

SCOPE is delighted to celebrate key achievements in each of our pilot communities that promote health among children and youth. The two highlights below are examples of how SCOPE has helped community stakeholders work together to build on existing community strengths and develop new, exciting and innovative programs that will be long-lasting and will promote healthy lifestyles among children, youth and their families.

Abbotsford Highlight

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It is well known that intervening early to promote healthy living to young parents and their young children is an effective way to prevent childhood obesity. In Abbotsford, public health nurses administer all routine childhood immunizations. Also, Abbotsford Community Services holds Best 4 Babies pre- and post-natal education sessions, some of which are specific to at-risk populations such as the South Asian Community. SCOPE partnered with the Fraser Health Public Health Division and Best 4 Babies Program offered at Abbotsford Community Services to develop educational interventions that promote healthy living to the pre- and post-natal population. After extensive consultation with Fraser Health, it was determined that the Live 5-2-1-0 message could be incorporated into regular child health visits (vaccinations).

SCOPE worked with Fraser Health to develop a teaching script and a supporting resource package, including the SCOPE Live 5-2-1-0 Fact Sheet and a series of 4 fact sheets on toddler health with additional translation into Punjabi. This resource is now used at all 12 month child health visits. Abbotsford Community Services invited SCOPE to present at their Best 4 Babies pre and post natal education sessions which specifically targets at risk individuals. A presentation and script was developed that promotes and teaches the 5-2-1-0 message to parents and other care-givers. The resource also guides a group discussion on "how" to live 5-2-1-0. SCOPE will be doing further

presentations at Best 4 Babies with the overall goal of empowering the existing facilitators with the tools they need to incorporate the 5-2-1-0 message into future classes.

Prince George Highlight

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In early 2012, 50 elementary leadership students will be trained to promote healthy eating and physical activity to fellow students in their respective schools. The students will be trained in the Action Schools! BC Student Leadership training for both healthy eating and leading physical activity programs. The Student Leaders will learn how to lead several tracking, tasting, and learning activities that promote healthy eating and physical activity.

This pilot project, titled Kids Helping Kids, was initiated by a group of student leaders who are concerned about the issue of child and youth health and want to be part of the solution: contributing to active living and knowledge about healthy food choices with their peers in Prince George.

Working with the Action Schools ! BC framework was an obvious choice as all of the elementary schools in Prince George (both independent and public) are registered with Action Schools! BC and Action Schools! BC is a best practices model designed to assist schools in creating individualized action plans to promote healthy living.



The 2012 training will operate as a pilot project and involves all five independent schools in Prince George. The long-term goal for this project is to provide training to all elementary schools, both public and independent, through an annual training day to ensure a continuous student body of educated and motivated student mentors within each school.

A new and exciting SCOPE partnership with the 60 Minute Kid's Club!

SCOPE continues to build and promote the *Live 5-2-1-0* health message. We are excited to announce a new partnership with the 60 Minute Kid's Club (<http://www.60minkidsclub.com/>). The 60 Minute Kid's Club is designed for seamless integration into schools where students can use an online tracking system to monitor their time spent playing actively and their healthy food choices. Using an encouraging interactive online tool, students who join the Kid's Club earn points for the healthy choices they make and these points are added to points that other students from their school earn. The program begins with a 'call to action school assembly' by a Kid's Club ambassador where students will learn about the fundamentals of living 5-2-1-0. The students are provided with information for their parents and a pledge to live a healthier and more active lifestyle for the subsequent 60-day challenge. Upon hitting various milestones, the participating kids will be rewarded for their healthy choices with points and other special prizes. Matthew Young, founder of the 60 Minute Kid's Club, says *"The 60 Minute Kid's Club is very excited to partner with the SCOPE program to deliver resources to help children be*

more active in participating communities. It is our hope the credibility that comes through the efforts and collaboration of such partnerships helps to engage teachers, parents and ultimately children in their pursuit of healthy habits." SCOPE and the Kid's Club share the long-term vision of a supportive healthy community where children and their families eat healthy and are physically active everyday. The SCOPE team is excited to add another element of sustainability to the project, so that healthy action continues for the long-term.

Interested in more frequent updates? Follow the SCOPE blog for regular posts on all issues related to fitness and healthy eating.

New SCOPE Team Members

Amelia Daly has recently joined the SCOPE central office as the Project Coordinator. Her interests in childhood obesity and health began when she worked at the USC Keck School of Medicine on a clinical diabetes study. Upon graduating from UBC, she continues to pursue this interest with the SCOPE. "I am honoured to be a part of this team!"

Bonnie McIntosh is a Ph.D. student in the School of Population and Public Health at the University of British Columbia. She has an MPH from West Chester University of Pennsylvania, and a BA in Community Health from Brock University in Ontario.

