal Opportunities Unequal Outcomes

A sedentary lifestyle is a health concern in the low socioeconomic status (LSES) population of Canadian women, and in particular mothers, yet there is a paucity of research on physical activity levels, beliefs and behaviours of this population. To help understand and address this issue, CAAWS has undertaken a two-year project (2007 to 2009) to determine physical activity levels of low socioeconomic status (LSES) mothers using a women specific physical activity survey tool; and to identify barriers and antecedents that prevent and limit participation of low socioeconomic status women in physical activities within their communities.

Goal of this workshop:

The overall goal is to increase the awareness of the importance of physical activity for mothers among multi-sectoral stakeholders and strengthen the physical and social environments to support physical activity for low socioeconomic status women.

Objectives of this workshop:

The objectives are to discuss the findings of the Mothers in Motion in project, and secondly, to highlight the resources for multi-sectoral practitioners and LSES mothers that will help to improve accessibility, availability and affordability of physical activities for LSES mothers.

101 Things You Need To Know If You Work With Youth

This action packed and interactive presentation will provide you with the tools to make your youth program a successes. Participants will learn about funding opportunities, potential community partnerships and new and innovative programs.

Building Healthy Communities

Do you want to influence how your community is designed and built? When people are well informed they can better affect decision making and influence public policy. This workshop will provide an overview of the concepts involved in planning healthy built environments and effective transportation systems. The “built” environment “encompasses all buildings, spaces, and products that are created or modified by people. It includes our homes, schools, workplaces, parks/recreation areas, business areas and roads.” (Health Canada) Community planning has a strong impact on our air, soil and water quality, safety, physical activity, stress and social capital, and thus can enhance or impede human health. Participants will explore the role of physical activity promoters and others in encouraging community planning that takes into account the impacts of the built environment on health and learn about OHCC’s “Healthy Communities and the Built Environment” project, which brought together municipal planners, politicians, health promoters, and community groups to work towards collaborative strategies to improve their community’s built environment. Participants will also have the opportunity to share their experiences and challenges and generate ideas for action.

Working with Schools 101

Join Ophea's Healthy Schools Consultant and Education Consultant for an informative and interactive workshop to help you work more effectively with schools.

Community capacity building to influence change for walkable and bikeable communities

This session will use a variety of examples of how public health used community capacity building to influence change for more walkable and bikeable communities in both attitude and infrastructure by engaging stakeholders at the grassroots as well as decision making levels. Examples include both urban and rural communities and will highlight a diversity of strategies to engage stakeholders.

A Roadmap to Guide Changing Policies in Support of Physical Activity

This session is designed for public and community health and recreation practitioners with an interest in working towards policy change as a health promotion strategy. Nancy Dubois of The Health Communication Unit will provide a practical, ‘hands-on’ orientation to the process of developing and implementing health-promoting policies. Topics addressed in the workshop will include: assessing the readiness for policy, building support for policy among key stakeholder groups, and specific examples of physical activity policies taking a systems-based approach.

The role of physical activity promoters in encouraging the use of sustainable transportation

Looking to expand your reach to new audiences? Want to have a say in how your community is built? This presentation will explore the role of physical activity promoters in encouraging sustainable transportation options. The City of London will be used as a case study, specifically the Transportation Demand Management (TDM) program. TDM is a series of initiatives that encourage the use of sustainable transportation options through education, outreach and incentives. Promotion of Active Transportation is helping reach mutually beneficial goals. The TDM program has a goal of decreasing single-occupancy vehicle use, and healthy living and recreation programs have a goal of getting individuals more active throughout the day. Municipal partners are a resource that you can tap into! Examples of established and planned projects will show you how.

Heartwise Exercise

Traditionally, cardiac clients have exercised in hospital-based cardiac rehabilitation programs which are supervised by clinical staff. Upon graduation from these programs, fifty percent are not compliant with their exercise regime at a one-year time point.

Clients at the University of Ottawa Heart Institute's Minto Prevention and Rehabilitation Centre were surveyed to determine which elements were critical for continued exercise compliance at community based exercise programs. Subsequently, physical activity leaders in concert with UOHI staff developed the Heart Wise Exercise (HWE) model in order to designate 'cardiac friendly' community sites. HWE sites must meet six criteria in order to adopt the designation. Workshops are conducted at the Heart Institute for exercise leaders and linkages have been developed between the hospital and community settings. HWE was launched in Ottawa in Fall 2007 and currently operates in over 30 sites. In 2008, HWE staff applied for and received a Community in Action Fund for rural expansion of HWE in Renfrew County. A partnership with the

Emergency Medical Services has facilitated the application of HWE in this catchment area. Further plans to expand and adapt the HWE model across the Champlain LHIN are underway.