

The Healthy Weights Connection

A systems approach to reducing risk of obesity among urban First Nations
and Métis children and youth

Sparking Solutions

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Healthy Weights
CONNECTION™



Organization

Perspectives on the problem

The context

Our approach: a system-level intervention

Evaluation plan

Collaborators and acknowledgements

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Julia Hill	Schulich School of Medicine
Dana Zummach	Propel Centre for Population Health Impact
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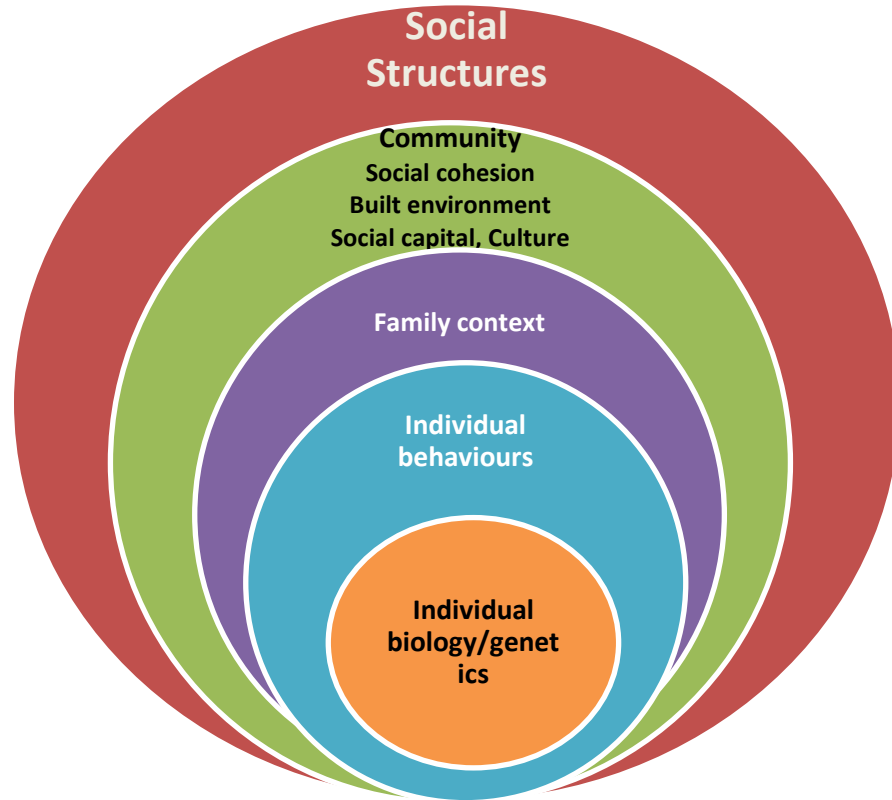
*PHAC Innovation Strategy Achieving Healthier Weights in Canada's
Communities (2011-2017)*

Perspectives on the problem

Social determinants

Social-ecological frameworks

Socio-ecological perspectives



e.g. Willows, Hanley and Delormier, 2012. A socioecological framework to understand weight-related issues in Aboriginal children in Canada *Appl Physiol Nutr Metab.* Feb; 37 (1), 1–13.

Perspectives on the problem

Social determinants

Social-ecological frameworks

Life course perspectives

So what might matter?

Maternal and infant health	Family conditions
Smoking	Lone parenthood
Maternal obesity	Low income
High (or low) birth weight	Low food literacy
Breastfeeding	Food insecurity
Community conditions	Behaviours
High food costs and low availability	Diet
Poor transportation to grocery stores	Physical activity
Lack of safe play spaces	Screen time
Opportunities for active transportation	Not eating together
Culturally-specific factors	Other Life-course elements
Language/culture	Changes, Timing of events
Belonging?	Age, period and cohort changes
?	?

What is the evidence regarding successful interventions to reduce overweight and obesity among Indigenous children?

Towns C, Cooke M, Rysdale L, & Wilk P. 2014. Healthy Weights Interventions in Aboriginal Children and Youth: A review of the literature. *Canadian Journal of Dietetic Practice and Research* 75, 3: 125–131.

Godin, K. Leatherdale ST, & Elton-Marshall T. 2015. A Systematic Reviews of the effectiveness of school-based obesity prevention programs for First Nations and Métis youth in Canada. *Clinical Obesity* 5 (3): 103-15.



Why are these results so disappointing?

Similar results in other contexts (Waters et al. 2011)

Short duration

Power of contextual factors

What can we do?

