

Healthier children:  
A better world

**SickKids**<sup>®</sup>



body mind spirit



Program of research on the  
prevention of weight-related disorders.  
Date: June, 2011 (ED Professional Rounds)

**Gail L. McVey, Ph.D., C.Psych**

Health Systems Scientist, Community Health Systems Resource Group  
Director, Ontario Community Outreach Program for Eating Disorders  
Associate Professor, Dalla Lana School of Public Health, U of Toronto  
Core Steering Committee Member, Ontario Healthy Schools Coalition



CIHR IRSC



contact: [gail.mcvey@sickkids.ca](mailto:gail.mcvey@sickkids.ca)

# Acknowledgment of Funding Support



- Mid Career Personnel Award to Gail McVey Canadian Institutes of Health Research (CIHR) – **Institute of Gender and Health** and Ontario Women’s Health Council (2005-2010).
- CIHR Catalyst Grant - Health Equity- **Institute of Population and Public Health** (2010-2011) awarded to Gail McVey, Shelly Russell-Mayhew, and Joanne Beyers.
- CIHR- **Institute of Health Services and Policy Research** Planning and Dissemination Grant *Linking research, practice and policy to devise a national prevention research strategy*. Awarded to Gail McVey, Katie Walker, Bruce Ferguson, & Shelly-Russell-Mayhew

Health Promotion, Prevention and Early Intervention  
(McVey; 2005-2010)

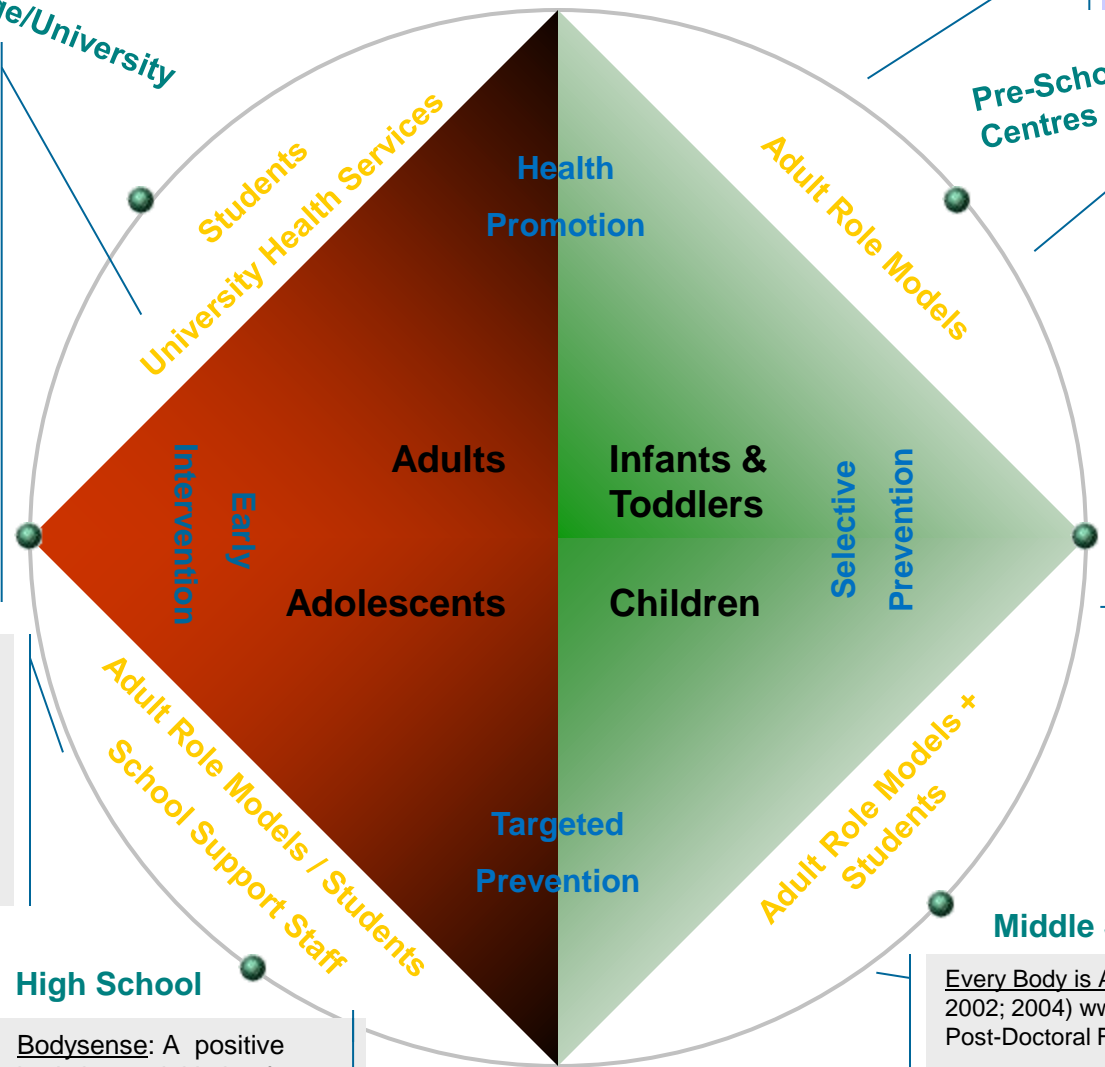
Mid Career Award (CIHR-Institute of Gender and Health & Ontario Women's Health Council)

