



ABOUT US

The Healthy Active Living and Obesity Research Group (HALO) is located within the Children's Hospital of Eastern Ontario Research Institute (Ottawa, Canada). HALO provides international leadership and research excellence in healthy active living for the promotion of health and wellness in children and youth, including the prevention, management and treatment of obesity. The HALO team is comprised of a multidisciplinary group of research scientists, clinicians, research staff, administrative support personnel, graduate and practicum students, post-doctoral fellows and medical interns and residents. Working with local, provincial, national and international partners and stakeholders, HALO is committed to advancing the understanding and importance of promoting healthy active living, with a mission to preserve, enhance and restore the health and wellness of our most precious resource, our children.

OUR HISTORY AND IMPACT

HALO was established in 2007 in response to the escalating obesity crisis and the increasing complexity of related co-morbidities. Today the HALO team consists of 17 staff (including 6 researchers), a childhood obesity clinical team (Centre for Healthy Active Living), 17 graduate students, and many community volunteers.

Some of our practice-changing contributions include:

<ul style="list-style-type: none"> ● <i>Development of the Kenyan International Development Study – Canadian Activity Needs Research Alliance (KIDS-CAN)</i> 	<ul style="list-style-type: none"> ● <i>Creation of the Centre for Healthy Active Living (CHAL)</i>
<ul style="list-style-type: none"> ● <i>Development of the Canadian Assessment of Physical Literacy (CAPL)</i> 	<ul style="list-style-type: none"> ● <i>Development of the Canadian Physical Activity Guidelines</i>
<ul style="list-style-type: none"> ● <i>Development of the first ever Canadian Sedentary Behaviour Guidelines</i> 	<ul style="list-style-type: none"> ● <i>Co-creation of the Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth which is now the ParticipACTION Report Card</i>
<ul style="list-style-type: none"> ● <i>Creation of the Sedentary Behaviour Research Network (SBRN)</i> 	<ul style="list-style-type: none"> ● <i>Development of the Active Healthy Kids Canada Position Stand on Active Video Games for Children and Youth</i>
<ul style="list-style-type: none"> ● <i>Contribution to the development of the Canadian Obesity Network's (CON) 5 As of Healthy Pregnancy Weight Gain</i> 	<ul style="list-style-type: none"> ● <i>Development of an "Obesity in Preconception and Pregnancy" Resource for maternity care providers</i>
<ul style="list-style-type: none"> ● <i>Creation of the Active Healthy Kids Global Alliance (AHKGA)</i> 	<ul style="list-style-type: none"> ● <i>Leadership/contribution to Ottawa Public Health's Childcare Healthy Eating and Active Living Guidelines</i>

*Since its inception in 2007, HALO has received over \$12 million in research funding;
produced more than 520 peer-reviewed publications;
has given more than 980 scholarly presentations locally, nationally and internationally;
and secured more than 1.3 billion media impressions!*

CONTACT US:

Website: www.haloresearch.ca, Telephone: 613-737-7600 ext. 4102
Email: info@haloresearch.ca, 401 Smyth Road, Ottawa, ON K1H 8L1