



Research Institute  
Healthy Active Living and Obesity Research

Institut de recherche  
Recherche sur les saines habitudes de vie et l'obésité



## 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

The Healthy Active Living and Obesity Research Group (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 14 staff (including 5 research scientists), a childhood obesity clinical team (Centre for Healthy Active Living), 19 graduate students, trainees, undergraduate students, and many community volunteers.

## SOME OF OUR PRACTICE-CHANGING CONTRIBUTIONS INCLUDE:

<ul style="list-style-type: none"> <li>Development of the Kenyan International Development Study – Canadian Activity Needs Research Alliance (KIDS-CAN)</li> </ul>	<ul style="list-style-type: none"> <li>Creation of the Centre for Healthy Active Living (CHAL)</li> </ul>
<ul style="list-style-type: none"> <li>Development of the Canadian Assessment of Physical Literacy (CAPL)</li> </ul>	<ul style="list-style-type: none"> <li>Development of the Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines</li> </ul>
<ul style="list-style-type: none"> <li>Development of the Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep - a world first</li> </ul>	<ul style="list-style-type: none"> <li>Development of Canadian 24-Hour Movement Guidelines for the Early Years</li> </ul>
<ul style="list-style-type: none"> <li>Creation of the Sedentary Behaviour Research Network (SBRN)</li> </ul>	<ul style="list-style-type: none"> <li>Development of the Active Healthy Kids Canada Position Stand on Active Video Games for Children and Youth</li> </ul>
<ul style="list-style-type: none"> <li>Contribution to the development of the Canadian Obesity Network's (CON) 5 As of Healthy Pregnancy Weight Gain</li> </ul>	<ul style="list-style-type: none"> <li>Development of an "Obesity in Preconception and Pregnancy" Resource for maternity care providers</li> </ul>
<ul style="list-style-type: none"> <li>Creation of the Active Healthy Kids Global Alliance (AHKGA)</li> </ul>	<ul style="list-style-type: none"> <li>Leadership/contribution to Ottawa Public Health's Childcare Healthy Eating and Active Living Guidelines</li> </ul>
<ul style="list-style-type: none"> <li>Position Statement on Active Outdoor Play</li> </ul>	<ul style="list-style-type: none"> <li>Co-creation of the Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth which is now the ParticipACTION Report Card</li> </ul>

*Since its inception in 2007, HALO has received over \$16 million in research funding; produced more than 650 peer-reviewed publications; has given more than 1200 scholarly presentations locally, nationally and internationally; and secured more than 1.5 billion media impressions!*

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