



THE UNIVERSITY OF BRITISH COLUMBIA

7<sup>th</sup> Conference on Recent Advances in the  
Prevention and Treatment of Childhood and  
Adolescent Obesity

# BEYOND THE CLINIC

OCTOBER 25 - 27, 2018

THE WESTIN CALGARY | CALGARY, AB



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#CAOBESITY2018

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THE UNIVERSITY OF BRITISH COLUMBIA

Interprofessional  
Continuing  
Education



# GENERAL INFORMATION

## DESCRIPTION

This conference brings together an interdisciplinary group of professionals working in the field of childhood and adolescent obesity. The 7th conference will focus on a range of topics that impact the prevention and treatment of obesity beyond the clinic setting, considering the broader social and environmental factors that influence the health of children, adolescents, and families. This multi-theme meeting will explore the role that health care professionals can play in promoting healthy strategies within the greater community to enhance the well-being of children and adolescents living with obesity. Specifically, the conference will showcase examples of successful collaborations that span diverse settings, including the health care system, government, schools, and community at-large.

## LEARNING OBJECTIVES

- Review the importance of community health and highlight successful strategies for promoting healthy lifestyles
- Analyze new trends in nutrition and healthy lifestyle aiming at preventing childhood and adolescent obesity
- Examine the role of social and environmental influences on obesity (e.g. social determinants of health; built environment; social network; media; technology)
- Provide a forum for networking and collaboration among health professionals, educators, researchers, policy makers, trainees and other stakeholders with an interest in childhood and adolescent obesity
- Highlight opportunities for attendees to promote healthy habits and environments in the broader community

## WHO SHOULD ATTEND

This conference will be of interest to anyone interested in learning about and sharing issues and experiences regarding childhood & adolescent obesity, including but not limited to:

- |                             |                                 |                     |
|-----------------------------|---------------------------------|---------------------|
| • Administrators/ Managers  | • Family Development Workers    | • Paediatricians    |
| • Community Health Workers  | • Family Physicians             | • Parents           |
| • Counsellors               | • Family Resource Program Staff | • Policy Makers     |
| • Diabetes Educators        | • Fitness Professionals         | • Psychologists     |
| • Dietitians                | • Health Promoters              | • Researchers       |
| • Early Childhood Educators | • Nurses                        | • School Principals |
| • Educators/Teachers        | • Nutritionists                 | • Social Workers    |
|                             |                                 | • Students          |

## LOCATION

**The Westin Calgary** | 320 4th Ave SW, Calgary, AB

We are pleased to offer a group rate of \$189.00 + applicable taxes until October 8th, 2018 for rooms of single/double occupancy. Reserve today to avoid disappointment by booking online, or calling local: 1.403.266.1611 or toll-free: 1.888.627.8417. Specify that you are booking under the Childhood and Adolescent Obesity 2018 Conference room block to receive the special rate.

## REGISTRATION AND TUITION FEES

**ONLINE** | *The most secure method.* Secure, fast, online registration is available for Visa and MasterCard holders at the conference organizer's website: [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

**FAX** | Fax the registration form to +1 604-822-4835 and indicate that you would like to pay with VISA or MasterCard. We will email you the secure online link to enter your credit card information.

**CHARGE-BY-PHONE** | (please have MasterCard or Visa ready)

Toll free within North America: 855-827-3112; Other callers: 604-827-3112

**MAIL** | Send the registration form with cheque to:

IN 9553 REGISTRATION, Interprofessional Continuing Education, The University of British Columbia, Room 105- 2194 Health Sciences Mall, Vancouver, BC, V6T 1Z3, Canada.

**Make cheque payable to:** The University of British Columbia

Participants paying by credit card outside of North America: Please inform your credit card company of the transaction as some banks put a block on credit card payments made outside your country.

## PROFESSIONAL CREDITS

This program meets the accreditation criteria of the Canadian Counselling and Psychotherapy Association (CCPA) for up to 12.75 hours. The University of British Columbia Division of Continuing Professional Development (UBC CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide study credits for continuing medical education for physicians. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and has been approved by UBC CPD for up to 12.75 MOC Section 1 Group Learning credits. Each physician should claim only those credits he/she actually spent in the activity. This program was co-developed with University of Calgary, Department of Pediatrics and UBC Interprofessional Continuing Education and was planned to achieve scientific integrity, objectivity and balance.

## REFUND AND CANCELLATION POLICY

The conference organizers reserve the right to cancel the conference if registration is insufficient. In the event of cancellation, a full refund will be provided, and you will be placed on the priority list for the next conference.

