

Children's Hospital of The King's Daughters



Healthy You for Life clinics and classes are held on the Peninsula and Southside.

Healthy YOU for life



Your child's prescription for
nutrition • fitness • self-esteem



A comprehensive program
designed to help children gain
control of their weight to
improve their health.

CHKD's *Healthy You for Life* is a comprehensive program designed to help children gain control of their weight to improve their health. Parents and children will work together, focusing on nutrition, including diet and food planning, physical activity and emotional support.

Who is eligible?

The program is for children ages 3 through 16 who have weight-related health problems and/or a BMI greater than the 85th percentile. Your child's primary care physician will help make this assessment. You must have a referral from your child's physician to attend the *Healthy You for Life* program. Your physician will receive copies of the recommendations and goals.

How do I get started?

Request a referral from your child's physician to our *Healthy You for Life* program. Referral forms may be downloaded from our website at www.chkd.org/HealthyYou

Components of the *Healthy You for Life* program

- Medical clinic with follow-up for one year
- Health classes and exercise sessions

Medical Clinic

To be considered for *Healthy You for Life*, a child must be between age 3 and 16, have a physician's referral and undergo a comprehensive assessment in our medical clinic. The assessment is performed by a medical physician, registered dietitian, physical therapist and licensed clinical social worker. During the clinic assessment period, individual goals are set based on the evaluation. Appropriate referrals will be made when needed. Patients meet with clinic staff periodically for a year for continued guidance and encouragement. Because children who are overweight often struggle with emotional and social issues, a licensed clinical social worker will conduct a thorough mental health evaluation. Additional individual and family counseling sessions are available as needed.



Health Classes

After the medical clinic assessment is complete, the child and parent may be eligible for these classes. Participants will explore food choices, plan healthy snacks, define appropriate meal portions, develop strategies for consumption control and create realistic exercise plans. Class sessions cover self-esteem and body-image issues as well, which can help young people improve their emotional well-being. A fitness component is also included in the classes. To ensure the best chance for success, parents or guardians are required to attend all sessions with children ages 8-16. Classes are not open to children ages 3 through 7, but parents of children in the age group may attend.



Call 668-7035 or visit www.chkd.org/HealthyYou to learn more.