



## 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 95<sup>th</sup> 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

**ACHIEVE A HEALTHY WEIGHT TOGETHER**  
Reclaim your family's health through healthier eating habits and an active lifestyle.

## 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.

## 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	Moderate to vigorous intensity physical activity
30 min.	• Adult	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 measure-ments: 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

YMCA of Delaware is one of 19 Ys participating in a pilot 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: \_\_\_\_\_

GUARDIAN NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

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.

the **YMCA**

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FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**EMPOWERING FAMILIES TO LIVE HEALTHIER**  
 Healthy Weight and Your Child

YMCA OF DELAWARE