There will be a \$50 cancellation fee until the end of the Early Bird deadline (September 14, 2018). After that there will be a \$100 charge for cancellation up to two weeks prior to the conference (all fees incl. taxes). No refunds will be made for cancellation after October 11, 2018.

If you are unable to attend the conference, you are welcome to send a colleague in your place. There will be no fee to make this change up to September 14, 2018, provided you notify us via phone or email. Substitution requests must come from the original registrant (or the administrator who arranged for the registration) and include the original registrant's name, the amount paid, plus the substitute attendee's email, full name, city and affiliation. Substitution requests received after this date will incur a \$75 processing fee.

By registering to the conference, you are agreeing to the terms and conditions listed on this page.

## EXHIBITORS

Health associations and/or community organizations wanting to exhibit at this conference, are invited to contact Kathryn Booth, Program Assistant, at 604-822-7708 or at [kathryn.ipce@ubc.ca](mailto:kathryn.ipce@ubc.ca).



# PROGRAM / AT-A GLANCE

## THURSDAY, OCTOBER 25

8:30	Opening Remarks
9:00	<b>Food Environments for Children ...</b> <i>Kim D. Raine</i>
10:00	Break   Posters and Exhibit Viewing
10:30	<b>Food Promotion and Health...</b> <i>Charlene Elliott</i>
11:15	<b>Restricting the Marketing of...</b> <i>Michelle Hooper</i>
12:00	Lunch   Posters and Exhibits viewing
1:00	<b>Transition Beyond the Clinic</b> <i>Panel</i>
2:30	Break   Posters and Exhibit Viewing
3:00	<b>Rapid Fire Poster Presentations</b>
4:00	<b>Closing Remarks</b>
4:15	Poster Session   Wine and Cheese Reception

## FRIDAY, OCTOBER 26

8:30	<b>Gut Microbiota: Do They Have...</b> <i>Raylene Reimer</i>
9:15	<b>Challenges in Pediatric Weight...</b> <i>Panel</i>
10:00	Break   Posters and Exhibit Viewing
10:30	<b>Concurrent Session A</b>
12:00	Lunch   Posters and Exhibits viewing
1:30	<b>Concurrent Session B</b>
3:00	Break   Posters and Exhibit Viewing
3:15	<b>It Takes a Village: Using iKT...</b> <i>Andrea Buchholz, Jess Haines</i>

## SATURDAY, OCTOBER 27

8:45	<b>Healthy Active Living and Child...</b> <i>Jason Gilliland</i>
9:30	<b>Community-based Participatory...</b> <i>Noreen Willows</i>
10:15	Break   Posters and Exhibit Viewing
10:45	<b>Innovation, Technology and...</b> <i>Mark Tremblay</i>
11:45	Closing Remarks

# COMMITTEE / LISTING

**Geoff D.C. Ball | Co-Chair**, PhD, RD, Professor, Department of Pediatrics, University of Alberta; Chair, Obesity Research, Capital Health; Director, Pediatric Centre for Weight and Health, Stollery Children's Hospital, Edmonton, AB

**Josephine Ho | Co-Chair**, BSc, MD, FRCPC, MSc, Associate Professor, Department of Pediatrics, Faculty of Medicine, University of Calgary; Pediatric Endocrinologist, Alberta Children's Hospital, Calgary, AB

**Angela Alberga**, PhD, Assistant Professor, Department of Exercise Science, Concordia University, Montreal, QC

**Annick Buchholz**, Clinical Investigator, Healthy Active Living and Obesity (HALO) Research Group, CHEO Research Institute; Clinical Psychologist, Lead in Outcomes Management and Research, Centre for Healthy Active Living, CHEO; Adjunct Research Professor, Department of Psychology, Carleton University; Ottawa, ON

**Katia Despot**, Senior Education Manager, Interprofessional Continuing Education, University of British Columbia, Vancouver, BC

**Stasia Hadjiyannakis**, MD, FRCPC, Pediatric Endocrinologist, Centre for Healthy Active Living (CHAL); Clinical Investigator, Children's Hospital of Eastern Ontario Research Institute, Ottawa, ON

**Tracy Rhyason Lebel**, Family Advisor, Edmonton, AB

**Katherine Morrison**, MD, FRCPC, Associate Professor, Department of Pediatrics; Medical Director, Metabolism and Childhood Obesity Clinical Programs, McMaster Children's Hospital; Co-Director, Metabolism and Childhood (MAC) Obesity Research Program, McMaster University, Hamilton, ON

