At the Beginning

For Caregivers, Parents
and their Children age 0– 6

All in Fun

For Children age 7-12
amd their Caregivers and Parents

For Youth For-Ever

For Youth age 13-19
with their Caregivers and Parents

Happy. Healthy. Beginnings.

For Caregivers, Parents
and their Children age 0-6

Fun. Healthy. Habits.

For Children age 7-12
and their Caregivers and Parents

My Life. My Choice. My World.

For Youth age 13-19
and their Caregivers and Parents

ACKNOWLEDGEMENTS

The Healthy Weights for Children Project (HWC) is an initiativeof individuals, families, communities and governments working together towards a common goal – to promote the achievement and maintenance of healthy weights in children.

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British Columbia Confederation of Parent Advisory Council
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Kelowna Youth in Care Network
Ki-Low-Na Friendship Society
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PROJECT BACKGROUND

KYNACT is

Kids, Youth, Nutrition, Activity, & Community Together; an innovative program for children, youth, parents, and caregivers, including foster parents developed by the Healthy Weights for Children Project, The Bridge Youth & Family Services.

KYNACT is a healthy weight for children promotion program that uses developmental and attachment-based approaches to address children's health needs in the context of family and community.

KYNACT is broken into a series of three family education modules based on three developmental age groups

In the Beginning for caregivers, parents and their children age 0-6
All in Fun for caregivers, parents and their children age 7-12
For Youth For-Ever for youth age 13-19 and their caregivers and parents

Each module is designed to help families make healthy choices and build healthy relationships together.

KYNACT is a unique program that invites children, youth and caregivers to learn and build skills together. The program is distinctive in the "connection" of holistic development of children and youth (physical, emotional, cognitive, spiritual, social) with a broad view of health (nutrition, activity, self-esteem, relationships) in an ecological context (self, family, community, society).

Project Rationale

Childhood obesity is an important health issue requiring urgent attention (Public Health Agency of Canada, 2010). The number of Canadian children who are overweight or obese has increased significantly over the last thirty years. In the late seventies, 15% of children were overweight or obese. Just three decades later, one out of every four Canadian children is considered overweight or obese (Canadian Community Health Survey, 2004).

Overweight or obesity can negatively impact health and puts children at risk for future health problems. This can include heart disease, high blood pressure, and diabetes. Obesity and overweight can also impact self-esteem, body image and participation in social activities (PHAC, 2010).

In 2001, costs associated with obesity in Canada accounted for $4.3 billion in direct and indirect costs, while the economic burden of physical inactivity in Canada totalled $5.3 billion. The total economic costs of obesity and physical inactivity represent 4.8% of total healthcare costs in Canada (Katzmarzyk & Janssen, 2004). This figure for BC is $780 Million or 4.5% of the total health care budget (Genuine Progress Index for Atlantic Canada, 2001).

Scope

To promote the achievement and maintenance of healthy weights for children and families through the development and implementation of innovative and effective education modules for parents and caregivers of children and youth under 19 years of age.

Assumptions & Beliefs

- Parents and caregivers are committed to the health of their family
- Children learn in the context of their families
- Educating families on ways to promote healthy eating and activity levels will increase the likelihood of healthy weights in children
- Knowledge of healthy eating and physical activity during childhood guides children in their decision-making throughout their life cycle
- Responsibility for the health of children lies with everyone in the community
- All families have strengths
- A preventative approach is best
- Attachment and connection to others is a primary human need
- Healthy weights for children is a multi-faceted and complex public health issue

Development Process

Funding

The development of KYNACT is funded by Innovative Strategies – Healthy Weights Projects of the Public Health Agency of Canada (PHAC).

Partnerships

The project team brought together Advisory Committee members representing a broad range of sectors including

- Government
- non-governmental organizations
- Aboriginal organizations
- multicultural organizations
- family support programs and networks
- parent and youth representatives

The Advisory Committee committed advice, expertise, support and recommendations to the content, development, delivery, and implementation of the program.

Process

To include brief summary of timelines, milestones, etc (eg. AC meetings, focus groups)

Evaluation

The project is being evaluated by research consultants at the University of British Columbia Okanagan and the University of Victoria.

To include information about evaluation process.

Expected Long-term Outcomes

Healthy eating and activity will be integrated into parent and caregiver education training programs across the country. The emphasis will be on the importance of nutrition, activity levels, relationships and healthy weights and provide strategies for parents and caregivers to employ to encourage healthy eating and activity.

PROGRAM OVERVIEW

Family-Education Model

KYNACT is designed as a family education model, where families register and attend lessons together. A family may include foster parents, caregivers, biological parents, foster children and youth, and biological children and youth.

The family education model provides opportunities for caregivers, parents, children, and youth to learn and build skills together. This is an ideal environment for fostering relationships, which is a key aspect of the KYNACT program.

