

Mind

Exercise

Nutrition

Do it!



PRESENTED BY



UNIVERSITY OF
SASKATCHEWAN

College of Kinesiology

What is MEND?

MEND (Mind, Exercise, Nutrition...Do it!) is...

- ♥ a free community-based, obesity prevention and weight management program for children and their families.
- ♥ MEND SK was launched in Saskatoon in the fall of 2012, and is led by the College of Kinesiology, University of Saskatchewan in partnership with the Colleges of Pharmacy and Nutrition, Nursing and Medicine.

MEND SK Advisory Committee



- UNIVERSITY OF SASKATCHEWAN - 5
 - COLLEGES OF KINESIOLOGY, NURSING, PHARMACY AND NUTRITION, MEDICINE, CLINICAL PSYCHOLOGY
- PHYSICIANS – 2+
 - FAMILY PHYSICIAN
 - PEDIATRICIAN[S]
- COMMUNITY CONNECTORS – 3
 - LOCAL, ABORIGINAL AND PROVINCIAL PERSPECTIVE
- SUBCOMMITTEE CHAIRS - 2
 - RESEARCH
 - SUSTAINABILITY
- MEND SK - 2
 - DIRECTOR OF OPERATIONS
 - REGIONAL PROGRAM MANAGER

MEND SK Partnerships

♥ Funding Partners

- Saskatchewan Blue Cross
- SK Sport
- Community Initiatives Fund (CIF)



MEND SK Partnerships

♥ Delivery Partners

- Schools
- YMCA's
- College of Kinesiology, U of S

♥ Community Partners

- Health
- Education
- Sport, culture & recreation
- Non for profits
- Agencies, etc.

MEND SK



Sept 2012

Launched in Saskatoon

- MEND 7-13 programs

Sept 2013

Launched in Prince Albert

- MEND 7-13
- Launched MEND 2-4 in Saskatoon

April 2014

Launched in Regina

- MEND 7-13 and MEND 2-4
- Launched MEND 2-4 in Prince Albert

Fall 2014

**Launching in La Ronge, Moose Jaw
and North Battleford**

MEND Program



Mind



Behavior
change

Experiential
learning and
peer modelling



Exercise

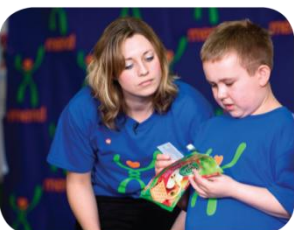


Group-based
physical
activity

Land and
water-based
activities



Nutrition



Nutrition targets & education...
...high-impact demos... made
real in a local supermarket



Do it!



Weight
maintenance
resources
(MEND
World)



Long-term
central
support

YouTube

facebook

twitter

mendcentral.org

Family Programs



mend

AGES 2-4



mend

AGES 5-7



mend

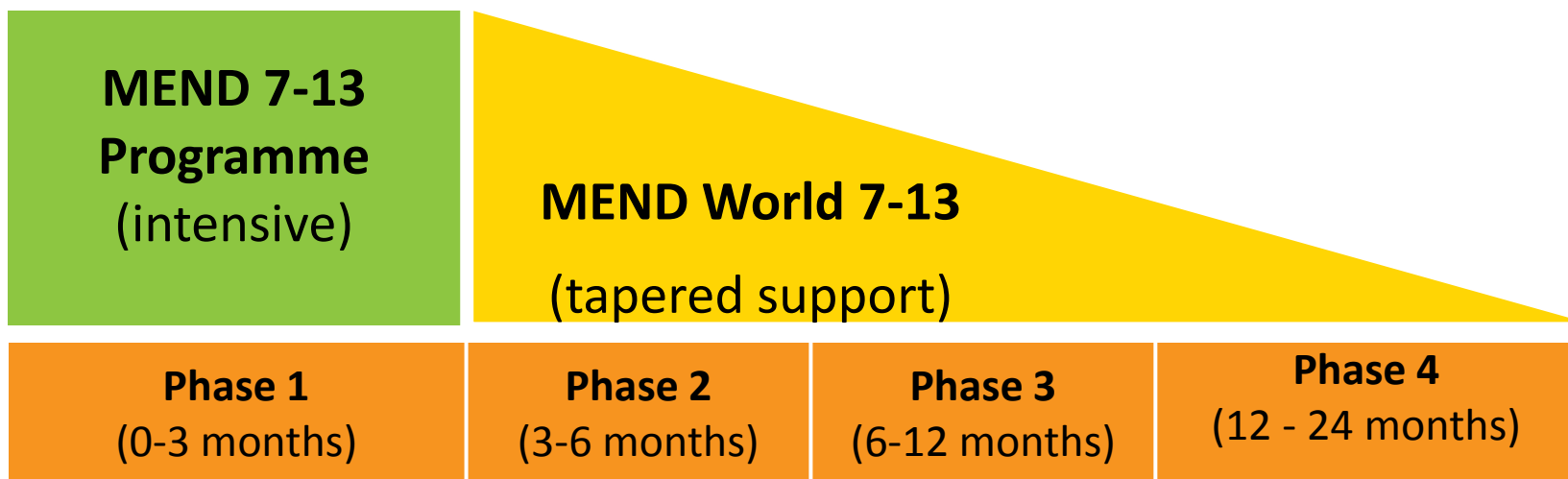
AGES 7-13

Targeted towards overweight and obese children

Open to all

Sustaining MEND

MEND two-year support strategy



Comprehensive Resource



So...Does MEND Work?