**Raylene A. Reimer**, PhD, RD, Professor, Faculty of Kinesiology, University of Calgary; Full Scientist, Alberta Children's Hospital Research Institute, Calgary, AB

**Kate Storey**, PhD, RD, Assistant Professor, School of Public Health, University of Alberta, Edmonton, AB

**Sonja Wicklum**, MD, CCFP, FCFP, Clinical Assistant Professor, Department of Family Medicine, Cumming School of Medicine, University of Calgary, Calgary, AB

# ACKNOWLEDGEMENTS

We would like to acknowledge with great appreciation the financial contributions in the form of unrestricted educational grants from the following organizations:



HEALTHY EATING &  
PHYSICAL ACTIVITY  
IN THE EARLY YEARS

## THURSDAY / OCTOBER 25

8:00–8:30am

Registration Open

8:30–9:00am

Welcome and Opening Remarks

9:00–10:00am

**Food Environments for Children and Youth:  
How do we Measure up?**

PLENARY

**Kim D. Raine, PhD, RD, FCAHS**, Professor and Associate Dean (Research), School of Public Health, University of Alberta, Edmonton, AB

This presentation will introduce the role of food environments (physical, social, economic, communications and political) in shaping eating behaviour and weight status. Then we will move beyond the clinic to explore the potential population health impacts of a variety of interventions to change food environments at community and policy levels.

1. Describe the role of food environments (physical, social, economic, communications and political) in shaping eating behaviour and weight status
2. Examine the potential population health impacts of a variety of interventions to change food environments at community and policy levels
3. Select potential actions, beyond the clinic, to influence the broader environmental context of childhood obesity

10:00–10:30am

Break and Exhibits

10:30–11:15am

**Food Promotion and Health: Packaging,  
Perceptions and Implications**

PLENARY

**Charlene Elliott, PhD**, Canada Research Chair, Food Marketing, Policy and Children's Health; Professor, Department of Communication, University of Calgary, Calgary, AB

This talk will present some recent research on the marketing strategies and nutritional profile of children's packaged foods, as well as detailing the transformations of these foods over the past decade. It will outline the implications of these current marketing strategies as well as some key challenges and considerations when it comes to initiatives that aim to restrict food marketing to young people.

1. Examine the current state of packaged foods aimed at children (marketing appeals, nutritional profile, health claims, etc.) how they have changed over the past decade
2. Consider the implications of current food marketing strategies
3. Consider the challenges and considerations in the M2K initiative (restricting food marketing to children), especially in light of teenagers

## FRIDAY / OCTOBER 26

8:30–9:15am

**Gut Microbiota: Do They Have a Role to Play in  
Preventing and Treating Pediatric Obesity**

PLENARY

**Raylene Reimer, PhD, RD**, Faculty of Kinesiology, University of Calgary, Calgary, AB

The gut microbiota has received tremendous interest for its role in normal healthy development but also numerous diseases. Obesity was the first disease causally linked to changes in the gut microbiota. This talk will provide an overview of the important role of gut microbiota in early life (in utero to childhood) and the evidence for its potential in managing pediatric obesity.

1. Examine the basic role of gut microbiota in health and obesity
2. Interpret clinical evidence for harnessing the power of the microbiota to prevent and treat pediatric obesity

9:15–10:00am

**Challenges in Pediatric Weight Management**

PLENARY PANEL

11:15am–12:00pm

**Restricting the Marketing of Unhealthy Foods  
to Children in Canada: An Update from Health  
Canada**

PLENARY

**Michelle Hooper, MSc**, Senior Advisor, Office of Nutrition Policy and Promotion, Health Canada, Ottawa, ON

This presentation will provide an update on Health Canada's approach to restricting the marketing of unhealthy foods to children, one of Canada's Minister of Health's mandate commitments and one of several initiatives under the Healthy Eating Strategy aimed at improving the food environment to make it easier for Canadians to make healthy eating choice. The presentation will include an update on the policy work, and legislative and regulatory process.

