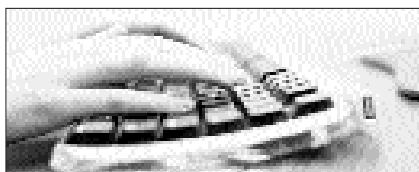


Readers' Views



Letters to the Editor should be addressed to:

Ontario Medical Review
525 University Avenue,
Suite 200
Toronto, Ontario M5G 2K7
Fax (416) 340-2232
E-mail: jeff_henry@oma.org

The OMR welcomes readers' views.

Note: letters may be edited for space and clarity.

Please supply your name, address and
daytime phone number.

Multidisciplinary program assists overweight/obese children and adolescents

Dear Editor:

Congratulations to the OMA Child Health Committee for its report, "The Physician Role in Helping Adolescents with the Social and Psychological Consequences of Obesity," (December 2006 OMR, pp. 23-27).

I would like to make colleagues, and in particular family physicians and pediatricians in Toronto, aware of a program for their overweight or obese patients.

MobilizeYouth is a multi-disciplinary program designed for the whole family with a focus on the child, and on whose advisory committee I sit.

The program consists of 90-minute, two- to-three times weekly, after-school and weekend sessions where youth and teens take part in customized strength/cardio fitness

training, aquafit swim and sports drills under the guidance of physical education and kinesiology coaches. The coaches, who have strong leadership and athletic skills, are experienced in working with youth. Other components include a 14-week nutrition program centered on behavioural aspects of eating.

MobilizeYouth is seeing very good results, as witnessed over the last number of months, because it promotes a "no bells and whistles" approach to fitness, and because it motivates youth to think about taking charge of their own health.

The program rates a high mark because it includes parents through "mother's meal planning sessions," and a women's fitness program designed by Mobilize coaches. Both parents can work out free of charge while their child is in the program.

A home-based exercise program to encourage physical activity beyond the sessions is part of the package.

With a solid retention rate, program alumni return weekends, and for repeat four-month sessions.

Testimonials attest to the fact that MobilizeYouth is a program whose time has come.

The program operates out of Strictly Fitness facility located in the north end of Toronto.

The cost is \$30 per session or \$240 per month, and is not funded by OHIP.

To obtain further information, visit the MobilizeYouth website (www.mobilizechange.com), or contact Dina Lieberman by phone (416-294-4356) or e-mail (dlieberman@mobilizechange.com).

*E. Laura Cruz, MSc, MD,
Dip Sport Med, CCFP
Sports Medicine Specialist
MobilizeYouth Advisory Committee*

OMR

New online obesity resource tool available for physicians

The federally-funded Canadian Obesity Network (CON) has launched a new online resource tool to assist physicians who treat obese patients. The Online Best Evidence Service In Tackling Obesity Plus (OBESITY+) is based on the innovative McMaster Online Rating of Evidence (MORE) service, as well as the latest research on information retrieval conducted at the Health Information Research Unit (HIRU) at McMaster University.

OBESITY+ will provide CON members with the latest and most relevant evidence for their clinical practice on the causes, course, diagnosis, prevention, and treatment of obesity and its related metabolic and mechanical complications. OBESITY+ is accessible via the CON home page (www.obesitynetwork.ca). Practitioners with an interest in obesity can join the network for free and gain access to OBESITY+, as well as other unique information, networking and education resources.

Currently, CON has more than 1,200 member researchers, clinicians, allied health-care providers and other professionals who are involved in the effort to reduce the mental, physical and economic burden of obesity on Canadians.

Physicians and nurses in active, independent clinical practice are invited to rate articles for dissemination through OBESITY+. Anyone interested in contributing can send an e-mail to obesityplus@obesitynetwork.ca.

OMR