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## BACKGROUND

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Ministry of Tourism, Sport and the Arts

### **SHAPEDOWN BC MODEL AT BC CHILDREN'S HOSPITAL**

The Centre for Healthy Weights: Shapedown BC, a comprehensive program for the assessment and treatment of childhood and adolescent obesity, has been initiated at BC Children's Hospital with the aim of facilitating similar programs provincewide.

The Shapedown Program is family-focused and targets the underlying factors that often promote poor food choices and physical inactivity in families. The essential components of the program include:

- Standardized assessment that includes medical, psychological, and social components.
- Treatment comprised of a 10-week group program, one-on-one counselling, and support from secondary or tertiary care specialists according to established clinical standards and guidelines.
- Nutrition and counselling professionals who are certified Shapedown providers utilizing common education materials and resources.

Shapedown is part of the ActNow BC commitment to support all British Columbians in making the best choices for their health and well-being.

ActNow BC is a strategy that integrates cross-government and-multi sector partnerships to support British Columbians in making healthy lifestyle choices. The ActNow BC goal is to lead North America in healthy living and be the healthiest jurisdiction ever to host an Olympic and Paralympic Winter Games.

#### **History of Shapedown Program**

Developed at the School of Medicine at the University of California in 1977, the Shapedown program has been successfully operated in the U.S. for over 20 years. Shapedown is a successful weight management program that targets changes in nutrition and activity for the whole family, while focusing on the underlying factors that often promote poor food choices and physical inactivity.

Shapedown meets all recommendations of the Canadian Association of Pediatric Health Centres (CAPHC) in its 2004 report on treatment approaches for childhood obesity.

## **Recent Statistics**

According to new Statistics Canada data (July 2005), one in every three children is now overweight or obese. As many as 50 per cent of obese five-year-olds and 85 per cent of obese 15-year-olds will become obese adults.

Obesity is a serious condition that affects quality of life expectancy. Complications of obesity present significant burden and cost to the health care system such as cardiovascular disease, increased cancer risk, type 2 diabetes, sleep apnea, orthopedic problems, and decreased quality of life.

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