1. Describe Health Canada's approach to restricting the marketing of unhealthy foods and beverages to children

12:00–1:00pm

Lunch (Posters and Exhibits viewing)

1:00–2:30pm

**Transition Beyond the Clinic**

PLENARY PANEL

**Susan M. Samuel, MD, MSc**, Pediatric Nephrologist, Associate Professor, Department of Pediatrics, Cumming School of Medicine, University of Calgary, Calgary, AB**Tracy Rhyason Lebel**, Family Representative, Edmonton, AB**Michael Watts, MSW, RSW, C.CYCC**, Pediatric Centre for Weight & Health, Alberta Children's Hospital; Contract Faculty, Mount Royal University, The University of Calgary, Calgary, AB**Brenndon Goodman**, Patient Representative, Toronto, ON

2:30–3:00pm

Break (Posters and Exhibits viewing)

3:00–4:00pm

Rapid Fire Plenary Poster Presentations

4:00–4:15pm

Closing Remarks

4:15pm

Poster Session | Wine and Cheese Reception

**Challenges in Pediatric Weight Management (cont'd)****Catherine Bellamy-Stack, BA, RN**, Alberta Children's Hospital, Calgary, AB**Michelle Jackman, MD, FRCPC**, Pediatrician, Clinical Lead, Pediatric Centre for Weight & Health, Alberta Children's Hospital, Calgary, AB**Céline Koryzma, PhD**, Registered Psychologist, Pediatric Centre for Weight & Health, Alberta Children's Hospital, Calgary, AB**Paola Luca, MD, MSc, FRCPC**, Pediatric Endocrinologist, Alberta Children's Hospital; Clinical Assistant Professor, Department of Pediatrics, University of Calgary, Calgary, AB**Michael Watts, MSW, RSW, C.CYCC**, Pediatric Centre for Weight & Health, Alberta Children's Hospital; Contract Faculty, Mount Royal University, The University of Calgary, Calgary, AB**Paul Vrskovy, BSc, CSEP-CEP**, Exercise Specialist, Pediatric Centre for Weight & Health, Alberta Children's Hospital, Calgary, Calgary, AB**Laura Wilson, RD, CDE**, Registered Dietitian, Pediatric Centre for Weight and Health, Alberta Children's Hospital, Calgary, AB

Our team at the Pediatric Centre for Weight and Health (PCWH) in Calgary, Alberta supports children and families reach their healthy lifestyle goals, and promotes healthy growth and development. The goal of our team is to partner with families to set health goals at their own pace considering nutrition, physical activity, health, mental health and well-being. Every child and family's journey is unique and we aim to support healthy lifestyle changes that are respectful and responsive to family's needs and values. This panel session will include a discussion around challenges in pediatric weight management and a chance to ask the panel questions.

1. Increase awareness of the challenges faced by clinicians in pediatric weight management
2. Gain insight into the challenges that families face
3. Provide an opportunity for open discussion and questions from the audience
4. Outline a multi-disciplinary approach for the treatment of pediatric obesity

## Beyond the Clinic

10:00–10:30am

Break (Posters and Exhibits viewing)

10:30am–12:00pm

## CONCURRENT SESSION A

**PLEASE NOTE:** Sessions A and B are repeated sessions. Please select different topics for your concurrent session registration.

### A1

#### A1i



#### Physical Activity Permissive Learning Environment

**Kerri Murray, BSc**, Director of Projects, Ever Active Schools, Calgary, AB

Before the clinic, there is the classroom. Join Ever Active Schools for a unique view into how school communities are thinking differently about the built environment to promote physical activity and limit sedentary behaviour. This session will identify strategies utilized in classrooms, hallways and school grounds to create activity-permissive learning environments that foster positive health and learning outcomes.

1. Define and explore examples of activity-permissive learning environments
2. Consider the impact of activity-permissive learning environments on health and learning outcomes
3. Develop a foundational understanding of the Comprehensive School Health approach as it relates to primary prevention strategies in schools

#### A1ii

#### Evidence from APPLE Schools: Creating Supportive Environments to Improve Health Behaviours



**Landra Walker**, School Health Mentor, APPLE Schools, Edmonton, AB

**Kate Storey, PhD, RD**, School of Public Health, University of Alberta, Edmonton, AB

Since 2007, APPLE Schools has supported vulnerable student populations to prevent chronic diseases related to childhood overweight and obesity. APPLE Schools has demonstrated effectiveness in improving child health outcomes, and has ongoing process and impact evaluation to study implementation. School communities are supported in creating healthy environments by following a Comprehensive School Health approach. Come and learn how implementing healthy eating, physical activity, and mental health activities creates a healthy physical and social environment and leads to improved health outcomes for students. Join APPLE Schools mentor Landra Walker and School of Public Health researcher Dr. Kate Storey in an evidence-based session highlighting successful strategies for school-focused health promotion.

