

SCOPE

SUSTAINABLE
CHILDHOOD OBESITY PREVENTION
THROUGH COMMUNITY ENGAGEMENT



Working together to prevent childhood obesity

A park full of active, healthy kids is a wonderful thing. Sadly, one in four children today is overweight or obese – more likely to be found at home in front of the television than out playing in the fresh air.

The good news is that your community can do something about childhood obesity – and the SCOPE (Sustainable Childhood Obesity Prevention through Community Engagement) program can help you get started. Developed by a team of experts and led by Dr. Shazhan Amed of BC Children's Hospital, SCOPE will work with you to develop a "made in Abbotsford" approach. The project will bring together people in your community with a wide range of backgrounds, skills, and knowledge, and work with you to develop an obesity prevention action plan.

Why is prevention important? Obese children are more likely to get type 2 diabetes, high blood pressure, high cholesterol, heart disease and cancer. A recent Canadian study found that 95% of children who had just been identified as having type 2 diabetes were obese, and 40% of these children already had at least one other obesity-related problem, such as high blood pressure, high cholesterol, fatty liver disease, or kidney disease. For the first time in history, the current generation of children may live shorter lives than their parents.

Community-based programs can make a significant difference in the number of children with obesity.

Two innovative programs in the US, Shape Up Somerville and Healthy Living Cambridge Kids, engaged health professionals, schools, businesses, restaurant owners, local food producers, and the media in developing ways to prevent children from becoming obese. Actions such as walk-to-school programs, community gardens, and healthy menu options in local restaurants have helped lead to a significant decrease in the number of overweight and obese children in these communities.

The key is a community-based partnership approach, with everyone focused on healthier kids. You can be part of the solution in Abbotsford – contact us today!

For more information,
604 859 3134, local 5297, or go to
www.childhood-obesity-prevention.org