

# National Prevention Strategy Meeting:

Linking research, practice and policy in the prevention of weight-related disorders.

## MAP OF DELEGATES

### BRITISH COLUMBIA

Connie Coniglio,  
Kiera Ishmael,  
Children and Women's Hospital; BC  
Mental Health and Addiction Services,  
An Agency of the Provincial Health  
Services Authority

### ALBERTA

Jenny Godley, University of Calgary  
Shelly Russell-Mayhew, University of  
Calgary

### MANITOBA

Paul Fieldhouse, Manitoba Health &  
Healthy Living

### ONTARIO

#### Host & Co-Facilitators

Gail McVey & Bruce Ferguson, The Hospital for Sick Children

Bonnie Hostrawser, Public Health Agency of Canada  
Brian McCrindle, The Hospital for Sick Children  
Catherine Birken, The Hospital for Sick Children  
Chris Markham, Ontario Physical and Health Education Association  
Cynthia Johnston, Sheena's Place  
Debra Pepler, The Hospital for Sick Children  
Elaine Murkin, Ottawa Public Health  
Erica Di Ruggiero, Canadian Institutes of Health Research  
Hasan Hutchinson, Health Canada  
Heather Harrison, The Hospital for Sick Children  
Jess Haines, University of Guelph  
Joanne Beyers, Sudbury & District Health Unit  
Karen Degagne, St Joseph's Care Group  
Katie Walker, The Hospital for Sick Children  
Lee Ford-Jones, The Hospital for Sick Children  
Leigh Underhill, Dairy Farmers of Canada  
Leslie Andrade, Sudbury & District Health Unit  
Manuela Ferrari, The Hospital for Sick Children  
Mary O'Brien, Public Health Ontario  
Mary Forhan, McMaster University; Canadian Obesity Network  
Merryl Bear, National Eating Disorder Information Centre  
Niva Piran, University of Toronto  
Paul Grogan, Ministry of Education  
Rena Mendelson, Ryerson University  
Sari Simkins, Health Promotion Specialist  
Shovita Padhi, Toronto Public Health

### QUEBEC

Marie Claude Paquette, Institut national  
de santé publique du Québec  
Veronique Provencher, Université Laval

### NOVA SCOTIA

Anne Cogdon, IWK Health Centre  
Joanne Gusella, IWK Health Centre  
Sara Kirk, Dalhousie University

### PEI

Nancy Malcolm Sharratt, Department of  
Health and Wellness

### NEWFOUNDLAND

Anne Wareham, Janeway Lifestyle  
Program  
Natalie Beausoleil, Memorial University

Canadian Obesity  
Network (CON)

National Eating Disorder  
Information Centre (NEDIC)

Eating Disorder Association  
of Canada (EDAC)

November 17 & 18, 2011  
The Metropolitan Hotel, Toronto, Canada

Sponsored by the Community Health Systems Resource Group,  
Canadian Institutes of Health Research



## National Prevention Strategy Meeting

Host/Contact: Gail McVey, The Hospital for Sick Children (gail.mcvey@sickkids.ca)

Date: November 17-18, 2011

### Guiding Principles for Prevention Practice, Research, and Policy Development (integration of common themes gleaned from our collective brainstorming session)

#### *Mission/Philosophy*

Optimal growth and development are essential for achieving health throughout childhood and adolescence. Families and children need help to navigate an environment that does not support healthy development. We are all responsible for effecting changes to the social, cultural and physical environment to move social norms in the direction of optimal growth and development. Weight related issues may arise from this environment and represent a continuum that includes obesity, eating disorders and disordered eating (eating problems). Guidelines to address this continuum require common strategies, policies, interventions and programs to preclude unintended consequences and to navigate apparent contradictions. Partnerships require policy makers, industry, researchers, and consumers across the lifespan to implement change. All adults who have contact with children and youth need to understand their potential impact on them, and must know the following golden rules to support their optimal growth and development:

- Each child is entitled to enjoy physical activity and should be enabled to participate.
- Each child is entitled to be food secure, to enjoy eating, and to eat when hungry and stop when full.
- Each child has a unique pattern of growth.
- Children are highly sensitive to comments by others and may be vulnerable to offhand ill-informed remarks that can lead to unintended consequences.
- Each child is entitled to engage respectfully with other children and adults in a safe environment.
- One healthy relationship with an adult will lead to resiliency. Thus, we aim to create conditions to enable children to fulfill their potential to become engaged healthy citizens.

#### **10 Declarations:**

1. Do no harm (be mindful of the potential consequences of focusing on weight in terms of healthy weight messaging and monitoring).
2. Guide content and process development based on available evidence (select from a broad spectrum/definition of evidence)
3. Aim for a social ecological model or lens
4. Consider context when developing or delivering messaging. Consider the reality of the daily lives and challenges faced by the public (social justice)

5. Promote self knowledge and self acceptance in the context of development (avoid one size fits all approach)
6. Use strategies that span multiple levels of the socio ecological model (which necessitates collaboration across different sectors)
7. “Nothing about us without us”: Use a participatory and inclusive approach when developing and delivering messaging including the voice of youth, parents, educators, practitioners.
8. Mental health promotion should be a core component of our prevention work (mind body integration)
9. Recognize people’s agency and leverage their assets (e.g., developmental assets, competency, resiliency)
10. Avoid the blame and guilt game in messaging and the work we do – promote fun, joy and hope

<b>Values</b>	<b>Process</b>
Paradigm shift	Integrate approach with other existing initiatives (work across health topics; do not work alone).
Holistic definition of health	Empower all stakeholders (Give voice to youth, parents and professionals).
Aim for healthy systems (Healthy schools, healthy families, healthy communities)	Include food/eating as celebration.
Context and Equity (Social Justice)	Use a developmental approach.
	Critical consciousness: Critically think and problem solving of the multiple challenges.
	Consider the power of language.
	Work as a community: relational model of delivery, collaborative approach in research and practice, and policy development.
	Don’t stand by, stand up (weight bias awareness is key as is positive problem-solving through difficult situations).