

Mid-Term Activity Report for the Fiers et en Forme/ Healthy and Proud Project

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Submitted to the
Canadian Paediatric Society

Pursuant to the Resident Advocacy Grant



December 20, 2010
Université de Montréal / McGill University

Dear members of the Resident Advocacy Grant Selection Committee,

It is with great pleasure that the Healthy and Proud team submits its mid-term report on its accomplishments and the use of the budget granted by the Canadian Paediatric Society.

We have worked very hard to implement the project effectively within both the university and community settings. To accomplish this, we have made contacts in many sectors through various promotional activities.

We are submitting a summary of our activities since reception of the Resident Advocacy Grant in June 2010. To present this material in a structured manner, we reiterate the core objectives set out in our funding application and present in table format the activities conducted to achieve the objectives, along with the associated expenses. The first column identifies the main objective targeted by an activity.

Kind regards,

Joint heads of the Fiers et en Forme/ Healthy and Proud Project
Rania Gosselin-Papadopoulos and Julie Nguyen



Main Objectives Set Out in the Funding Application to the Canadian Paediatric Society

- 1) To develop the “next generation” of project facilitators by organizing activities training students to deliver presentations in secondary schools (which could start as of April 2011) and coordinating the project to maintain solid relationships with the sectors
- 2) Partnership: To strengthen our relationships with student associations and the university sector
 - ✓ To establish permanent contact with a resource person at the Université de Montréal
 - ✓ To apply for permanent club status with the MSS (McGill Student Society) and for related semester funding
- 3) Partnership: To strengthen our relationship with IFMSA-Québec.
 - ✓ To integrate the project with IFMSA-Qc’s public health committee to make the project available in French to Quebec’s four faculties of medicine and benefit from their financial support and contacts
- 4) Partnership: To strengthen our relationships with staff working with teens in hospital and community settings
- 5) Promotion
 - ✓ To film one of the focus groups and create a web page (or an online gmail group) allowing us to post the presentation online
 - ✓ To develop a pamphlet presenting the project as well as other initiatives by the IFMSA-Qc local group for teen health + promotional sweatshirts
- 6) To participate in seminars and general meetings promoting the project to several institutions and community sectors
 - To present a project poster at the IFMSA international general meeting in Montreal
 - To present a poster at the Unite for Sight conference at Yale University
- 7) To pursue evaluation of the project by various medical experts
- 8) To strengthen the project budget
 - ✓ To apply for a grant from the Association des étudiantes et étudiants en médecine de l’université de Montréal (AEEMUM)
 - ✓ To apply for a Forces à Venir grant
- 9) To present focus groups and evaluate teens’ comments
- 10) To conduct a related research project demonstrating the project’s effectiveness and relevance to public health authorities. To conduct overall project evaluation through the administration of a questionnaire.

| Objective Achieved | Activities |
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| 1 | <p>✓ Training day for Healthy and Proud facilitators <i>October 23, 2010</i> We trained 37 university students from McGill University, Université de Montréal, Université de Sherbrooke and Université Laval, including students in medicine, nutrition, psychology, pharmacy and communications. They are now available to deliver workshops in French or English.</p> <p>The program for the day included a presentation by Dr. J-Y Frappier on puberty, by Dominique Meilleur on self-esteem and body image in adolescence, by Maryse Boutin on nutrition in adolescence, and a sample workshop facilitated by the co-founders of the project. The evaluation questionnaires for the day completed by the participants reflected their high level of motivation to become Healthy and Proud facilitators.</p> <p>✓ Develop an official training handbook in French for the project facilitators</p> <p>✓ Translate the training handbook into English</p> <p>✓ Coordination (4,5) We hired a project coordinator, Alexandra Desrochers, in October 2010. She is looking after building relationships with the school and community sectors and managing the schedule of presentations in these sectors. She is managing all email communication with these sectors. She has also taken our facilitator training. She received her first payment on October 23, 2010.</p> <p><i>November 13, 2010</i> Meeting with Alexandra Desrochers</p> |

- ✓ **Build a relationship with the Association des Étudiantes et Étudiants de l'université de Montréal (AEEMUM):** The association offered to cover our rental cost for the training day in addition to giving us a \$488.03 grant for this activity.
- ✓ **Apply for permanent member status with the McGill Medical Student Society via IFMSA-Québec:** Status obtained in October 2010 allowing us to apply for activity funding for coming years.
- ✓ **Build a relationship with Isabelle Duschenay, assistant to the executive vice-dean of the medical program at the Université de Montréal:** Ms. Duschenay agreed to promote the project to the Faculty of Medicine of the Université de Montréal and was of great assistance in seeking a project coordinator.
- ✓ **Publications:**

