SCOPE - Sustainable Childhood Obesity Prevention through Community Engagement - achieving collective impact to raise generations of healthier kids

Background (Optional):
SCOPE is a 'whole-system' community-based participatory approach to preventing childhood obesity that has been piloted in two British Columbian (BC) communities. SCOPE works with communities to share the Live 5-2-1-0 message (at least 5 vegetables and fruits/day; <2 hours of screen time/day; at least 1 hour of active play/day; 0 sugar-sweetened drinks) and implement multi-sectoral policy, environmental, and programmatic change to support children in 'living' 5-2-1-0 everyday.

Objectives:
SCOPE’s mission is to achieve multi-setting, multi-pronged community-level action that promotes healthy childhood weights by:
1. Developing and maintaining effective multi-sectoral partnerships;
2. Supporting and evaluating community-led childhood obesity prevention action implementation;
3. Facilitating knowledge exchange between SCOPE, its pilot communities and other interested BC communities, as well as between communities.

Methods:
We conducted a mixed methods process evaluation guided by the RE-AIM framework.

Results:
SCOPE has 43 active partnerships involving multiple sectors (education, media, business, health, local government, NGOs) with over 150 actions emerging from these partnerships (workshop and training events, community forums, sector-specific initiatives). SCOPE's process has achieved sustainable practice change such as enhanced health promotion with pediatric patients among family physicians and integration of Live 5-2-1-0 in recreation programs. In partnership with its pilot communities, SCOPE has developed 24 Live 5-2-1-0 resources available through the Live 5-2-1-0 online community resource map. To date there have been 542 resource downloads by 87 unique users from over 35 different BC communities.

Conclusions:
SCOPE has engaged and mobilized key stakeholders by providing the expertise, skills and knowledge stakeholders need to effectively share the Live 5-2-1-0 message and create environments where the healthy choice is the easy choice.

What are the implications of your research on practice or policy?
SCOPE has received increasing interest from new communities. Our evidence suggests that SCOPE is sustainable and scalable.