

# Frequently Asked Questions



## Does Shapedown BC work?

**YES.** Studies have shown that when families participate in **Shapedown BC**, there is improvement in weight, self-esteem, depression, diet and exercise habits. However, progress varies depending on how open and committed the child and family are to change. The Shapedown philosophy is that parents should not ask of their child anything they are not willing to do themselves.

## What if both parents can't attend?

Both parents should make every effort to participate. If one parent is more removed from a child, their presence may be even more important. Research has shown repeatedly that a family approach is most effective in order to achieve lifestyle changes. It is only by building on the strength of the family that child obesity programs have their long lasting, beneficial effect on weight. Step-parents, extended family and/or friends or anyone who has a parenting role, are encouraged to participate.

## What happens after group?

After your family has completed the program, you will be encouraged to continue to participate in the on-going week-end family fun fitness sessions at the YMCA or Rec. Centre. Additionally, we offer family memberships and family coaching for our graduates. You will receive monthly newsletters to help keep you on track.



## Should all kids be thin?

**NO.** Children come in all sizes and shapes that are perfectly normal. Rapid weight loss or strict diets can affect the growth and development, promote binge eating, slow metabolism and result in weight gain. **Shapedown BC** is safe. It encourages a gradual, safe weight loss or the maintenance of weight as the child grows. The goal in **Shapedown BC** is for the child or teen to gradually attain their healthy weight.

## Is There A Diet?

**NO.** Diets typically cause children to feel deprived and, as a result, to overeat. Instead, **Shapedown BC** supports a balanced approach to food intake based on Canada's Food Guide to Healthy Eating. Families learn how to select healthier foods.

## What About Exercise?

**Shapedown BC** stresses overall fitness, including endurance, flexibility and strength. Children and parents develop a more active lifestyle and replace television viewing and other inactive pursuits with family and peer activities, sports, projects and other interests.

## CONTACT INFORMATION

### Fraser Health Healthy Weights Program: **Shapedown BC**

Langley Memorial Hospital  
Clinical Nutrition  
22051 Fraser Highway  
Langley, BC V3A 4H4  
Phone: 604-514-6000 local 742682  
Fax: 604-533-6454



To learn more, download our brochure at:  
[www.bcchildrens.ca/healthyweights](http://www.bcchildrens.ca/healthyweights)



Fraser Health  
Healthy Weights  
Program

**Shapedown BC**





# Shapedown BC

.....is a program that helps children, adolescents and their families achieve a healthier lifestyle.

**There are NO diets involved.**

**Shapedown BC** builds on the strength of the family. It supports families in creating healthy eating and an active lifestyle.

Children and teens improve self-esteem and peer relationships and adopt healthier habits. Parents feel better about their parenting and about their child. The whole family becomes healthier and closer. The results go far beyond weight.



## What will Shapedown BC do for the family?

The power in **Shapedown BC** comes from its sensitive, entertaining and practical use of family therapy along with exercise, nutrition and behavioral techniques.



**Shapedown BC** helps families target changes in nutrition and activity. It focuses on the underlying factors that contribute to a child's or teen's unhealthy lifestyle.

**Children and Teens - Shapedown BC** will help you create a healthier lifestyle. Food becomes less important, activity more exciting and your weight begins to normalize. You will learn to express your feelings and needs, accept more responsibility for diet and activity. You feel safer and happier.

**Parents - Shapedown BC** will help you learn communication techniques to resolve conflicts and make positive changes in your family's lifestyle. You will improve your nurturing ability and sharpen your limit-setting skills to guide your child toward a healthier lifestyle. You will let go of guilt, fear and frustration about your child's weight. You will feel better about your parenting and about your child.



## Who is Eligible for a Shapedown BC assessment?

1. Children between 6-17 years of age.
2. Children with a BMI (Body Mass Index) greater than 97%.  
Children with a BMI between 85% and 97% will be considered if certain medical conditions are present.
3. Both parents and children must be prepared to make changes and attend on a regular basis.
4. At least one parent/caregiver who attends the program, must be proficient in English.

### How does Shapedown BC work?

Step 1. Physician referral is required.

Step 2. Children / teens and their families who are eligible, are booked for 2 appointments with the Shapedown BC team. The first is a 4 hour comprehensive medical, psycho-social and lifestyle assessment. The second appointment is a 1 hour feedback session to review the results of the assessment and establish readiness and capacity to attend the program.

Step 3. The child / teen enters the next age-appropriate group program.



### What Happens During the Group Sessions?

• The intervention is 10 weeks long, two sessions per week:

1. One 2 hour evening session with a 30 minute activity session for the children with a certified fitness instructor
2. One hour Family Fun Activity session at the YMCA or Rec. Centre in your area.

The teen groups have an additional 3 sessions, for teens only, to address emotional issues around eating.

**A Team of health professionals - a physician, dietitian, mental health professional and an exercise specialist - are involved in the assessment and / or the intervention parts of the program. Referral to medical specialists is available as needed.**