Turning Points: Psycho-education treatment for **Adult** Eating Disorders (Davis, McVey, Heinmaa et al., 1999); (McVey, Davis, Kaplan, Katzman et al, 2005) [www.ocoped.ca](http://www.ocoped.ca)

Health Promotion Study  
Prevention pilot study for incoming students to **University/College** (McVey, Kirsh, Maker, Walker, Mullane, Laliberte, Claypool, Burnett, Voorderbrugge, Banks, Cheung, 2010)

Primary Health Care Transition Fund (2004-2007) (Davis, McVey, Heinmaa et al.).  
**Turning Points Revised:** Early Intervention for adolescent disordered eating. [www.turningpointsprogram.com](http://www.turningpointsprogram.com)

- Legend:**
- Health Promotion, Selective Prevention for all children.
  - Early Intervention for "At Risk"
  - Target Group



**NutriSTEP®**

Sensitivity training for professionals (Catalyst Grant-CIHR-IPPH Health Equity) (McVey, Russell-Mayhew, Beyers, 2010)

Focus group study with immigrant parents of young children on health promoting behaviours (Ferrari, Tweed, Rummens, Skinner, McVey, 2009)

**Elementary School**

The Student Body: Promoting Health at Any Size (2003-2006). (McVey, Gusella, Tweed & Ferrari, 2009) Web-based curriculum for teachers in **Grades 4, 5, 6** and public health professionals. CIHR-IGH and KTE funded study [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca)

