Obesity Resources for Frontline Healthcare Providers and their Patients

USING THIS GUIDE

This guide contains a listing of evidence-based obesity management interventions that target people at all life stages, from conception through older adulthood.

Resources included in this guide have been organized by intervention type. Obesity management interventions designed to target food selection, eating, physical activity and exercise behaviours may be conducted in primary care clinics, childcare settings, schools, homes, workplaces and the community. Such interventions typically follow any one or combination of five approaches.

1. **Behavioural** approaches are frequently carried out by kinesiologists, physical therapists, dietitians and nutritionists. Behavioural interventions aim to teach people the action-oriented skills necessary to adopt and maintain a diet or exercise program, and include such activities as goal-setting, action-planning, self-monitoring and developing a relapse prevention strategy.

2. **Environmental-policy** approaches are ambitious, well-coordinated efforts among many community sectors and are designed to create environmental opportunities, cues and support for physical activity participation and healthy food selection. Unlike the other four approaches, all of which target the individual and require participation, this approach is directed toward the social-ecological determinants of health.

3. **Informational** approaches are typically used by not-for-profit organizations, professional associations and advocacy groups, and may include the use of mass communications vehicles (such as the Internet) and community-wide campaigns to spread a general message, such as the benefits of physical activity or the risks of sedentary behaviour. Informational strategies may also include the use of point-of-decision prompts, which involve placing signage in places where individuals have the opportunity to make a healthier choice.

4. **Psychological** approaches are typically performed by mental health and exercise professionals, and commonly include group therapy, counselling and motivational interviewing techniques.

5. **Social** approaches are commonly used by mental health professionals but also in health and fitness facilities to foster various types of social support for individuals looking to adopt and maintain new health-related behaviours. The goal of this intervention type is to develop a supportive social environment including friends, family, coworkers and healthy-lifestyle mentors in order to exert positive social influence on an individual’s habits that affect health.

Also included in this guide are resources related to the **medical** management of obesity designed for use in healthcare settings (such as referral forms), as well as current **research** related to obesity in Canada and the United States and the initiatives that are underway to address this large and growing health concern.
Intervention Type: Behavioural

**Canadian Society for Exercise Physiology (CSEP)**  
Encourage your patients to download their copy of the Canadian Physical Activity Guidelines handbook, which educates on the importance of physical activity, promotes daily action planning, and delivers the complete collection of CSEP physical activity and sedentary behaviour guidelines.

**College of Dietitians of Manitoba**  
http://manitobadietitians.ca/for_the_public/find_a_dietitian.aspx  
Help patients of all ages find a registered dietitian in Manitoba who can assess and provide tools to improve lifestyle and eating habits.

**Dietitians of Canada**  
http://www.eatracker.ca/  
Invite patients to try eaTracker.ca, which enables individuals to self-evaluate their daily food and physical activity goals and

**Centers for Disease Control and Prevention (CDC)**  
http://www.cdc.gov/obesity/strategies/index.html  
Patients may be guided to the CDC’s Strategies to Combat Obesity web site for information and practical resources targeted at individuals, families and community advocates. Tell patients to look for CDC Guidelines, such as for breastfeeding, physical activity in the community and strategies for increasing consumption of fruits and vegetables.

**EatRight Ontario**  
Direct patients who struggle with menu planning to the EatRight Ontario web site, which provides action-oriented meal-planning tips and tools.

**Government of Canada**  
Drive patients towards the new Canada Food Guide web site, updated in 2015 to include tips and interactive tools for applying the Food Guide to everyday life.

**Manitoba Fitness Council (MFC)**  
http://www.manitobafitnesscouncil.ca/  
Help patients of all ages get active by finding a Manitoba Fitness Council-certified personal fitness trainer and/or group fitness leader.

**Manitoba Kinesiologists Association**  
http://manitobakinesiologists.ca/  
Help patients of all ages find a Kinesiologist to design and implement a tailored exercise program.

**My Gym**  
http://www.mygym.com/winnipeg/why  
Encourage parents to consider bringing their children, aged 6 weeks through 10 years of age, to My Gym – a health and fitness facility with weekly classes that make fitness fun and encourage physical, cognitive and emotional development.