MEND delivers major outcomes in changing unhealthy behaviours



- BMI
- Waist circumference
- Psychological difficulties
- Sedentary behaviours

...and big improvements in health outcomes:

Eating habits

Self-esteem

Fitness Levels



MEND Family Feedback

- ♥ Learned how to explain portion sizes to my child
- ♥ Check food labels, being more conscious of what we are eating
- ♥ We cut back on eating MEND unfriendly grain products and having junk food in the house
- ♥ Child LOVED the MEND gym time; and had red rosy cheeks afterwards
- ♥ Lead an active lifestyle and staying healthy as a family
- ♥ My child's confidence has increased and has now registered for a sport
- ♥ How to help my child set goals and be successful at achieving them

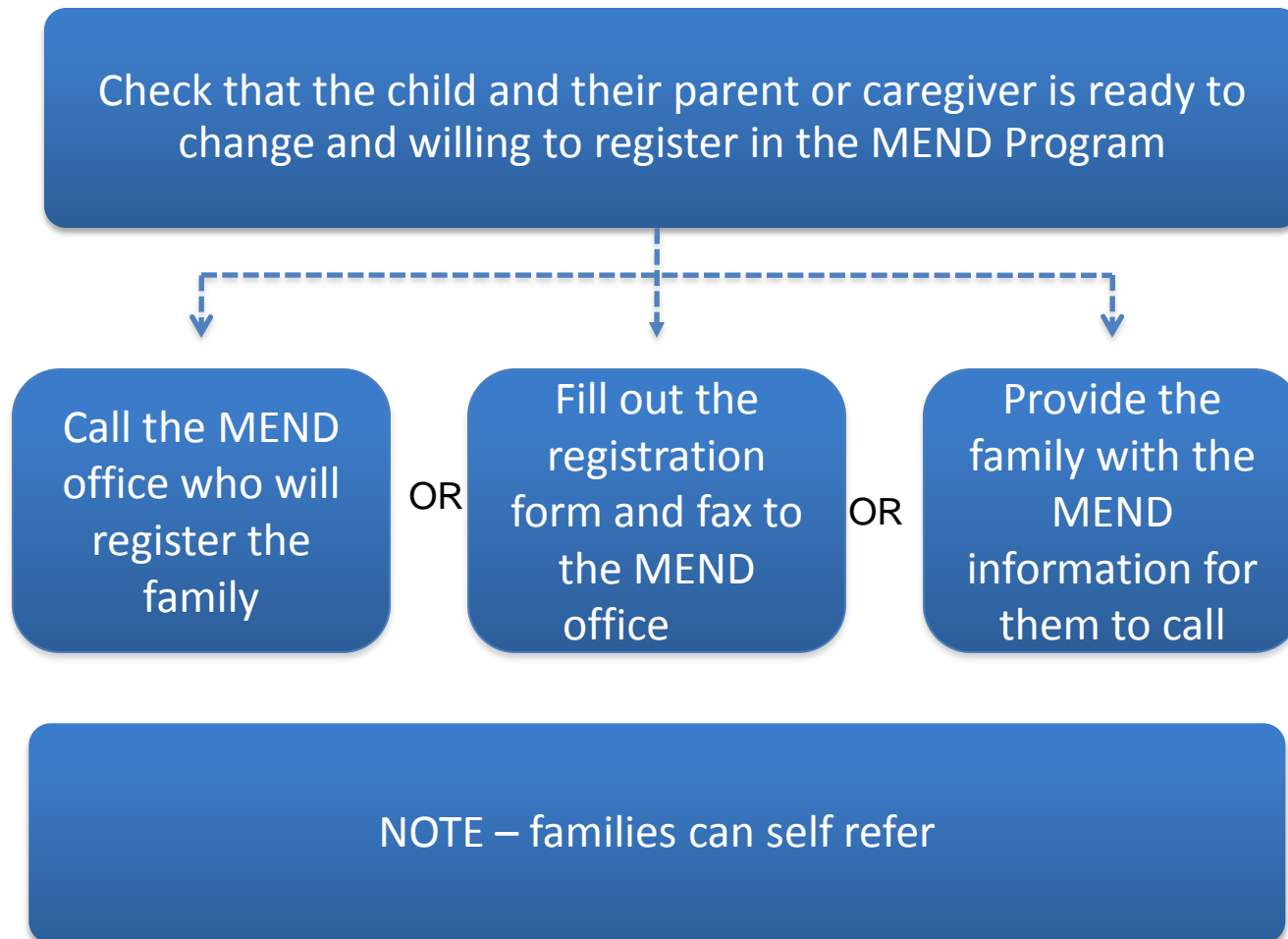
MEND 7-13 Outcomes

What would you tell your friends about MEND?

- ♥ There are good people at MEND
- ♥ I learned a lot about healthy life
- ♥ That it's pretty cool
- ♥ To join!
- ♥ It is a good place to be



How to Refer?



Shaw TV MEND Story

June 2014



<http://www.youtube.com/watch?v=OjyiOhImGQg>



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