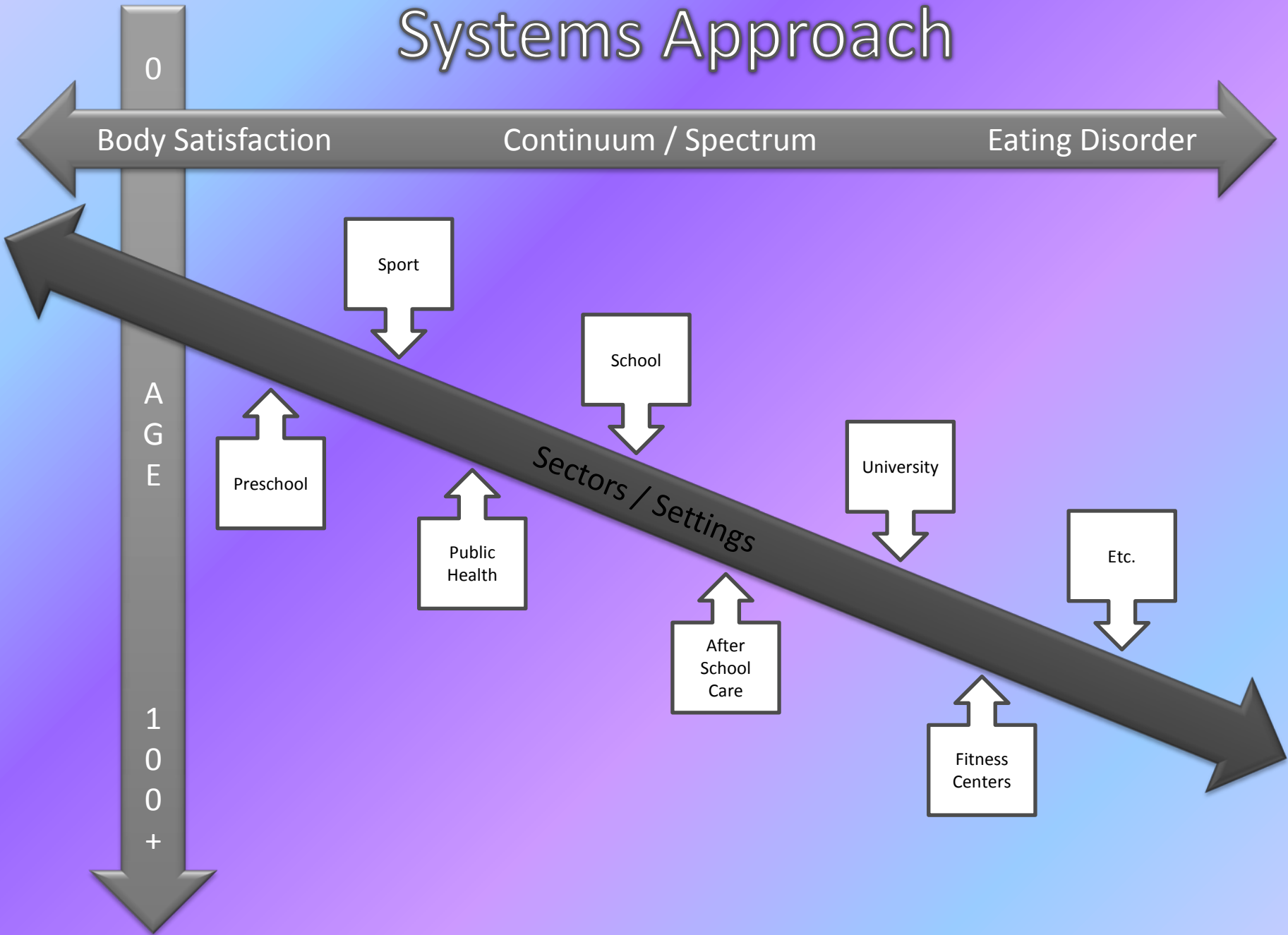
Every Body is A Somebody: (McVey et al., 2002; 2004) [www.bodyimagecoalition.org](http://www.bodyimagecoalition.org) Post-Doctoral Fellowship award (OMHF)

Healthy Schools-Healthy Kids (McVey, Tweed, Blackmore, 2007 (OWHC-funded) **Grades 6,7,8**

Girl Talk: Peer Support Groups (McVey et al., 2003a,b) (OWHC-funded)

Bodysense: A positive body image initiative for **female athletes**. (Buchholz, Mack, McVey, et al 2008) (OWHC-funded) [www.bodysense.ca](http://www.bodysense.ca)

