

## Healthy Kids Initiative

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### Abstract

The Healthy Kids Initiative occurs in three cities in Saskatchewan, Canada for overweight or obese youth. The program includes 60 supervised exercise therapy sessions, 12 dietary sessions, 12 cognitive behaviour therapy sessions and significant social support (community, clinicians, family and friends) over a 12- week period. Support includes attending with a “buddy” and three signed social support contracts. Numerous objective and valid outcomes are measured at 12 weeks, 24 weeks and 52 weeks including body mass index, body fat percentage, waist and hip circumference, blood pressure, blood glucose, blood cholesterol, aerobic fitness, aerobic activity, physical activity, dietary consumption, self report health, health care utilization, smoking status, depressed mood and health related quality of life.

To date, 1,465 youth (91.6% completion rate) have completed the program.

At 12 weeks, modest weight losses are observed but significant health outcomes are attained. For example, the prevalence of depressed mood (measured by Beck Depression Inventory-2) is reduced from 59.4% to 24.0% ( $p = 0.000$ ).



### Biography:

Dr Mark Lemstra has nine university degrees including doctorates in public health, epidemiology and psychiatry. He is the owner of Alliance Health medical clinics in Saskatchewan, Canada.



### Speaker Publications:

1. Mark Lemstra, Yelena Bird, Jeff Fox and John Moraros. The Healthy Weights Initiative: results from the first 2,000 participants. 2018 Jul 3;12:1167-1174. doi: 10.2147/PPA.S169655. eCollection 2018.
2. Lemstra M, Fox J, Klassen R, Dodge D. Patient Prefer Adherence. The Healthy Weights Initiative: the first 1,000 participant. 2017 Feb 20;11:283-289. doi: 10.2147/PPA.S123914. eCollection 2017.
3. Lemstra M, Rogers MR. Patient Prefer Adherence. The importance of community consultation and social support in adhering to an obesity reduction program: results from the Healthy Weights Initiative. 2015 Oct 15;9:1473-80. doi: 10.2147/PPA.S91912. eCollection 2015.

13<sup>th</sup> [International Conference on Childhood Obesity and Nutrition](#); London, UK - March 16-17, 2020.

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(<https://childhood-obesity.insightconferences.com/abstract/2020/healthy-kids-initiative>)