



THE **SANDBOX** PROJECT

3rd ANNUAL WORKSHOP ON CHILD AND
YOUTH HEALTH

***BUILDING ON PRIORITY
AREA RESULTS &
INCUBATING NEW
INITIATIVES***

Growing Healthy Bodies



Co-Chairs

- **Dr. Leora Pinhas** - Psychiatric Director Eating Disorders Program, The Hospital for Sick Children
- **Richard Ellis** - President & CEO, Ronald McDonald House Charities of Canada and Senior VP, Communications and Public Affairs, McDonald's Restaurants



~~The Obesity Working Group~~

~~The Healthy Weights Working Group~~

The Growing Healthy Bodies Working Group (GHB)



THE **SANDBOX** PROJECT

Childhood Obesity

- **What can a national think tank offer in a world where:**
 - There are so many organizations providing information & programming
 - The messages are conflicting & confusing



- **A think tank needs to make sure we are all thinking about the whole picture**
- **We need to make sure we are asking the right questions:**
 - **What is the problem**
 - **What are the solutions**
 - **What are the realistic solutions?**



Phase I-What is the Problem?

- **Obesity is not the problem, but rather it is only a symptom of a problem**
- **The problem is growing in less than adequate soil**



Phase I-What is the Problem?

- Kids need adequate & age appropriate
 - Nutrition
 - Physical Activity
 - Safe, loving, supportive living conditions



- **We need to reframe the discourse**
- **We need to *resize the problem***
- **It's the only way to find the right solutions**



- **The first step is making sure we have the right information**
 - Reviewing the literature objectively
 - Collecting the right evidence
 - Measuring correctly

- **First Act:**
 - The Healthy Body Scorecard....



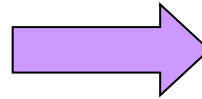


The Healthy Body Scorecard

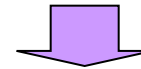
- Simple to use health screening tool for children
- Will look beyond simply measuring BMI and provide a more well-rounded picture of the child's individual health needs.
- Combination of anthropometric measurements and evaluating health behaviors and histories in order to identify the child's health care needs

The Healthy Body Scorecard

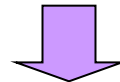
Industry Partnership
Sandbox/McDonalds/ACA



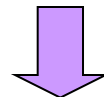
Mitacs
WWW.mitacs.ca



University of Toronto
Dalla Lana School of Public Health



Dr. Amy McPherson
Holland Bloorview Kids Rehabilitation Hospital



Ian Patton
Post Doctoral Fellow



To Date

- Review of anthropometric measurements used for Canadian children – Review paper being produced.
- Developed a short online questionnaire (10 minutes) designed to collect expert opinion from health care practitioners on the items to include in the Healthy Body Scorecard.



Healthy Body Scorecard Possible Items

- Waist circumference
- Blood Pressure
- Hip-waist ratio
- Height
- Weight – velocity of growth
- Physical activity/sedentary behavior
- Nutritional habits
- Food hygiene
- Sleep patterns



Current Project

- **Pilot testing of the questionnaire** – currently in progress, if you're willing to help see Ian To be complete by Monday January 21, 2013.
- **Questionnaire data collection** – With the assistance of the Canadian Obesity Network, will take place in the upcoming months (February/March 2013). Look for it in your email and participate!
- **Focus groups with experts** – discuss questionnaire results and aid in Scorecard development. (April-June 2013)
- **Draft of The Healthy Body Scorecard** – September 2013



Next Steps

- Testing and revisions for the Scorecard
- Validation
- Creating an online tool
- Adapting the Scorecard for different populations
- Creating “At Home” version of the scorecard that parents can utilize to assess areas of health they need to address with their children.



Canadian Obesity Network

- Canada's largest professional obesity association with over 8000 members
- Brings together health professionals, researchers, policy makers and obesity stakeholders
- Join Now! Membership is free and it only takes a few moments of your time to sign up <http://www.obesitynetwork.ca/join>



Contact Me

- Questions or thoughts regarding the project
- Participate in the pilot testing, questionnaire or focus groups
- Funding of the project

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