# Systems Approach



# Partnerships/Collaborators

Ontario Healthy Schools Coalition

Ontario Public Health Association

OPHEA

Canadian Association of School Health

Sheena's Place/Danielle's Place/Hopewell

National Eating Disorder Information Centre

Canadian Ass Health Phys Ed Recreation Dance

National Coaching Association

Body Image Coalition of Peel

Peel, Toronto, York, Halton, Sudbury & District,

Thunder Bay Health Units,

City of Hamilton, Public Health Services

Elementary Teachers Federation of Ontario

IWK Health Centre, Halifax

Student Health Services at York, Ryerson, Toronto,

McMaster, Brock, Laurentian Universities

Cancer Care Ontario, Nutrition Resource Centre

# Obesity and Eating Disorders: Seeking Common Ground to Promote Health

*A national meeting of researchers, practitioners, and policymakers  
McVey, Adair, de Groot, McLaren, Plotnikoff, Gray-Donald, Collier, 2008*

**November 5<sup>th</sup> and 6<sup>th</sup>, 2007**

[www.obesityandeatingdisordersymposium.ca](http://www.obesityandeatingdisordersymposium.ca)

- WHAT** A symposium to gather a multidisciplinary group of researchers, policy-makers, program administrators and public health professionals from the fields of obesity and eating disorders.
- WHY** To foster dialogue on issues across the body weight and health spectrum, to catalyze new research ideas, and to set the stage for innovative and integrated approaches to help prevent or reduce the negative impact of both of these serious health conditions.
- WHERE** Hyatt Regency,  
700 Centre Street SE,  
Calgary, Alberta Canada  
[gail.mcvey@sickkids.ca](mailto:gail.mcvey@sickkids.ca) or [ceadair@ucalgary.ca](mailto:ceadair@ucalgary.ca)

**International Prevention Symposium, Toronto**  
*Improving the prevention of eating-related disorders:  
Collaborative research, advocacy, and policy change.*  
*McVey, Levine, Piran, Ferguson, 2008*

- Prevention experts from Canada, US, Australia
- Sharing of research and practice
- Innovative ideas of how to move the field of prevention science forward to reduce onset
- Prevention from a public health perspective
- Collaborations to change social systems
- Unique methods to foster partnerships across sectors and disciplines

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[www.chsrgevents.ca](http://www.chsrgevents.ca)

# Canadian national **prevention** strategy

(McVey, Walker, Ferguson, Russell-Mayhew, 2011)

Planning committee: McVey, Harrison, Beyers, Simkins, Walker, Cowie-Bonne)

- Dissemination/Planning grant – CIHR
- Two-day strategic planning retreat (Toronto)  
**November 17-18 2011**
- Participation from BC, AB, NS, ON, QU, PEI, NFL.





# Edited Books

- **O'Dea, J & Eriksen, M.** (2010). *Childhood Obesity Prevention: International research, controversies, and interventions*
- **McVey, G., Levine, M., Piran, N., & Ferguson, B** (Eds). (2012). *Preventing eating and weight-related disorders: Linking collaborative research, advocacy and policy change.*
- **Smolak & J. K. Thompson** (Eds.), (2009). *Body image, eating disorders, and obesity in youth* (2<sup>nd</sup> ed., pp. 215-239). Levine, M. P., & Smolak, L. Prevention of negative body image and disordered eating in children and adolescents: Recent developments and promising directions.

# International Level

**Zali Yager**, La Trove University, Australia

Teacher training in the prevention of ED / OB

**Jess Haines** (Boston Children's/Harvard) ( U of Guelph, Canada)

School-wide approach- weight-based teasing

**Bryn Austin** (Boston Children's/Harvard)

Planet Health

**Dianne Neumark-Sztainer**, Minnesota,

New Moves

[www.ocoped.ca](http://www.ocoped.ca)

[www.aboutkidshealth.ca/thestudentbody](http://www.aboutkidshealth.ca/thestudentbody)

[www.obesityandeatingdisordersymposium.ca](http://www.obesityandeatingdisordersymposium.ca)

[www.chsrgevents.ca](http://www.chsrgevents.ca)