September 17, 2010

Synapse, the Blogazine of the Faculty of Medicine of the Université de Montréal

http://www.synapse.umontreal.ca/prix_distinctions/fiers-et-en-forme-recoit-la-bourse-des-residents-pour-la-defense-dinterets-des-enfants/

October 2010

Le Pouls, the newspaper of students in medicine at the Université de Montréal

November 2010

Global Health Newsletter of IFMSA-Québec

<http://students.med.mcgill.ca/FileManager/Files/a6b21145-96fd-45fa-a309-b5771c5e8c38.aspx>

December 2010

Development of the *Healthy and Proud Newsletter*: In progress

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| | <p><i>January 2011</i> <i>The Placebo</i>, newspaper of students in medicine and dental medicine at McGill University</p> |
| 3 | <ul style="list-style-type: none"> ✓ Build a solid relationship with the national coordinator of the public health committee of IFMSA-Québec, Sarah Brabant: This relationship has allowed us to integrate our project into IFMSA-Québec and to benefit from that organization’s human and material resources and thereby develop our project in Quebec’s four faculties of medicine. Ms. Brabant also facilitates our communication with IFMSA’s other international groups as well as the Canadian branch (CFMA), which is allowing us to extend the project outside the country. She also receives funding offers from outside the country and forwards them to us (e.g. Royal Bank of Canada, see below). IFMSA will also pay part of our project coordinator’s salary. ✓ Activities presenting and promoting the Healthy and Proud project through the IFMSA-Qc team <ul style="list-style-type: none"> <i>September 3, 2010</i> (General presentation, IFMSA-Qc) <i>September 9, 2010</i> (McGill Annual Project Fair) <i>September 14, 2010</i> (Working meeting of the IFMSA-Qc public health group at the Université de Montréal) <i>September 23, 2010</i> (Presentation of Healthy and Proud at a drop-in at the student café of the Faculty of Medicine of the Université de Montréal) <i>September 26, 2010</i> (IFMSA-Québec biennial congress at the Université de Montréal). |
| 4 | <ul style="list-style-type: none"> ✓ Build relationships with approximately 40 academic and community facilities in the Montreal area and a few locations outside the Province of Quebec: Through our participation in conferences, the approaches made by our coordinator, and our website. (see attached) ✓ Adolescent Medicine Clinic of Montreal Children’s Hospital <ul style="list-style-type: none"> <i>October 8, 2010</i> Meeting with Dr. G. DiMeglio and Maria DiScala (master’s student in |

educational psychology, trainee at the école secondaire Villa Maria)

December 1, 2010

Project promotion meeting with the eating disorders team (Dr. G. Di Meglio, Dr. J. Erdstein, Dr. F. Baltzer, residents and fellows, and a nutritionist, social worker, nurse and art therapist).

December 8, 2010

Meeting with Maria DiScala to discuss a parent workshop on the subject of attitudes that encourage adolescents to develop a positive body image. The workshop will take place in Villa Maria in March for teaching staff and parents. The workshop will be bilingual. Dr. DiMeglio would like to participate, as well as Claudine Larivière, nutritionist.

December 2010

Project promotion meeting with the diabetes team (Dr. L. Legault, nutritionists, social worker, nurses). The team wants to distribute our pamphlets to at-risk patients; we will be able to hold a monthly workshop with the patients of the Adolescent Clinic and Diabetes Clinic.

✓ **Adolescent Medicine Department of hôpital Sainte-Justine in Montreal**

December 2010

Presentation of the project to Dr. Jean Wilkins, adolescent eating disorder specialist. Presentation of the project to Dr. Danielle Taddeo, chair of the board of directors of ANEB (Anorexia and Bulimia Quebec). Presentation of the project to Dr. Nancy Haley, who is involved in public health with a field of practice covering street youth and addiction in adolescence. Presentation of the project to Dr. Olivier Jamouille, head of the paediatric residency program at the Université de Montréal.

✓ **Partnership with Young and Healthy (www.youngandhealthy.ca)**

December 19, 2010

Meeting with Yvon Luangxay

We are discussing a partnership in which we would help them promote their project, and the Jeunes en Santé/Young and Healthy team would help us promote or project in schools and apply for funding.

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✓ **Website** www.fiersetenforme.com/ www.healthyandproud.com

Our website is bilingual and contains sections presenting the project to teens, teachers/workers and parents. It contains a section with suggestions for parents about healthy attitudes promoting the development of a positive body image among adolescents. There is also a section thanking our partners as well as a section enabling interested persons to contact us. The site is updated regularly, with news and photos of our past and upcoming activities.