Development

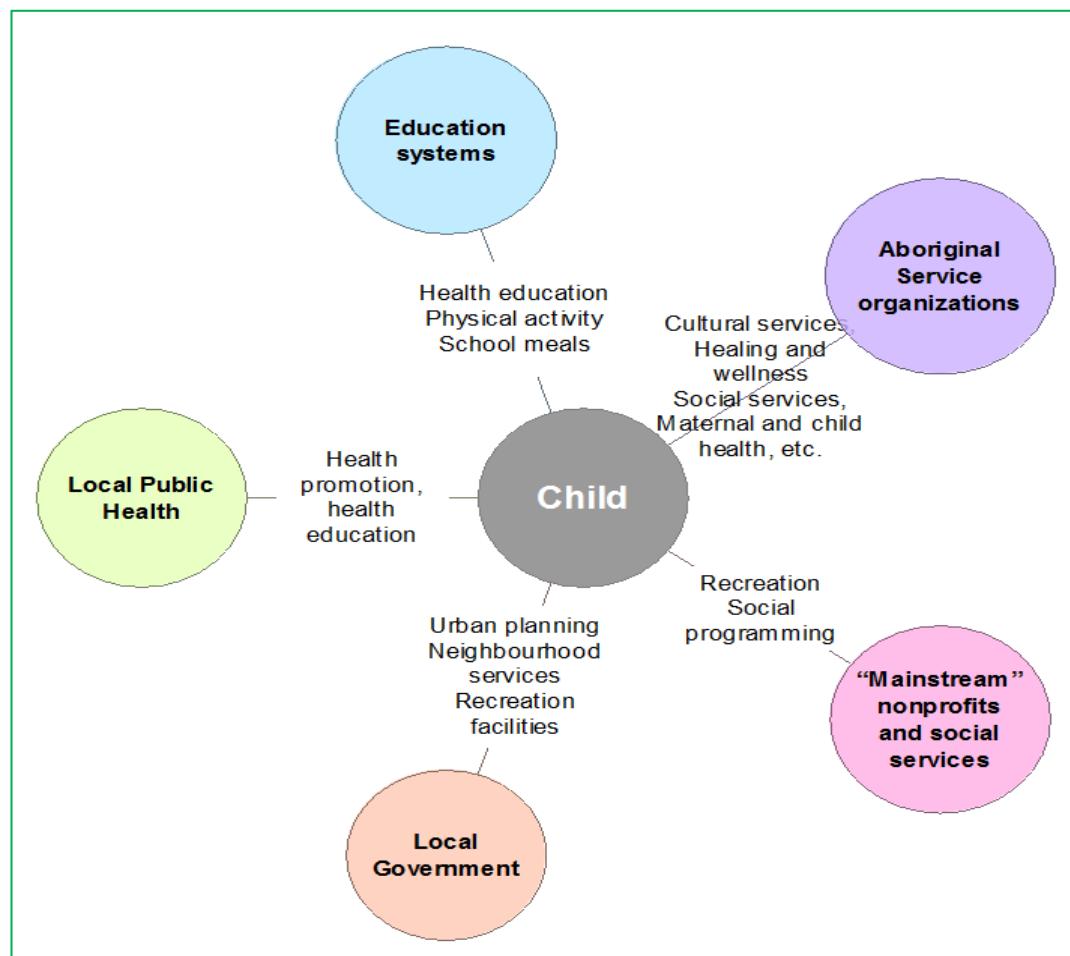


PHAC Innovation Strategy: Achieving Healthier Weights in Canada's Communities (Phase I 2010-2011)

Consultation with Aboriginal and mainstream local service providers (London, Ontario)

Learning about the context of service delivery

Conclusion: No single targeted project or intervention is likely to have lasting impact



The Healthy Weights Connection



A **systems-level** intervention to **improve** how local public health systems serve First Nations and Métis children and families by:

- Using existing resources **more efficiently**
- Increasing local resources through **working together**

Phase II (2013-2017) activities:

- London (N'Amerind Friendship Centre)
- Midland-Penetanguishene (MNO)
- Niagara Region (Niagara Regional Native Centre)

Intervention Approach



Site coordinator in each site

- Actively **engage and connect** Aboriginal and mainstream organizations that serve First Nations and Métis children and families
- Promote **collaboration and resource-sharing** to support culturally-appropriate and evidence-based programming
- **Assist** organizations with program development
 - Provide access to information resources
 - Helping with funding opportunities



