

Growing Health Bodies: The development of a healthy body score-card for Canadian children and youth

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Overview

1. Background – Body Mass Index
2. Healthy Body Scorecard
3. Phase 1 – Results
4. Phase 2 – Current research

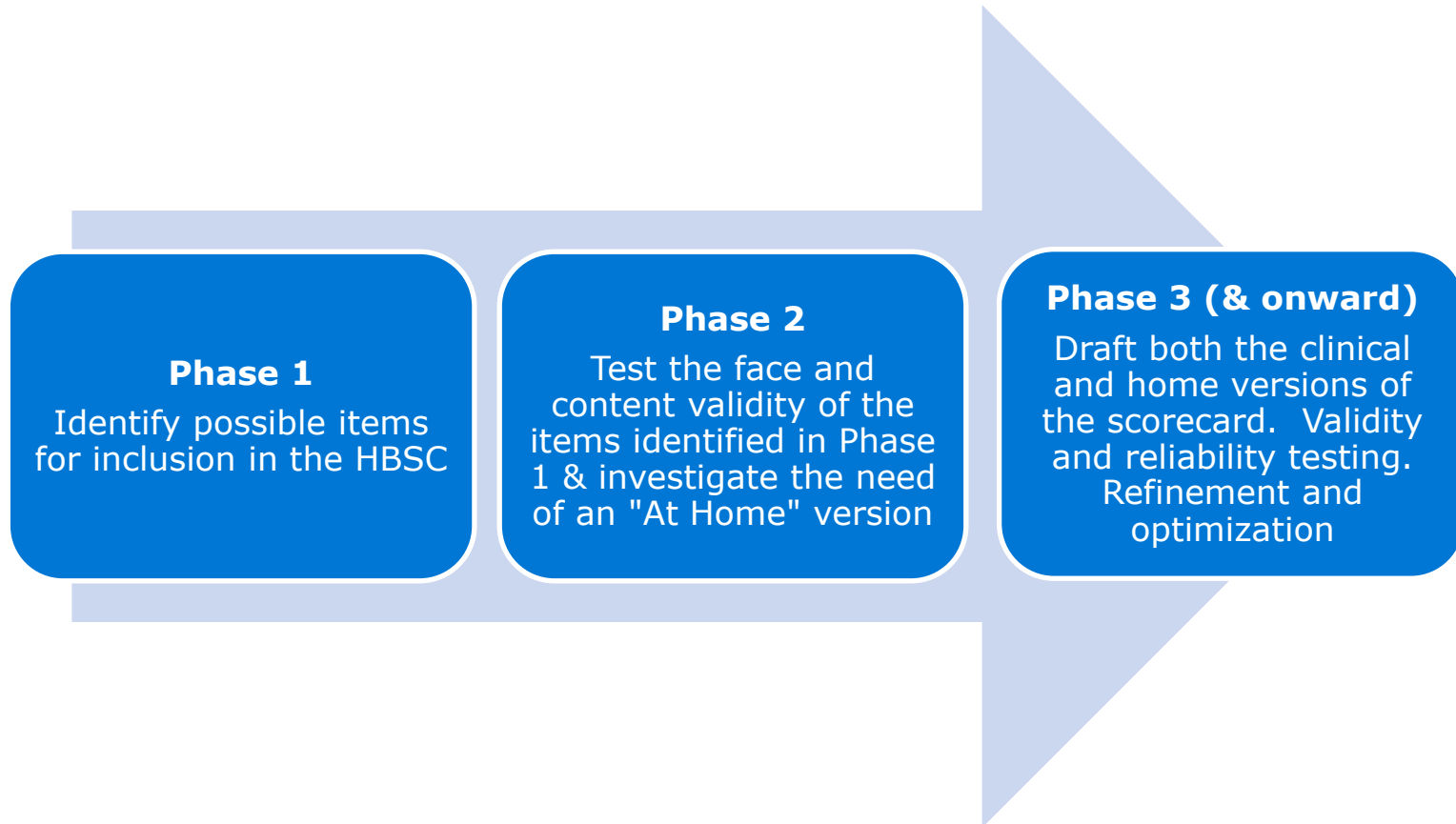
Body Mass Index (BMI)

- Valuable tool when investigating and comparing populations¹
- But limitations when used for individual health care especially for children. For example:
 - Varying cut-offs used
 - Differences in body composition
 - Measurement issues

The Healthy Body Scorecard

- A new holistic and inclusive health screening tool for health care practitioners providing care to children and youth aged 2-18
- Items on nutritional and activity behaviors, family environment, mental health and anthropometrics.
- Potential for a “self-completed” version for parents and youth