1. Employ the Comprehensive School Health approach to encourage lifelong healthy behaviours
2. Provide practical applications of a Comprehensive School Health approach in a school environment
3. Share evidence to support the effectiveness of a following a Comprehensive School Health approach

#### A1iii

#### CHANGE Adventure Camp – Fueling Your Adventure



**Doug Klein, MD, CCFP, MSc**, Family Physician, Researcher, University of Alberta, Edmonton, AB

**Clark Svrcek, MD, CCFP, PEng, MEng**, Family Physician, Clinical Lecturer, University of Calgary, Calgary, AB

We lead busy lives: we work longer hours and are typically over-scheduled, yet we spend more time sedentary than we used to. No longer do children and adults spend several hours each week outdoors. The CHANGE Adventure Camp was created to re-connect families with nature and develop basic life skills in nutrition and physical activity through a range of outdoor adventure activities. The Camp was born out of a larger health-promotion concept of CHANGE (Canadian Health Advanced by Nutrition and Graded Exercise) Health. We are currently working with several schools in Alberta to create Adventure Camp programming in their school communities. During this highly interactive session, attendees will have the opportunity to participate in the best of a CHANGE Adventure. Come outside and find your adventure!

1. Determine how to make some healthy food choices with common grocery items
2. Recognize some basics of physical literacy
3. Consider the health benefits of nature

### A2

#### A2i



#### Helping Without Harming: How to Communicate with Children and Adolescents about Weight

**Céline Koryzma, PhD**, Registered Psychologist, Pediatric Centre for Weight and Health, Alberta Children's Hospital, Calgary, AB

How health care professionals and parents approach the topic of weight with children and adolescents can impact a child's willingness to engage, as well as their relationship with food and their body. Primary care providers will learn how to communicate effectively and compassionately with children and their families about health and weight related issues, in order to encourage health behaviour change.

1. Apply the principles of relationship-based communication to integrate collaborative, empowering and non-judgemental messages about weight and health for children of all ages
2. Identify how to help patients uncover personal reasons for change and join with families when ambivalence is present
3. Determine how to best coach parents around the use of appropriate language and role modelling of healthy behaviours

#### A2ii



#### Fostering Positive Weight-Related Conversations: Evidence and Real-Life Learnings from the Heart of Care: A Knowledge Translation Casebook

**Amy C McPherson, PhD, CPsychol**, Bloorview Research Institute & University of Toronto, Toronto, ON

Healthcare professionals receive little training in weight-related communication and often report feeling under-skilled to address the topic. The KT Casebook is a practical, user-friendly resource to support positive weight-related conversations with children and families. The presentation will showcase the research and experiential evidence that underpins the Casebook, the development process, and how the Casebook may be used in practice.

1. Assess the currently available evidence supporting the Casebook
2. Examine the Casebook's content and resources
3. Identify how the KT Casebook may be integrated into clinical practice

#### A2iii



#### Aim2Be: Gamified Approach to Changing Health Behaviours: Development and Evaluation of the Living Green and Healthy for Teens (LiGHT) Mobile Intervention

**Louise C. Mâsse, PhD**, Professor, School of Population and Public Health, University of British Columbia; Scientist, BC Children's Hospital Research Institute, Vancouver, BC

The LiGHT mobile intervention, is a gamified lifestyle management program that help teens (10 to 17 years) and their family change their health behaviours as it related to healthy eating, active living, screen time and sleep. In addition, it emphasizes healthy body image, strong self-esteem, and living green and economically. This talk will describe the development of LiGHT and how LiGHT will be evaluated.

1. Review the importance of integrating strategies that influences intrinsic motivation
2. Describe the theoretical perspectives and gaming elements that are integrated in LiGHT
3. Describe which behaviour change strategies are incorporated in LiGHT
4. Identify which ingredients are active in the intervention and approach taken in the LiGHT study

A3i



### Does Policy Matter? Improving Food Environments in Recreation and Sport Facilities

**Dana Olstad, PhD, RD, Assistant Professor, Department of Community Health Sciences, Cumming School of Medicine, University of Calgary, Calgary, AB**

Concern over unhealthy food environments in recreation and sport facilities has prompted provincial governments to introduce voluntary nutrition guidelines for the recreation sector. However, implementation of these guidelines is low. This presentation will describe the role of provincial nutrition guidelines in supporting healthier food environments in recreation and sport facilities.