“Backbone” organization



Website and database

Factsheets

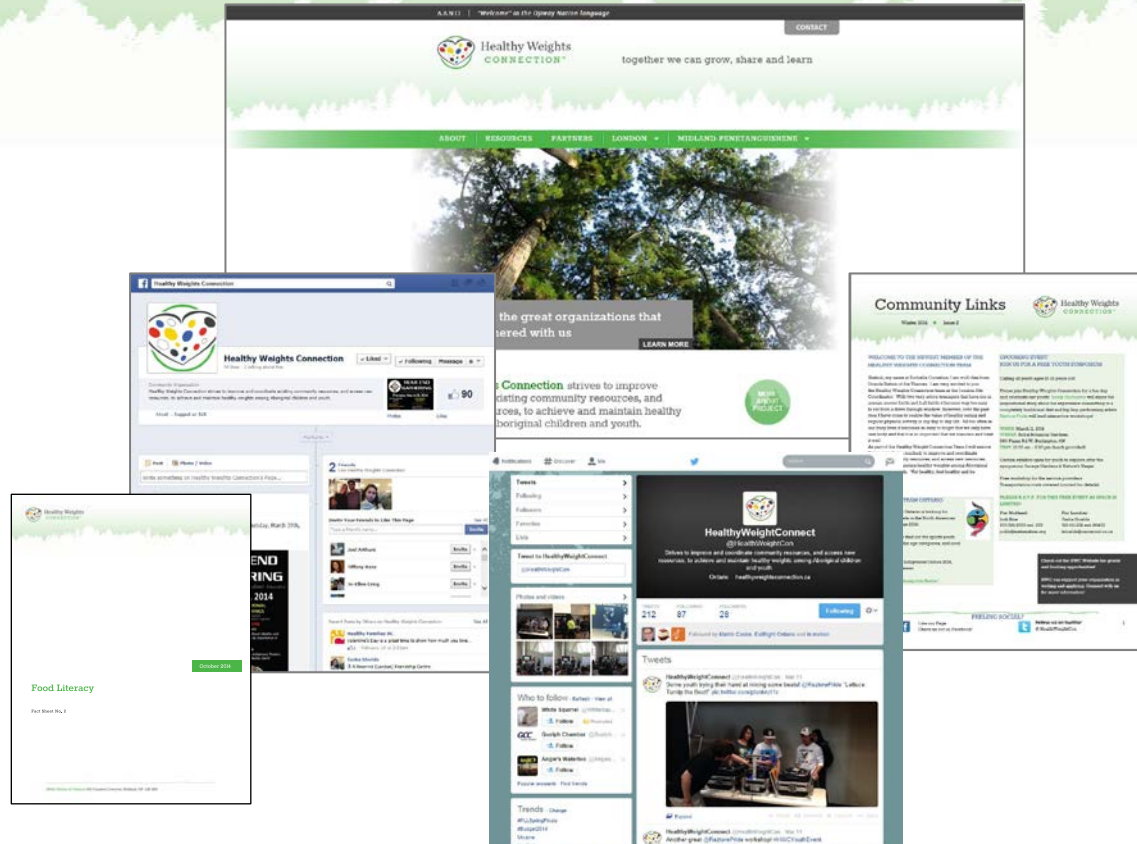
Newsletters

Social media

Support for proposals

Support for events

Knowledge translation



Evaluation



Goal: To understand the strategies that work for improving collaboration

Data Collection:

- Project activities (database to record contacts, meetings, etc.)
- Team meeting notes; Stakeholder meeting notes
- Website analytics; Social media analytics
- KTE surveys (e.g., meeting evaluation)
- # of newsletters distributed
- # of presentations; audience; attendance
- # written products
- Direct contacts with policy makers



Outcome Evaluation



Organization level

Service provider surveys

- Attitudes toward “working together”
- Network analysis
- Services provided

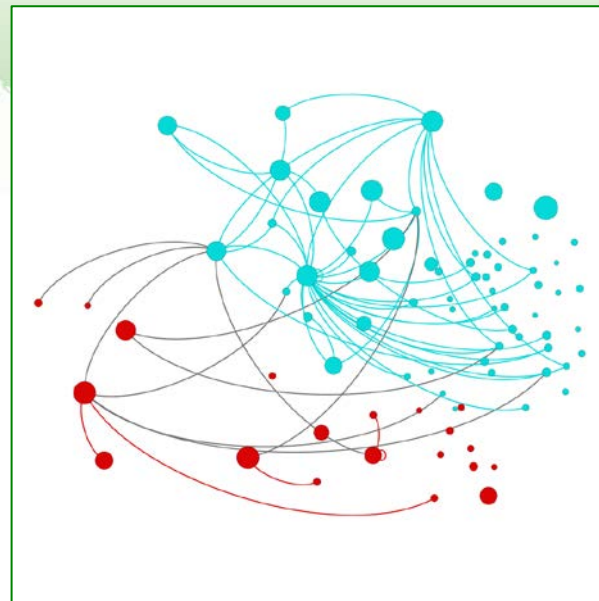
Focus groups with service providers

- Barriers and facilitators to collaboration

Community level

In-person surveys with parents and caregivers

- Children’s diets and physical activity
- Use and satisfaction with local programming and services



Thanks!



Questions?

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