

Healthy Weights Project Update – December 2011

Funding for the Healthy Weights Project was received in February 2011 and a Healthy Weights Project Coordinator and an Evaluation Consultant were hired in March 2011. Work began in earnest due to the project starting 3 months later than anticipated. To date, major project activities that are checked off have been completed:

- ✓ Promote community awareness of the Healthy Weights Project
 - Ongoing throughout project
- ✓ Focus Groups sessions in Red Lake, Atikokan and Thunder Bay (the remote, rural and urban pilot sites)
 - Total of 7 Focus Group sessions held
 - Focus Group Report prepared
- ✓ Key informant interviews with fathers and Mental Health workers June 2011
- ✓ Establishment of a Project Steering Committee with first meeting held May 30, 2011
- ✓ Report of Focus Group sessions completed May 2011
- ✓ Literature search
 - Literature Review Report done June 2011

Needs Assessment

- ✓ Developed
- ✓ Piloted
- ✓ Administered To CAPC/CPNP program staff in Ontario off-reserve Aboriginal sites
- ✓ Needs Assessments analysed and report prepared August 2011

Developing age-specific and culturally appropriate materials for the Childhood Obesity Prevention Resource and Training Kit (COPR & TK)

- ✓ Started developing resources
- ✓ Continue to research resources
- ✓ Have ordered some resources for the COPR & TK
- ✓ Provide training for CAPC/CPNP program staff from the pilot sites on the COPR &TK November 2011

Evaluate and revise COPR & TK based on outcomes from pilot testing – in process of doing this