

Pediatric Centre for Weight and Health (PCWH)

Winter 2011-2012 Newsletter

More information:

www.albertahealthservices.ca/pcwh.asp

Phone: 780-401-BOOK (2665)

Toll-free: 1-866-401-BOOK

pcwh@albertahealthservices.ca

Alberta Health Services' Obesity Initiative

Obesity raises risks of more than 22 other chronic diseases. The number of Albertans with severe obesity has grown by 300 per cent in the past two decades, making it one of the most serious health issues facing our province.

Alberta Health Services' Obesity Initiative strives to reach all groups, from children to adults, through a broad range of health care and community-based services. It is a five-year plan that began in April 2011 with first-year funding of \$10.9 million.

The Obesity Initiative will:

- Increase access to health promotion programs
- Expand obesity-related training for health-care workers
- Use current evidence in the management of obesity
- Improve access to bariatric surgery for adults
- Expand specialty teams across Alberta

Highlights for families include the launch of the MEND program in some towns, and the opening of the Pediatric Centre for Weight and Health at the Alberta Children's Hospital in Calgary. More details to follow...



Community Connections

Cheap Crafting Supplies

The Reuse Centre has all sorts of stuff for winter crafting fun. For \$5, you can load up on unlimited items. Reuse Centre: 10004 – 103A Ave (opposite the CN Tower) Visit www.edmonton.ca and search *reuse*.

Be a Snow Angel

Help your less-able neighbour clear their snow. Get fitter and feel happy. Go to www.edmonton.ca and search *snow angel*.

Winter Light 2012

Get out to the Mill Creek Adventure Walk (Jan 27 & 28th) and Illuminations (Feb 10 & 11).

Visit www.winterlight.ca for the details.

Active Start 2012

The PCWH and City of Edmonton offer our families and their friends this great program on Saturday mornings. Contact your PCWH for details.

Join the Conversation

PCWH Edmonton General Graduate Student, Carla, finished her Master's Degree this Fall! She created a deck of "Conversation Cards" that have statements describing common issues, concerns, and priorities for families. Parents can look through the cards before their appointment and choose the cards that best describe what they want to talk about and work on. Ask for the Conversation Cards at your PCWH appointments in 2012.



Who's In Charge?

Have you ever walked out of a medical appointment and thought “Gosh – I forgot to ask” or “I’m not sure that I understood what my doctor just said”?

Your family can be in charge! Here's how:

Keep track of your family's health history

Know when and why your family had other medical appointments, hospitalizations and tests. Jot this down in a notebook or on your computer. Take these details to each appointment.

Talk with your family about:

Why are we going to the doctor today?

Do we have any other concerns? Write these down with the biggest concerns first. You will be more likely to ask, and your doctor will have time to address the major concerns. If you don't understand what your doctor is saying, tell them, and they can re-phrase it.

Know your medications

What are the names and dosages of the medications we take?

What time do we take the medications?

Do we know why we take each medication?

Have there been any side effects that we need to discuss with our doctor?

Tell your doctor about any vitamins, supplements or herbal medications that your family takes.



Anna Stephenson, RN

The Holidays: A Special Time for Growing Self Esteem

Self-esteem is the value we put on ourselves.

The Holidays are a time when parents can help grow their child's self esteem – and we don't mean buying gifts!

Here's how:

- Choose foods and celebrations that reflect your families' ethnic background and heritage.
- Create a special tradition that only your family does, every year.
- Spend an evening looking through family photo albums and mementos.
- Give the gift of three words “I love you”, warmed by a hug.



Adapted from Children and Self-Esteem,
Canadian Mental Health Association,
www.cmha.ca

Best Tobogganing in Edmonton

The City of Edmonton maintains hills around the city to reduce hazards and provide a safer and smoother ride.

Here's a list of Edmonton parks with maintained toboggan hills:

- Emily Murphy Park
- Gallagher Park
- Government House Park
- Jackie Parker Recreation Area
- Rundle Park



Set a family challenge to visit all these toboggan hills over the holidays.

Get to the hills during the day because they don't have night-time lighting.

Wear your helmets and good winter gear. Take water along to stay well-hydrated.

Happy sledding!

Amy Kemp, Exercise Specialist Intern