

Managing Pediatric Obesity with Families Living in Remote First Nations Communities

Parents' Experiences and Recommendations





**Thunder Bay Regional
Health Sciences
Centre
Paediatric Healthy
Living Program**





Parents as Agents of Change

- × Research explored the experiences of parents with the intervention delivery, content, and associated outcomes
- × Recruited parents who participated in PAC between February 2017 to June 2018
- × Conducted semi-structured interviews (N=9)



Parents' Experiences

Intervention delivery

Attending via OTN did not negatively impact most parents' experiences

Most felt connected to other parents

Some technological difficulties affected participation

Intervention content

Information was interesting and useful

Too much information at times

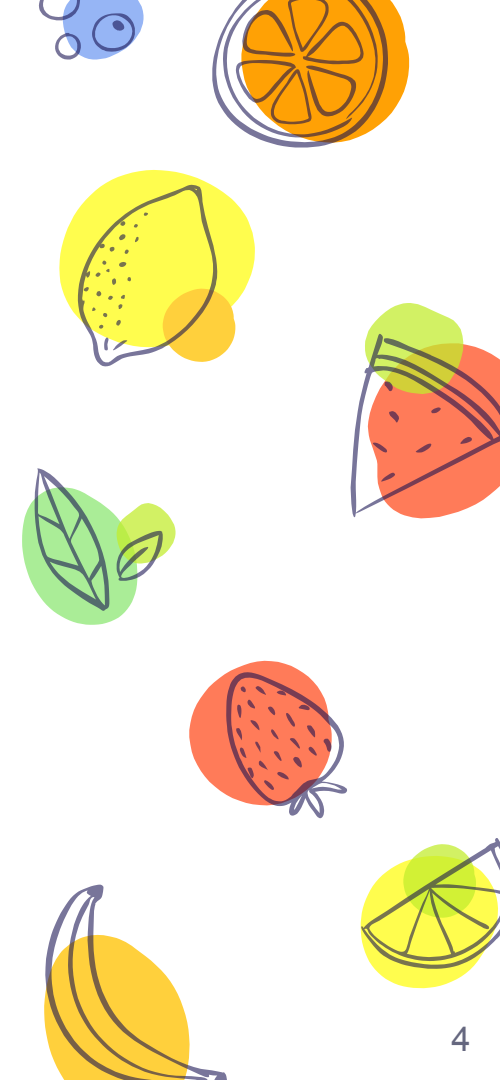
Felt supported by staff

Intervention outcomes

Reduced screen time, sugar intake, and portion sizes

Increased family physical activity

Parents making changes themselves



Parents' Recommendations

Intervention delivery

Change time and frequency of sessions

Allow more time to incorporate and practice strategies

Facilitate connection between parents outside of sessions

Intervention content

Consider additional challenges faced in communities


Provide more step-by-step guidelines (e.g., recipes)

More practical demonstrations (e.g., exercises)

Intervention outcomes

No recommendations provided





Parents from remote First Nations communities found the PAC program helpful and beneficial

Changes to the delivery may increase access and participation

Need to ensure the content reflects the reality of families' contexts

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