**ParticipAction**  
http://www.participaction.com/splash/  
Families should be directed to ParticipAction.com to learn the value of physical play to overall health and access interactive resources to track and manage physical activity participation.

**Psychology Today**  
Help adult patients find private obesity treatment centres in Manitoba using this online directory.

**Seven Oaks General Hospital Wellness Institute**  
http://sogh.ca/wellness/weight-loss-programs/  
Encourage patients of all ages to learn more about the weight loss coaching, nutrition counselling, personal training and wellness programs.
OBESITY DAY // RESOURCES

Intervention Type: Behavioural (continued)

University of Manitoba
http://umanitoba.ca/faculties/kinrec/recreationservices/personaltraining.html
Connect patients with CSEP-certified Exercise Physiologists who deliver high-quality fitness assessments, personal training and counselling.

Alliance for the Prevention of Chronic Disease
Provide this resource to parents to help improve their understanding of the causes and consequences of childhood obesity, as well as some at-home solutions.

Pan-Canadian Public Health Network
http://www.phn-rsp.ca/thcpr-vcpsre-2013/compilation-eng.php#mn
Know the current interventions to promote healthy body weight that Federal, Provincial and Territorial governments are undertaking in your region of Canada.

University of Winnipeg
http://www.uwinnipeg.ca/index/wesmen-personaltraining
Connect patients with CSEP-certified Exercise Physiologists who deliver high-quality fitness assessments and personal training.

YM-YWCA
http://www.ywinnipeg.ca/programs/health-fitness/fitness-services/personal-training/
Direct your patients to any YM-YWCA for personal training programs led by CSEP-certified and degree Exercise Physiologists.

Winnipeg Regional Health Authority (WRHA)
http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/index.php
Connect your patients with WRHA Community Nutritionists located in Winnipeg.

Manitoba School Nutrition Handbook
Help spread the word by providing this resource to individuals working in school settings. The Manitoba School Nutrition Handbook was developed to help schools promote healthy eating, encourage healthy choices and help students establish healthy eating habits for life.

Public Health Agency of Canada: Canadian Best Practices Portal
Learn about current community-driven obesity interventions in Manitoba and across Canada.

Intervention Type: Environmental-Policy

University of Winnipeg
http://www.uwinnipeg.ca/index/wesmen-personaltraining
Connect patients with CSEP-certified Exercise Physiologists who deliver high-quality fitness assessments and personal training.

Winnipeg Regional Health Authority (WRHA)
http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/index.php
Connect your patients with WRHA Community Nutritionists located in Winnipeg.

Manitoba InMotion
http://www.manitobainmotion.ca/
Encourage patients of all ages to take advantage of Manitoba InMotion – a community initiative that strives to increase opportunities for physical activity in Manitoba, whether through schools, workplaces, community centres and even among individuals and their friends and family.

Centers for Disease Control and Prevention (CDC)
http://www.cdc.gov/obesity/strategies/index.html
Patients may be guided to the CDC’s Strategies to Combat Obesity web site for information and practical resources targeted at individuals, families and community advocates. Tell patients to look for CDC Guidelines, such as for breastfeeding, physical activity in the community and strategies for increasing consumption of fruits and vegetables.

Pan-Canadian Public Health Network
http://www.phn-rsp.ca/thcpr-vcpsre-2013/compilation-eng.php#mn
Know the current interventions to promote healthy body weight that Federal, Provincial and Territorial governments are undertaking in your region of Canada.

Manitoba InMotion
http://www.manitobainmotion.ca/
Encourage patients of all ages to take advantage of Manitoba InMotion – a community initiative that strives to increase opportunities for physical activity in Manitoba, whether through schools, workplaces, community centres and even among individuals and their friends and family.

University of Manitoba
http://umanitoba.ca/faculties/kinrec/recreationservices/personaltraining.html
Connect patients with CSEP-certified Exercise Physiologists who deliver high-quality fitness assessments, personal training and counselling.