There is evidence from numerous sources that caregiver, parent and child outcomes are enhanced where programs are give in contexts that allow for children and adults to learn concurrently (FRP Canada, 2008).

Many parent education programs assume that by influencing caregiver attitudes, knowledge and behavior, children's lives will be affected for the better. However, it is equally important for children and youth to be given the tools and opportunities to build skills and make decisions in order to have healthy lifestyles in adulthood.

It is encouraged by the Canadian Obesity Network that obesity prevention programs which target behavior change should include parental and family involvement.

Intended Audience

The program endeavors to meet all families wherever they are on their road to a healthy lifestyle. In this way the program is able to engage all families, including those who are most at risk.

Children in Care and Caregivers

Children in care experience more trauma and displacement as well as transitional activity than that of the mainstream population. Coping with multiple transitions and various caregiving approaches places children in care at greater risk for developing unhealthy weights.

Research from the United States indicates that 60% of children in out of home care are overweight or obese – a rate that is almost twice the national rate of 31%. Only 36% of children in out-of-home care have a healthy BMI, compared to 66% for all children in the U.S (Helten, 2011).

Multi-Faceted Approach

Following the recommendations by the Canadian Obesity Network, the program has a focus on healthy living for the prevention and first-line intervention for overweight and obese children, youth, and adults, including the topics of:

- eating a healthy diet
- increasing physical activity
- decreasing sedentary activity

The program also takes into account the mental, emotional, spiritual, and social developmental needs of children, youth, and families and includes the topics of:

- self awareness, self-esteem and body image
- healthy relationships
- media and marketing awareness
- connections to the community

Community Connection

Childhood obesity is a multi-faceted and complex public health issue. It is necessary to combat the issue with multiple approaches, by individual behavior changes, community initiatives and public policy.

The KYNACT program provides a reference to communities for developing public policy that supports healthy choices by individuals and families.

Continuing to work together with government, non-governmental groups, the private sector, health professionals, academic researchers, as well as caregivers, youth, and children is key to moving forward with messages, programs, and policies that will enhance the health of all Canadian children and youth and their families.

PROGRAM FORMAT

Group Learning

KYNACT is intended as a group learning program in order to provide opportunities to build networks among participants. The format and activities encourage shared learning and support to all participants as they make their journey to a healthy lifestyle. It is shown that when participants offer support to others, they increase their competence and self-esteem while building feelings of belonging (Waler & Sage, 2006).

Program Division

KYNACT is designed for caregivers, parents, children, and youth to attend their age-specific module. The program is divided into three modules by developmental age groups:

- ***In the Beginning*** for caregivers, parents and their children age 0-6
- ***All in Fun*** for caregivers, parents and their children age 7-12
- ***For Youth For-Ever*** for youth age 13-19 and their caregivers and parents

Each module is a stand-alone. Participants need not have any previous knowledge or skills to take any of the modules.

Module Format

Each module is comprised of 6 weekly lessons, with one optional lesson (Cooking Together).
Each lesson is 1½-2 hours long.

In the Beginning *(0-6 years)*

The language and focus in this module is directed to the caregivers and parents. Children and their caregivers attend in separate spaces. Caregivers will be learning and practicing new skills through the lesson activities. The children will be in their own space engaged in play-based activities including: free-play, stories, snacks, as well as learning activities based on the theme of the lesson.

There will be opportunities throughout the module for caregivers and their children to build relationships, practice skills, share knowledge, learn, and engage in activities together.

All in Fun *(7-12 years)*

Children and caregivers attend and learn together. The curriculum is written and designed to engage the children and caregivers in learning and enhancing skills together.

For Youth For-Ever *(13-19 years)*

Youth and caregivers will attend and learn together. Lessons and activities focus on youth in order for them to learn skills to make healthy decisions and prepare for transitioning to adulthood. Caregivers will learn strategies for support healthy choices by youth.

Guidance in Using the Manual

Modules are color-coded on the top outer edge of all of the lesson plans like this:

The beginning of each lesson plan includes

- A Lesson Overview
- The Lesson Objectives
- Lesson Activities
- Materials Needed checklist
- Resources Needed checklist

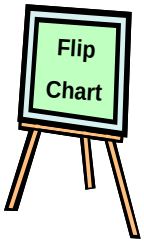
Information for facilitators to note is in a font like this.

Information that is meant to be paraphrased is in a font like this.

Notes to the facilitator with rationale for the activity or notes to keep in mind for different topics is provided with an icon that looks like this.

All activities, including hands-on activities, flip chart activities, and group discussions, have a box like this around them.

Hands-on activities include an icon like this.



Flip chart activities include an icon like this.

Group Discussions include an icon like this.

Where presentation slides are prepared and suggested there is an icon like this:

The handouts and resources needed for each lesson are included at the end of each lesson.

Powerpoint presentation slide handouts are included at the end of each lesson.

Activity and story ideas to engage with the children age 0-6 is included at the end of each lesson in the *In the Beginning* module.