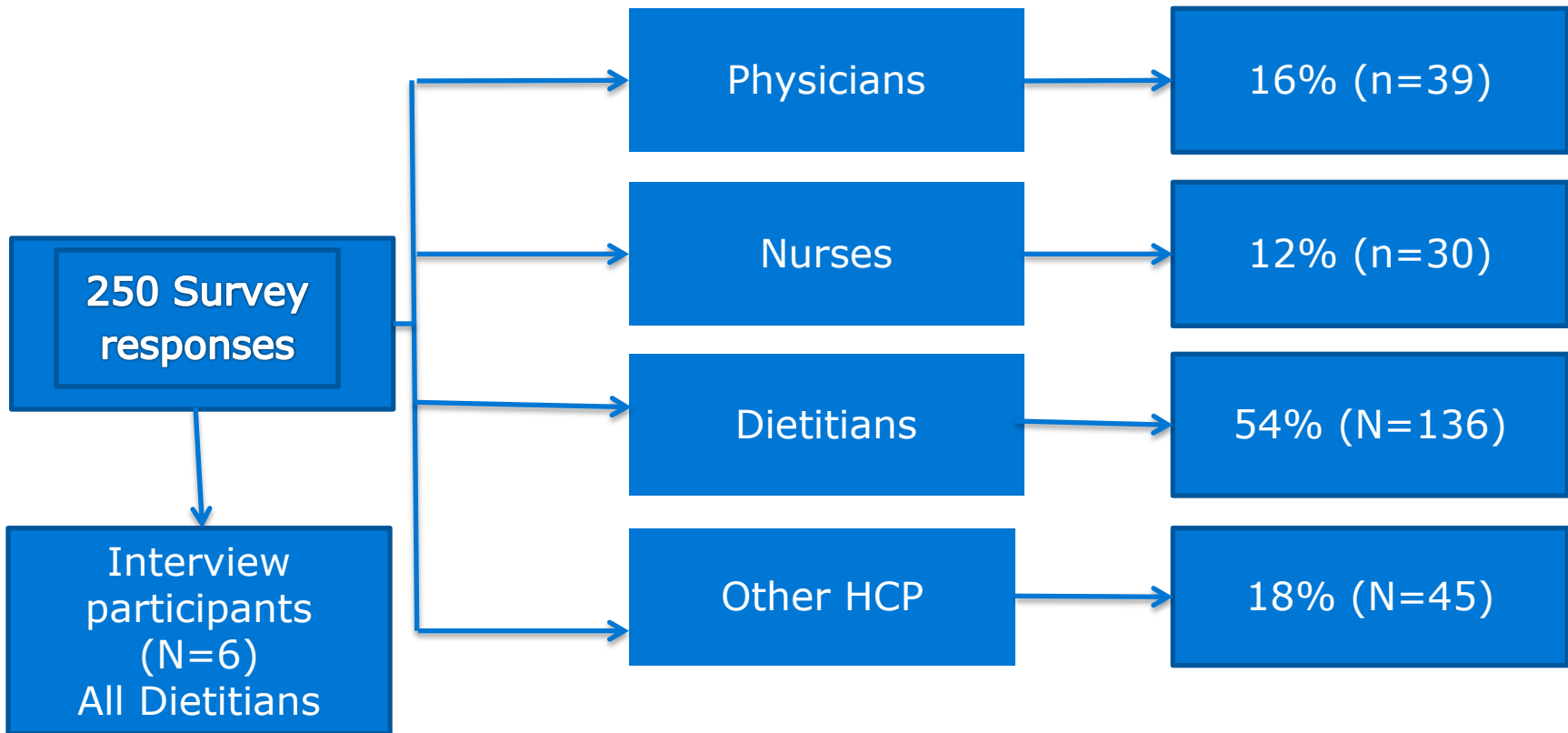
The Healthy Body Scorecard



Phase 1

- Online survey (Fluidsurveys.com) of Canadian health care practitioners
 - ❖ *Questions consisted of three key topics:*
 - *Current screening practices*
 - *What screening methods do they find useful*
 - *What items would they suggest for the Healthy Body Scorecard*
- Personal interviews with a sub-sample of survey participants

Survey of Canadian health care practitioners



Survey Results:

- Weight is measured by 76% of participants
- BMI – 51% of participants
- Growth velocity - 75%
- Home meal preparation - 84%
- Children with disabilities
 - Standard anthropometrics are currently used by 75% of health care practitioners working with children with physical disabilities, 91% for children with cognitive disabilities
 - Yet 70% report that standard anthropometrics are not appropriate for children with physical disabilities

