Supplemental Appendix 1. Interview Guide

1. Please tell me about your role in the program and the children and families you see.

2. What do you think participants can gain by participating in the program?

3. Thinking about families as a whole, what do you think are the main reasons that lead to childhood obesity?

4. From your perspective, what encourages health behaviour change for a child?

5. How do other participant level factors, such as age, gender, beliefs, values, socioeconomic status, influence health habits?

6. What do you see as barriers to making healthy lifestyle changes within the family culture? To what extent do grandparents' play a role in children's' health habits?

7. How does missing or cancelling appointments affect the success of participants in changing their health habits?

8. How has your understanding of health and guidelines for maintaining a healthy lifestyle changed since before you were involved with the program? Could you give an example?