

**RECLAIM YOUR
FAMILY'S
HEALTH
THROUGH
HEALTHIER EATING HABITS
AND AN ACTIVE
LIFESTYLE**



Program Referral

Provide a referral for your patient to participate in Healthy Weight and Your Child today.

Patient's Name: _____

Date of Birth: _____

Health Care Provider: _____

Address: _____

Phone: _____

Provider Signature: _____

_____/_____/_____
Date

I authorize the use and disclosure of both my and my child's health information for the purpose of this program.

Parent/Guardian Signature

_____/_____/_____
Date

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**MAKING
HEALTHIER CHOICES
TOGETHER**

Healthy Weight and Your Child
YMCA OF THE UPPER PEE DEE





How the Program Works

Healthy Weight and Your Child is an evidence-based program for children with obesity. The program includes a Family Information Session followed by 25 sessions delivered over four months. The family-based weight-management program focuses on nutrition education and physical activity to encourage healthier eating habits and an active lifestyle to reach a healthy weight.

Healthy Weight and Your Child's curriculum is adapted from the most widely disseminated and extensively evaluated child weight management program in the world. Studies have shown that the program is cost-efficient and effective in reducing a child's body mass index and waist circumference, reducing sedentary behaviors, increasing physical activity and improving self-esteem.

The program is designed with the whole family in mind, engaging a child and adult in education, healthy eating and physical activity to elicit positive change and help families learn skills to live a healthier lifestyle long-term. Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

Healthy Weight and Your Child is delivered by two trained leaders: A Content Leader and an Activity Leader. Both leaders play an equally significant role in facilitating the program. The Content Leader delivers the education and nutrition portions of the program.

The Activity Leader, trained to deliver evidence-based physical activities safely for children with obesity, delivers the physical activity portion of the curriculum and supports the delivery of the content portion of the class.

A Family-Based Lifestyle Change Program

- In-person sessions for child and adult
- Peer support for youth and adults
- Physical activity
- Healthy eating
- Portion control
- Grocery store tour
- Nutrition facts label reading
- Internal and external triggers

To Qualify for Participation in this Program

- Child must be 7-13 years old
- Child must carry excess weight, with a body mass index of the 95th percentile or higher
- Child must receive clearance from a health care provider (including a school nurse) to participate in physical activity
- Adult **MUST** attend all sessions with child

An Evidence Based Program

- Over 39 peer-reviewed publications have documented positive outcomes following the program
- Developed by leading child health and weight management specialists using the best available evidence, clinical and government guidelines

Program Session Structure

Sessions 1-20: (two days per week)

Time	Attendees	Activity
60 min.	• Adult • Child • Both leaders	Facilitated activities and group discussion
30 min.	• Child • Activity leader	Moderate to vigorous intensity physical activity
30 min.	• Child • Content leader	Facilitated activities and group discussion
30 min.	• Adult • Child • Both leaders	Moderate to vigorous intensity physical activity

Sessions 21-25: (one day per week)

Time	Attendees	Activity
15 min.	• Adult • Child • Both leaders	Collect Parent/Caregiver & Child measurements: height & weight
45 min.	• Adult • Child • Both leaders	Facilitated activities and group discussion
60 min.	• Adult • Child • Both leaders	Moderate to vigorous intensity physical activity

Providers

YMCA of the Upper Pee Dee is one of many Ys providing this program across the country to help children grow up at a healthy weight. The program is for youth ages 7-13 with a body mass index of the 95th percentile or higher as well as their trusted adult.