

SCOPE

In The News!

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Dr. Shazhan Amed BC Children's Hospital

DOANE: Kids in Prince George will soon stop chewing the fat – literally. That's because the City is testing a new community project aimed at battling childhood obesity. It's called SCOPE: Sustainable Childhood Obesity Prevention through Community Engagement. Community members and doctors met yesterday on how to advance the programme in Prince George. Dr. Shazhan Amed is a paediatrician with the BC Children's Hospital, and she was at the meeting yesterday.

AMED: We spent a lot of time talking about examples of things that we could do that would help improve and increase awareness across the community. There is already strong support for promoting breast-feeding in the community, and we know that breast-feeding does give a healthier start to children. Increasing awareness among parents, and caregivers, and health professionals, and the community members at large can be done by, you know, conducting outreach events, as well as partnering with

restaurants and grocery stores to help us in identifying what are healthy choices, and maybe changing product placement in places where people buy their food, so that the healthy choice is much more prominent than the unhealthy choice. So we talked about a lot of really interesting ways to improve the health of children living in Prince George.

DOANE: Dr. Shazhan is a paediatrician with BC Children's Hospital. She was in Prince George yesterday, talking about a new programme to battle childhood obesity. And your thoughts about the City's attempts to getting kids to kick their junk food habit? Call our Listener Line with your thoughts at 1-866-340-1932.

