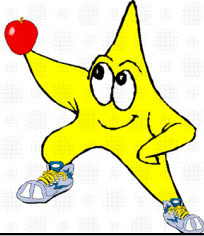


The Janeway Lifestyle Program

Happy Healthy Me



Did You Know...

NL has the highest rate of childhood obesity in Canada. (Statistics Canada, 2004)

This generation of children will be the first to have a shorter lifespan than their parents. (Wood, 2004)

Children with extra weight on are at an increased risk of bullying, lower self-esteem and depression. (Stewart et. al., 2007)

The goal of the Janeway Lifestyle Program is to help children and families eat well, be active and feel good about themselves. We work with children who have weight problems and their families.

How do I know if my child has weight problems?

A healthcare professional will use a chart to find out if your child is too heavy for their age and height. They can complete a referral and send it to us.

What causes childhood weight problems?

Many factors influence weight, shape and health. Some are related to genetics and some to lifestyle. When changes are made during the childhood years, we have a lot of control over preventing long term health problems.

Who are we?

We are a group of health professionals: Pediatrician(s), Dietitian, Psychologist, Physiotherapist, and Social Worker that will educate you on the most current information on healthy living. We will also support you and help you work through barriers.

What do we offer?

Families who are ready to make changes can attend an information session about the program. If you would like to continue, we will offer an individual clinic assessment and 11 week group treatment program. We will then follow your child every six months until their 18th birthday

How can I get referred?

Your doctor or public health nurse can make a referral. Please contact 777-4387 for a referral form or to learn more.