Interviews with health care practitioners

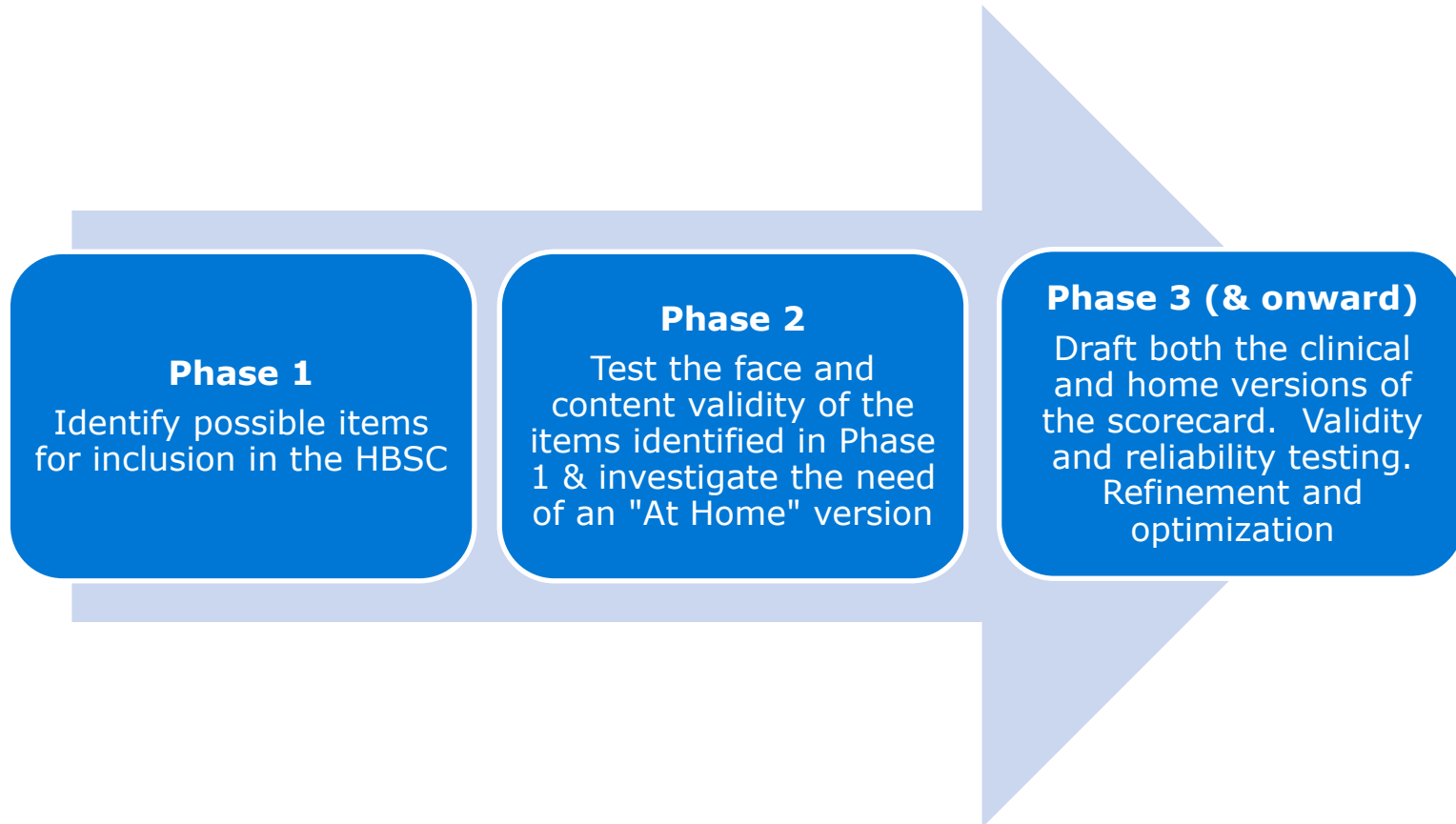
- Six participants for the personal interviews
 - Dietitians from across Canada
 - Highlighted the nutritional environment
 - Growth velocity emphasized over single measurements

Possible Healthy Body Scorecard Items:

Identified by health care practitioners from the HBSC survey

1. Parental occupation
2. Parental education level
3. Household income range
4. Family history of disease
5. Pre-existing conditions for child
6. Fruit/vegetable consumption
7. Sugar-sweetened beverage
8. "Eating out"/junk food consumption
9. Regular breakfast
10. Screen-time snacking
11. Meal preparation
12. Meal environment (family, where)
13. Food restriction
14. Physical activity
15. Screen time
16. Sleep hygiene
17. Height/weight/WC
18. Heart rate
19. Mental health

The Healthy Body Scorecard



Moving forward

- Current study (Phase 2) has two parts:
 1. Test face and content validity of HBSC items (Phase 1)
 - Online survey and interviews with Canadian health care practitioners
 2. Investigate the feasibility of a “self-completed” version of the scorecard.
 - Online survey and interviews with parents
- Surveys will be live shortly and made available through The Sandbox Project, The Canadian Obesity Network and YMCA among others
- Keep your eyes open and participate in the short survey if you can!

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Thank you

Contact me: ian.patton@utoronto.ca

Or come speak with me today!