1. Examine the current state of food environments in recreation and sport facilities in Canada
2. Evaluate which provinces have nutrition guidelines for the recreation sector, and what those guidelines entail
3. Recognize the role of provincial nutrition guidelines in enhancing facility capacity to promote and support healthier food environments in recreation and sport facilities

A3ii

### Child Care Centres as Portals of Influence: Assessment and Interventions

**Anna Farmer, PhD, MPH, RD, Associate Professor, Community and Public Health Nutrition; Academic Lead, Dietetics Specialization and Honours Program, Department of Agricultural, Food and Nutritional Science, University of Alberta, Edmonton, AB**

**Lynne Lafave, PhD, Associate Professor, Department of Health & Physical Education, Centre for Child Well-Being, Mount Royal University, Calgary, AB**



1:30–3:00pm

## CONCURRENT SESSION B

**PLEASE NOTE:** Sessions A and B are repeated sessions. Please select different topics for your concurrent session registration.

B1

B1i

### Physical Activity Permissive Learning Environment

See A1i for details

B1ii

### Evidence from APPLE Schools: Creating Supportive Environments to Improve Health Behaviours

See A1ii for details

B1iii

### CHANGE Adventure Camp – Fueling Your Adventure

See A1iii for details

B2

B2i

### Helping Without Harming: How to Communicate with Children and Adolescents about Weight

See A2i for details

B2ii

### Fostering positive weight-related conversations: Evidence and real-life learnings from the heart of care: A Knowledge Translation Casebook

See A2ii for details

B2iii

### Aim2Be: Gamified Approach to Changing Health Behaviours: Development and Evaluation of the Living Green and Healthy for Teens (LiGHT) Mobile Intervention

See A2iii for details

B3

B3i

### Does Policy Matter? Improving Food Environments in Recreation and Sport Facilities

See A3i for details

Early childhood represents a critical time period for the development of dietary habits that track into adulthood. Child care programs offer an excellent opportunity to lay the foundation for healthy eating behaviours by providing nutritious food in positive mealtime settings. In this presentation we will explore the assessment of child care environments and interventions focused on supporting educator-child relationships that respect a child's eating autonomy as a preventative measure for childhood obesity.

1. Identify how the organizational environment impacts food choices in child-care settings
2. Describe assessment and interventions to encourage positive educator-child relationships that support healthy eating behaviours
3. Describe assessment and interventions focused on respecting a child's autonomy during feeding to help preserve their ability to self-regulate food intake

A3iii

### Culture as a Source of Wellness: Voices of Indigenous Youth

*Presented by students*

**MODERATOR: Kate Storey, PhD, RD, Assistant Professor, School of Public Health, University of Alberta, Edmonton, AB**

Join youth from a local First Nations community as they tell a story of resilience and hope that defies the narrative of "deficit" so often at the centre of dialogue around the health of Indigenous peoples. Students will share how their community is drawing strength from traditional values and local wisdom to position culture as a source of wellness in their schools.

1. Appreciate local First Nations culture as a foundation for wellness
2. Identify examples of successful wellness initiatives from the perspectives of youth
3. Explore the roles of students in a healthy school community

**12:00pm–1:30pm** Lunch (Posters and Exhibits viewing)

B3ii

### Child Care Centres as Portals of Influence: Assessment and Interventions

See A3ii for details

B3iii

### Culture as a Source of Wellness: Voices of Indigenous Youth

See A3iii for details

**3:00–3:30pm** Break (Posters and Exhibits viewing)

3:30–4:15pm

### It Takes a Village: Using iKT to Inform, Develop and Grow the Guelph Family Health Study

**PLENARY**



**Andrea Buchholz, PhD, RD, Professor, Department of Applied Nutrition, University of Guelph, Guelph, ON**

**Jess Haines, PhD, RD, Professor, Department of Applied Nutrition, University of Guelph, Guelph, ON**

In this session, we will present the Integrated Knowledge Translation (iKT) strategies we used to engage key knowledge users, i.e., parents, health professionals and policy makers, in the development and implementation of the Guelph Family Health Study, a family-based cohort study designed to identify early life predictors of obesity and chronic disease, and examine the influence of interventions and policies on health behaviours among families with young children. We will highlight how these iKT approaches have ensured that our study protocols that are acceptable to family participants and that our results provide policy makers and health professionals with the evidence needed to inform policies and population-level interventions to improve health behaviours among Canadian families. Importantly, we will also highlight how each aspect of our iKT approach has been evaluated to demonstrate impact.

