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**IYMP: A PROVINCIAL RIPPLING OF A RESILIENCE-CENTRED PEER-LED
AFTERSCHOOL WELLNESS PROGRAM FOR INDIGENOUS CHILDREN: A QUASI-
EXPERIMENTAL TRIAL**

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Background:

It is unclear if diabetes prevention programs for youth remain effective after being scaled up from successful pilot trials.

Objective:

We assessed the effectiveness of the Aboriginal Youth Mentorship Program, AYMP among Indigenous children after scaling up to 4 communities.

Methods:

We conducted a quasi-experimental cross over trial to assess the effectiveness of AYMP after it scaled up to 2 (phase 1, 2012-2014; n=216) then 4 (phase 2, 2014-2016; n=580) communities in Manitoba between 2012 and 2016. Students received the intervention in 4th grade and served as controls in grades 3 or 5. AYMP is a 90 minute after school program delivered by high school mentors to children for 20 weeks. The program involves healthy eating, activity and relationship building activities, grounded in the teachings of Indigenous scholars Verna Kirkness (Four R's) and Martin Brokenleg (Circle of Courage). The main outcome measures, waist circumference (WC) and body mass index (BMI) z score and the secondary outcome measure, quality of life, were measured before and after the 20 week intervention.

Results:

During phase 1 and 2, no differences were observed at baseline for sex, WC Z, BMI Z or weight Z scores between intervention and control groups. During phase 1 (-0.08; 95% CI: - 0.17 to - 0.003) and phase 2 (-0.117; 95% CI -0.21 to -0.029) the change in WC Z score declined with the intervention group, compared to the control group, without differences in BMI Z or weight Z. During Phase 2, overall quality of life (2.65; 95% CI: -1.10 to 6.41; p=0.16) and emotional well being increased marginally in the intervention group compared to control.

Conclusion:

After scaling up from 1 to 4 communities, this resilience-centred, communal, after-school wellness program remained effective for reducing visceral obesity and marginally improving quality of life among indigenous children living in rural areas in Canada.