



Parkdale
Community
Health Centre



WEUHA Nutrition Affiliate's 'Families Get Together' Project: Addressing Childhood Obesity through Family - Based Approach

Increase in body weight and lack of physical activity are a growing health concern for school aged children in Canada. As of 2004, it was estimated that 18% or 1.1 million Canadian children and adolescents were overweight, and 8% or half a million were obese. These increases in the weight of children can be associated with lifestyle factors, such as eating habits, lack of physical activity, screen viewing, socioeconomic and other factors. Eighty five percent of children diagnosed with type-2 diabetes are overweight or obese.

'Families Get Together' is a one year pilot project to promote healthy weights among children eight to ten years old. Using an active fun filled approach, the project will engage children and their parents in a series of activities to increase awareness and build skills related to physical activity, healthy eating and developing positive self esteem.

'Families Get Together' is an initiative of the West End Urban Health Alliance (WEUHA) Nutrition Affiliate. The Nutrition Affiliate is composed of six Community Health Centres (CHCs) in West Toronto: Access Alliance Multicultural Community Health Centre, Davenport/Perth Neighbourhood Centre, Lakeshore Area Multi-Service Project (LAMP), Parkdale Community Health Centre, Stonegate Community Health Centre and The Four Villages Community Health Centre, St. Joseph's Health Centre and Toronto Public Health. Access Alliance Multicultural Community Health Centre will be sponsoring the project on behalf on the WEUHA Nutrition Affiliate. All aspects of the project will be guided by a Steering Committee which will include the project coordinator, members of the WEUHA Nutrition Affiliate, parents, an educator and a fitness consultant. The project is funded by the Canadian Diabetes Strategy of the Public Health Agency of Canada.

The program will be piloted in the six CHCs participating in the WEUHA Nutrition Affiliate. Each CHC will implement eight interactive sessions for eight to ten year olds and their parents including physical activity, healthy eating and self esteem. Upon the project completion, the final report and program manual and final report will be posted on the websites of WEUHA Nutrition Affiliate and be available for other organizations to access and use. Project results will be presented locally and provincially.

For more information about this project, please contact the Project Coordinator, Aynur Gurbanova, at aynur_gurbanova@alum.emory.edu or 416 901 40 28.