1. Identify Integrated Knowledge Translation (iKT) strategies that can be used to engage various knowledge users, including participants, health professionals, and policy makers
2. Describe effective evaluation techniques to assess impact of various iKT approaches



# SATURDAY / OCTOBER 27

8:45–9:30am

## Healthy Active Living and Child Obesity: How Environment Matters

PLENARY



**Jason Gilliland, PhD, MA, MArch, BA Hons, Director, Urban Development Program; Professor, Departments of Geography, Paediatrics, Health Studies, Epidemiology and Biostatistics, Western University, London, ON**

The increased prevalence of childhood obesity in Canada and other developed nations has been linked to the concurrent rise of a number of health problems normally associated with adults. A rapidly expanding avenue of research suggests that rising rates of obesity are due not only to individual-level factors (i.e., genetics), but that characteristics of our local built environments may also be encouraging or discouraging healthy diets or active lifestyles associated with promoting healthy bodyweights. This presentation will highlight some of the author's research which demonstrates how prevailing patterns of community planning and design may be contributing to the so-called 'epidemic' of child obesity. Discussion will focus on potential interventions to public policy, programs, and local environments for improving children's health and quality of life.

1. Consider how community design can contribute to (un)healthy diets, physical (in)activity, and overweight/obesity among children and adolescents
2. Determine which directions for future research in tackling environmental influences on child obesity
3. Assessing potential interventions for public policy, programming and physical environments to promote the health and quality of life of children and youth.

9:30–10:15am

## Community-based Participatory Research in Indigenous Communities: A Primer for Academic Health Researchers

PLENARY



**Noreen Willows, PhD, Associate Professor of Community Nutrition, Faculty of Agricultural, Life & Environmental Sciences, University of Alberta, Edmonton, AB**

Chapter 9 of the Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (2014) (TCPS 2) discusses research involving the Indigenous peoples of Canada. It states that researchers should consider applying a collaborative and participatory approach to research. Participatory research is usually action-oriented, where those involved in the research process (i.e., academics and community members) collaborate to define the research project, collect and analyze the data, produce a final product and act on the results. This presentation will provide examples of health-oriented community-based participatory research (CBPR) in Indigenous communities and will discuss the benefits and challenges of conducting CBPR. The presentation will have broad applicability to using CBPR with both Indigenous and non-Indigenous communities in Canada, and elsewhere.

1. Describe the meaning of community-based participatory research (CBPR)
2. Identify the benefits and challenges of engaging in CBPR
3. Realize why the CBPR approach is considered a best practice for health research with Indigenous communities

10:15–10:45am

Break and Exhibits

10:45–11:45am

## Innovation, Technology and Childhood Healthy Active Living: Moving Forward by Looking Back

PLENARY



**Mark Tremblay, PhD, Director, Healthy Active Living and Obesity Research, CHEO Research Institute, Ottawa, ON**

In this presentation will draw on personal experience, international collaborations, multidisciplinary comparative research, and collegial reflections to examine approaches for combating childhood obesity. With an orientation towards primary prevention, key enablers and barriers to healthy active living behaviours of children will be explored. New Canadian 24-Hour Movement Guidelines will be described and lessons learned through the Global Matrix initiatives of the Active Healthy Kids Global Alliance will be extracted.

1. Recognize the importance of primary prevention in combatting childhood obesity
2. Describe alternative approaches to promoting healthy behaviours from cross-cultural and international comparisons
3. Internalize the importance of the whole day when prescribing healthy movement behaviours
4. Assess the potential ramifications of contemporary childhood behaviour trends on obesity risk and future health

11:45am

Closing Remarks

12:00pm

Adjourn

# POSTER / LISTING

The formal poster session is scheduled at 4:15 on Thursday, October 25. Poster presenters will be available at this time for a Q & A period. For more information about the call for posters and poster listing please visit our website at [www.interprofessional.ubc.ca/initiatives/obesity2018](http://www.interprofessional.ubc.ca/initiatives/obesity2018).



# 7th Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity

## Beyond the Clinic

OCTOBER 25-27, 2018 | THE WESTIN CALGARY, CALGARY, AB

PLEASE WRITE IN BLOCK LETTERS:

One registration form per person. Please photocopy if more are needed.

☐ Ms. ☐ Mrs. ☐ Miss ☐ Mr. ☐ Dr.

