

Putting Your Heart into Healthy Active Kids: Tackling Childhood Obesity – Knowledge to Action

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The Session

- ❑ Overview of HSFO Obesity Strategy
- ❑ Int'l conference research findings
- ❑ Discussion



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Childhood Obesity Strategy

Vision

- ❑ Ontario is a place where health flourishes and future generations are active and healthy

Mission

- ❑ To create social change that has a sustainable impact on the health and well-being of children

Goals

- ❑ The establishment of public policies that encourage and enable children to be active and have access to healthy foods
- ❑ Inspire a social movement to establish a healthy Ontario for children



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Community Advocacy Fund

- ❑ Financial support to groups to advocate for and implement change within their communities.
- ❑ \$2K, \$5K and \$25K annual grants.
- ❑ Currently funding 29 projects totaling \$285K.



Knowledge to Action Workshops

- ❑ Objective: bring together community partners who were concerned with the well-being of children and to facilitate community action
- ❑ Goal: create more unified approaches and actions
- ❑ Process: Research presentation followed by discussions for future action.



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Next Steps

- Three groups received CAF funds for ongoing planning and action
- New and/or enhanced partnerships and working committees established
- Additional sessions in the Spring



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Discussion

- Barriers
- Opportunities
- Promising Practices

- www.heartandstroke.ca/kidfit

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