YM-YWCA
http://www.ywinnipeg.ca/programs/health-fitness/fitness-services/personal-training/
Direct your patients to any YM-YWCA for personal training programs led by CSEP-certified and degree Exercise Physiologists.

Manitoba School Nutrition Handbook
Help spread the word by providing this resource to individuals working in school settings. The Manitoba School Nutrition Handbook was developed to help schools promote healthy eating, encourage healthy choices and help students establish healthy eating habits for life.
OBESITY DAY // RESOURCES

Intervention Type: Informational

**Canadian Diabetes Association**
http://www.diabetes.ca/diabetes-and-you/healthy-living-resources
Direct patients to the Canadian Diabetes Association web site for user-friendly information related to nutrition and exercise.

**Canadian Society for Exercise Physiology (CSEP)**
http://www.csep.ca/english/View.asp?x=587
Get the guidelines – CSEP, founded at the Pan American Games in Winnipeg in 1967, is Canada's premier exercise science and personal training organization and sets the national standard for physical activity recommendations. Order and distribute CSEP's physical activity and sedentary behaviour guidelines to your patients. Guidelines have been knowledge-adapted, with one to cover each of five life stages, pregnancy and special populations.

**Centers for Disease Control and Prevention (CDC)**
http://www.cdc.gov/healthyyouth/
Patients of all ages, especially adolescents, may be encouraged to access the CDC's Adolescent and School Health web site to learn more about nutrition, physical activity and obesity.

**Childhood Obesity Foundation**
http://www.childhoodobesityfoundation.ca/
Invite parents and caregivers to visit the Childhood Obesity Foundation web site for family-friendly health resources. In addition, healthcare providers will find BMI and growth chart tools.

**Dietitians of Canada**
http://www.dietitians.ca/
Direct patients to the Dietitians of Canada web site to search for a local, registered dietitian. Patient-friendly educational resources are also available.

**Government of Canada**
Encourage parents and caregivers to learn about the health problems faced by obese children, strategies for helping children maintain healthy weight, healthy eating and physical activity.

**Heart & Stroke Foundation**
http://www.heartandstroke.mb.ca/site/c.IgLsIVoYgPf/b.3661081/k.9459/Healthy_Living.htm
Patients requiring nutritional guidance should be encouraged to visit the Heart & Stroke Foundation web site for healthy eating information and recipes. Patients will also find information about physical activity and healthy weight management.

**Manitoba Healthy Living Guide**
Manitoba's Healthy Living Guide is an excellent informational tool for adults that provides guidelines for keeping healthy and preventing chronic diseases.

**Manitoba Parent Zone**
Encourage parents and caregivers to educate themselves about physical development and childhood obesity using the resources provided at Manitoba Parent Zone.

**National Heart, Lung and Blood Institute (NHLBI)**
https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm
Guide patients to the Aim for a Healthy Weight program on the National Heart, Lung and Blood Institute (NIH) web site, which is designed to educate adults about healthy body weight, weight management strategies, physical activity guidelines and menu planning.

**National Heart, Lung and Blood Institute (NHLBI)**
http://www.nhlbi.nih.gov/health/educational/wecan/health-professionals/
Encourage parents to read the report entitled 'We Can! Parent Tips: Healthy Families, Healthy Weight' to learn strategies for improving the activity levels and nutrition of children. Healthy eating and physical activity resources targeting adult patients are also available.
OBESITY DAY // RESOURCES

**Intervention Type: Psychological**

- **College of Dietitians of Manitoba**
  - [http://manitobadietitians.ca/for_the_public/find_a_dietitian.aspx](http://manitobadietitians.ca/for_the_public/find_a_dietitian.aspx)
  - Help patients of all ages find a registered dietitian in Manitoba who can assess and provide tools to improve lifestyle and eating habits.

- **Dietitians of Canada**
  - [http://www.dietitians.ca/](http://www.dietitians.ca/)
  - Direct patients to the Dietitians of Canada website to search for a local, registered dietitian. Patient-friendly educational resources are also available.

- **Psychology Today**
  - Help adult patients find private obesity treatment centres in Manitoba using this online directory.

- **Psychology Today**
  - Help patients of all ages find obesity therapists in Manitoba using this online directory.