Last Name First Name Initials

Organization Name/Mailing Address

Mailing Address

City Prov/State Postal Code

Daytime Telephone Number / Local

Email

Please inform us of any dietary requirements

### Affiliation/Profession

Please indicate which Affiliation/Profession best describes you:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Administrator/Manager     | <input type="checkbox"/> Family Physician              | <input type="checkbox"/> Policy Maker     |
| <input type="checkbox"/> Community Health Worker   | <input type="checkbox"/> Family Resource Program Staff | <input type="checkbox"/> Psychologist     |
| <input type="checkbox"/> Counsellor                | <input type="checkbox"/> Fitness Professional          | <input type="checkbox"/> Researcher       |
| <input type="checkbox"/> Diabetes Educator         | <input type="checkbox"/> Health Promoter               | <input type="checkbox"/> School Principal |
| <input type="checkbox"/> Dietitian                 | <input type="checkbox"/> Nurse                         | <input type="checkbox"/> Social Worker    |
| <input type="checkbox"/> Early Childhood Educator  | <input type="checkbox"/> Nutritionist                  | <input type="checkbox"/> Student          |
| <input type="checkbox"/> Educator                  | <input type="checkbox"/> Paediatrician                 | <input type="checkbox"/> Teacher          |
| <input type="checkbox"/> Family Development Worker | <input type="checkbox"/> Parent                        | <input type="checkbox"/> Other: _____     |

### Session Selection (see pages 5 & 6)

Please select the concurrent sessions you want to attend on Friday, October 26:

Concurrent Session A: (Select 1)

- A1 ☐  
A2 ☐  
A3 ☐

Concurrent Session B: (Select 1)

- B1 ☐  
B2 ☐  
B3 ☐

### Question Submission

The Pediatric Centre for Weight and Health (PCWH) in Calgary will present the plenary panel, "**Challenges in Pediatric Weight Management**," and welcomes your questions to be discussed during the presentation. Please submit your questions below and we will aim to address as many as we can!

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Visit our website for updates and to register online:  
[www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)



@IPCE\_UBC  
#CAOBESITY2018

### Registration Fees

Pre-registration prior to September 14, 2018 is strongly recommended to ensure you receive all conference materials. All rates are quoted in \$CAD and the registration fee includes 5% GST. Please use one registration form per person.

The registration fee includes the electronic syllabus, Thursday and Friday lunches, Thursday reception, refreshment breaks, and a certificate of attendance.

#### Conference Full Program

Early Bird Rate (BEFORE/ON September 14, 2018) ☐ \$525  
Regular Rate, (AFTER September 14, 2018) ☐ \$575

#### Individual Day Rates

Thursday, October 25 ONLY ☐ \$325  
Friday, October 26 ONLY ☐ \$325  
Saturday, October 27 ONLY [half day] ☐ \$200

#### Student Rate\* (before September 14, 2018)

Full Program ☐ \$375

\*Available for FULL TIME students ONLY. A copy of a valid student photo ID or enrollment letter must be sent with student registrations. Please fax or email a copy to 604-822-4835 | [registration.ipce@ubc.ca](mailto:registration.ipce@ubc.ca) if you register online.

#### Evening Reception (no fee)

I will attend the Thursday Evening Reception at 4:15pm ☐ Yes or ☐ No

TOTAL PAYMENT = \$ \_\_\_\_\_

### Method of Payment

#### Payment by Credit Card

1. Complete the full registration online at [interprofessional.ubc.ca](http://interprofessional.ubc.ca) with your Visa or MasterCard
2. Fax the registration form to 1-604-822-4835 and indicate that you would like to pay with Visa or MasterCard. We will send you the secure on-line link to enter your credit card information. PLEASE DO NOT FAX CREDIT CARD INFORMATION
3. Register and pay over the phone: Local/International: 1-604-827-3112 or toll free within Canada/USA: 1-855-827-3112 (VISA or MasterCard)

#### Payment by Cheque

Please make your cheque payable to the University of British Columbia (UBC) and send it along with complete registration form to:

IN 9553 Registration | Interprofessional Continuing Education, UBC  
Rm.105 - 2194 Health Sciences Mall, Vancouver, BC, V6T 1Z3

#### Alternative Payment Methods

Mail or fax complete registration form along with one of the following:

1. Signed purchase order (PO);
2. Letter of Authorization (LOA) from the manager on the organization's letterhead stating that they will be paying the registration fees. The letter should include the amount of registration fees, name and contact information of the manager; or
3. Signed cheque requisition form (ChReq).

#### Please indicate your method of payment:

- ☐ **Credit Card:** Please email me a secure online link to enter credit card #  
☐ **Cheque:** Payment is enclosed with mailed registration form  
☐ **PO/LOA/ChReq:** Purchase order/letter of authorization/cheque