

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
Simultaneous 30 min.	• Child • Activity Leader	Moderate to vigorous intensity physical activity
	• Adult • Content Leader	Facilitated activities and group discussion
30 min.	• Adult • Child • Both Leaders	Moderate to vigorous intensity physical activity

*Child AND Adult measurements are collected at session 20

Sessions 21-25: (one day per week)

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

EARLY ADOPTED

MetroWest YMCA is one of 100 Y's participating in a program to address childhood obesity in youth ages 7-13, with a body mass index of the 95th percentile or higher and their families.

PROGRAM REFERRAL

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

PATIENT'S NAME: _____

DATE OF BIRTH: _____

Cleared to participate in program

Not cleared to participate in program

Health Care Provider: _____

ADDRESS: _____

PHONE #: _____

_____/_____/_____
Provider Signature Date

_____/_____/_____
Parent/Guardian Signature Date

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



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FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

EMPOWERING FAMILIES TO LIVE HEALTHIER

Healthy Weight and Your Child

MetroWest YMCA





ACHIEVE A HEALTHY WEIGHT TOGETHER

Reclaim your family's health through healthier eating habits and an active lifestyle.

A FAMILY-BASED LIFESTYLE CHANGE PROGRAM:

- In-person sessions for child and adult
- Physical activity
- Healthy eating
- Portion control
- Grocery Store tour
- Food 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 healthcare provider or school nurse to participate in physical activity
- Adult **MUST** attend all sessions with child

HOW THE PROGRAM WORKS

Healthy Weight and Your Child is a 25-session 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 games and exercises safely for children with obesity, delivers the physical activity portion of the curriculum and supports the delivery of the content portion of the class.