- **Reh-Fit Centre**
  - Direct adult patients towards weight management programming at the Reh-Fit Centre where clients are encouraged to establish and reinforce weight goals throughout the lifetime.

- **Seven Oaks General Hospital Wellness Institute**
  - [http://sogh.ca/wellness/weight-loss-programs/](http://sogh.ca/wellness/weight-loss-programs/)
  - Encourage patients of all ages to learn more about the weight loss coaching, nutrition counselling, personal training and wellness programs.

- **University of Manitoba**
  - [http://umanitoba.ca/faculties/kinrec/recreationservices/personaltraining.html](http://umanitoba.ca/faculties/kinrec/recreationservices/personaltraining.html)
  - Connect patients with CSEP-certified Exercise Physiologists who deliver high-quality fitness assessments, personal training and counselling.

- **Winnipeg Regional Health Authority (WRHA)**
  - [http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/index.php](http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/index.php)
  - Connect your patients with WRHA Community Nutritionists in Winnipeg.

**Intervention Type: Social**

- **Manitoba Fitness Council (MFC)**
  - [http://www.manitobafitnesscouncil.ca/](http://www.manitobafitnesscouncil.ca/)
  - Help patients of all ages get active by finding a Manitoba Fitness Council-certified personal fitness trainer and/or group fitness leader.

- **Manitoba InMotion**
  - [http://www.manitobainmotion.ca/](http://www.manitobainmotion.ca/)
  - Encourage patients of all ages to take advantage of Manitoba InMotion – a community initiative that strives to increase opportunities for physical activity in Manitoba, whether through schools, workplaces, community centres and even among individuals and their friends and family.

- **My Gym**
  - Encourage parents to consider bringing their children, aged 6 weeks through 10 years of age, to My Gym – a health and fitness facility with weekly classes that make fitness fun and encourage physical, cognitive and emotional development.

- **ParticipAction**
  - Families should be directed to ParticipAction.com to learn the value of physical play to overall health and access interactive resources to track and manage physical activity participation.
Intervention Type: Social (continued)

Psychology Today
Help adult patients find private obesity treatment centres in Manitoba using this online directory.

Reh-Fit Centre
Direct adult patients towards weight management programming at the Reh-Fit Centre where clients are encouraged to establish and reinforce weight goals throughout the lifetime.

Seven Oaks General Hospital Wellness Institute
http://sogh.ca/wellness/weight-loss-programs/
Encourage patients of all ages to learn more about the weight loss coaching, nutrition counselling, personal training and wellness programs at the Seven Oaks General Hospital Wellness Institute.

Intervention Type: Medical - Forms & Guidelines

Canadian Obesity Network
http://www.obesitynetwork.ca/
Access obesity resources designed for healthcare providers, and take a proactive role and join the Canadian Obesity Network for healthcare providers, researchers, policy makers and obesity stakeholders.

Canadian Society for Exercise Physiology (CSEP)
http://www.csep.ca/english/view.asp?x=698
Familiarize yourself with the Physical Activity Readiness Questionnaire (PAR-Q) forms being used by exercise professionals, and download your copy of the Physician’s Clearance Form.

Health Canada
Access and familiarize yourself with Health Canada’s Prenatal Nutrition Guidelines for Health Professionals: Gestational Weight Gain.

Winnipeg Regional Health Authority (WRHA)
Referral form to the Youville Diabetes Centre in Winnipeg.

Winnipeg Regional Health Authority (WRHA)
Referral form to the Centre for Metabolic and Bariatric Surgery at Victoria General Hospital in Winnipeg.

Canadian Task Force on Preventive Health Care
http://canadiantaskforce.ca/
Know the Canadian Task Force on Preventive Health (CTFPHC) guidelines for obesity management in children and adults.
**Intervention Type: Medical - Research**

### American Medical Association


Use the Obesity Resources for Physicians to learn how healthcare providers can help adult patients become advocates for healthy eating and physical activity.