✓ **Email address** info@fiersetenforme.com

Emails received

- From Calgary: Amahoro Chrystelle, youth worker, PROJET APPARTENANCE
- From a teen, aged, aged 15, Horizon-Jeunesse, Laval
- From Cap-Rouge: Marie Caroline Aussant, Maison des Jeunes Symbiose
- From Éric Asselin, nurse clinician in sexual health, Youth Clinic

✓ **Design of our logo**

July to September 2010

Design of our logo by François Ritchot, McGill political science and environment student. Our logo allows youth of both genders and all psycho-socio-cultural environments or body shapes to identify.

✓ **Promotional material**

- Business cards in English
- Business cards in French
- Poster
- Project presentation letter in English
- Project presentation letter in French
- Project presentation flyer for conferences
- Promotional sweatshirts (see training day)
- Promotional pamphlets 1) for youth 2) for health professionals and teaching staff 3) for parents

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| 6 | <ul style="list-style-type: none"> ✓ Presentation to the IFMSA biennial general meeting in Montreal <i>August 1, 2010</i> This conference brought together over 800 medical students from over 80 countries. Rania presented alongside Sarah Brabant, who presented a mental health project, which was also part of IFMSA-Québec. Many medical students were enthusiastic about the project; we remain in contact with students in Germany, Saudi Arabia and Malta. They would like to adapt the project to their social conditions, with the future goal of facilitating Healthy and Proud workshops in their respective countries. ✓ Presentation to the Annual Conference of the Canadian Association for Adolescent Health <i>October 18, 2010</i> We presented Healthy and Proud; we had a booth and distributed information to many stakeholders in the educational, community and hospital sectors. ✓ Presentation to the IFMSA biennial general meeting in Bolivia <i>January 2011</i> |
| 7 | <ul style="list-style-type: none"> ✓ Revision of the section on energy drinks: By Dr. Danielle Taddeo, Hôpital Sainte-Justine |
| 8 | <ul style="list-style-type: none"> ✓ Budget request to the Canadian Medical Association: Leadership Fund (\$1000) <i>June 2010</i> Unsuccessful ✓ Funding request to IFMSA-Qc for the training day (\$500) <i>October 2010</i> ✓ Funding request to AEEMUM for the training day (\$500) <i>October 2010</i> ✓ Budget request to the McGill Medical Student Society: Conference funding allocation for travel expenses to the 2011 Annual Conference of the Canadian Paediatric Society 2011 in Quebec City (\$500) <i>November 2010</i> |

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| | <p>✓ Budget request to the Royal Bank of Canada (\$1000) <i>December 2010</i></p> |
| 9 | <p>✓ Focus groups: <i>April 23, 2010</i> (Mtl, Centre Jeunesse Innovation Jeunes) <i>July 24, 2010</i> (Mtl) <i>July 27, 2010</i> (Gatineau) <i>July 30, 2010</i> (Mtl)</p> <p>✓ First official presentation: <i>December 10, 2010</i> Centre Ali et les Princes de la Rue (organization dedicated to the social reintegration of youth affiliated with street gangs).</p> |
| | <p>Research Forging a partnership with Dr. Jean-Yves Frappier and Dominique Meilleur to discuss the development of a research project as well as project evaluation questionnaires.</p> <p><i>November 26, 2010</i> Meeting with Dominique Meilleur concerning a research project</p> <ul style="list-style-type: none"> - Design of a questionnaire evaluating the workshop - Design of a questionnaire evaluating the impact of the workshop |
| | <p>Meetings <i>August 14, 2010, October 11, 2010</i> Meetings of the co-founders: update on developments and steps to come. Most of our meetings take place via telephone.</p> |



Future presentation in schools and youth homes

- ✓ Pensionnat du Saint-Nom-de-Marie, Outremont: 200 students, January 26 and 27, 2011
- ✓ Collège Jean-de-Brébeuf: April 11, 2011
- ✓ Villa Maria: March 7, 2011
- ✓ Évangeline: February 2011
- ✓ Workshops for parents and teaching staff: Villa Maria, March 2011

Next steps

- ✓ Application to Forces AVENIR (*January 2011*)
- ✓ Research project on the impact of the workshops
- ✓ Compilation of the evaluation questionnaires completed by participants post-workshop
- ✓ Creation of information materials on eating myths, food supplements and exercise
- ✓ Final revision of training handbook, English version
- ✓ Ongoing revision of material as well as forging of partnerships with many institutions (including the ministère de la Culture, des Communications et de la Condition féminine du Québec)
- ✓ Improvement and development of promotional material