### Canadian Institute for Health Information (CIHI)

[https://secure.cihi.ca/free_products/Bariatric_Surgery_in_Canada_EN.pdf](https://secure.cihi.ca/free_products/Bariatric_Surgery_in_Canada_EN.pdf)

Understand the current state of bariatric surgery in Canada in terms of volume, access to care, costs and patient profiles.

### Canadian Task Force on Preventive Health Care


Read the current ‘Screening, Prevention and Treatment of Overweight/Obesity In Adult Populations’ report, released in 2015.

### Canadian Task Force on Preventive Health Care

[http://www.cmaj.ca/content/early/2015/03/30/cmaj.141285](http://www.cmaj.ca/content/early/2015/03/30/cmaj.141285)

Read the current ‘Recommendations for Growth Monitoring, and Prevention and Management of Overweight and Obesity in Children and Youth in Primary Care’ report, released in 2015.

### Edmonton Obesity Staging System

[http://www.drsharma.ca/edmonton-obesity-staging-system.html](http://www.drsharma.ca/edmonton-obesity-staging-system.html)

Learn how the Edmonton Obesity Staging System, endorsed by the Canadian Obesity Network, is helping clinicians better determine the overall health of obese patients and to grade obesity using an alternative to the Body Mass Index (BMI) scale.

### Healthy Child Manitoba


Read ‘Healthy Child Manitoba: 2012 Report on Manitoba’s Children and Youth’ to improve your knowledge of the current social-ecological health challenges faced by Manitoba’s youth.

### International Indigenous Policy Journal

[http://ir.lib.uwo.ca/cgi/viewcontent.cgi?article=1018&context=iipj](http://ir.lib.uwo.ca/cgi/viewcontent.cgi?article=1018&context=iipj)

Read Preventing Obesity in Canada’s Aboriginal Children: Not Just a Matter of Eating Right and Getting Active to understand indigenous perspectives.

### Journal of Aboriginal Health

[http://www.nahoj.ca/jah/english/jah02_01/JournalVol12No1ENG9overweightchildren.pdf](http://www.nahoj.ca/jah/english/jah02_01/JournalVol12No1ENG9overweightchildren.pdf)

Read ‘Overweight in First Nations Children: Prevalence, Implications, and Solutions’ to better understand the biological, cultural and socioeconomical contributions to obesity in First Nations children.

### Manitoba Centre for Health Policy


Read the report ‘Adult Obesity in Manitoba: Prevalence, Associations & Outcomes’ to better understand the nature of obesity in adults in Manitoba.

### National Heart, Lung and Blood Institute (NHLBI)


Read the report entitled ‘The Physician’s Role in Preventing Childhood Overweight and Obesity’ to learn strategies for improving the activity levels and nutrition of children. Numerous other healthy eating and physical activity resources targeted at adult patients are also available.

### Nutrition and Metabolic Insights


Read ‘Obesity Prevention from Conception: A Workshop to Guide the Development of a Pan-Canadian Trial Targeting the Gestational Period’ to learn about lifestyle interventions targeted at maternal obesity.

### Pan-Canadian Public Health Network


Read or watch the Towards a Healthier Canada – 2013 Progress Report on Advancing the Federal/Provincial/Territorial Framework on Healthy Weights to learn about the effectiveness of the program on curbing childhood obesity.
Intervention Type: Medical - Research (continued)

Observe local obesity trends using the 'Indicator for Overweight & Obesity by Neighborhood Cluster in Winnipeg'.

Read the '2012 Youth Health Survey Report', which provides a snapshot on the health behaviours affecting Manitoba students in Grades 7-12 during the 2012-13 school year.

Familiarize yourself with 'Physical Activity Approaches at the Ground-Level', a report that offers evidence-based solutions for implementing obesity interventions for aboriginal children.

Observe local obesity trends using the 'Indicator for Overweight & Obesity by Neighborhood Cluster in Winnipeg'.

Read 'Obesity in Canada', published in 2011, to understand the prevalence, determinants and impact of obesity in Canada. The report examines obesity among adults, children, youth and Aboriginal Peoples.

Familiarize yourself with the latest knowledge and evidence-based best practices on establishing healthy feeding relationships, so that you can educate parents and caregivers.

NOTES: