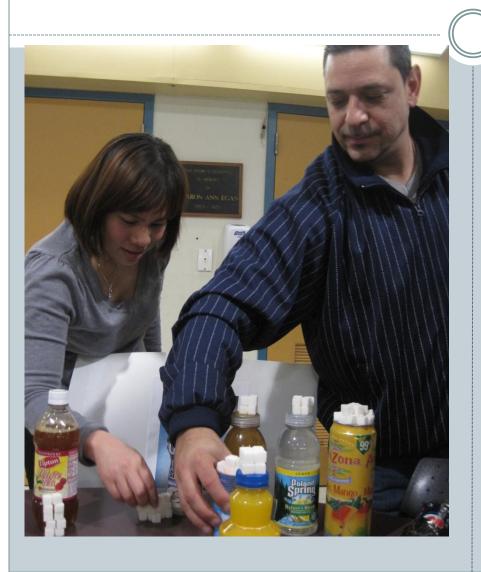
Healthy Weight for Life Clinic

Mary Lynch Leaders in Health June 7, 2012

Healthy Weight for Life Clinic

- Dorchester House Multi Service Center
- Clinical Intervention Children 6-12 BMI>85th%
 - 4 month program
 - Family Centered Group Model
 - Children Nutrition Activities/ Swim Lessons/Gym
 - Weekly Parent groups
 Monthly Family Groups/Goal Setting/Family Dinner

Aims



Short Term

- Attitude/Behavior Change in Parents and caretakers of overweight children resulting in an improved home food environment, improved food choices externally and increased physical activity of children.
- Long Term
- Improved BMI Child as the child grows.

Key activities







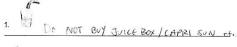
- Weekly
 - o Children 10 swim lessons
 - Parents 10 NutritionGroups
- Monthly Children
 - 20 minute Nutrition Activity
 - 1 hour w ExerciseSpecialist
- Monthly Families
 - Expanded Group
 - Create SMART Goals
 - Family Dinner

HEALTHY WEIGHT FOR LIFE CLINIC MARCH 2012

Think About Your Drink!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6 HWFLC 5:30-7:30	7 SWIM LESSONS PARENT GROUP	S	9	10
11	12	2	S IS UP	15	16	17
18	19		SWI DP		23	24
25	26	27	SWIT PARE	29 Bri	30 Paper	31 Back!!
1	2	3 HWFLC 5:30-7:30	4 SWIM LESSONS PARENT GROUP	3	6	7

*S.M.A.R.T". Goals for my family for March:





FILL WATER BOTTLE FOR SCHOOL PUT IN BAYE PALK.
Important!! Put a sticker on each day that you meet the goal that you created. Do

this together every day.
*Small Measureable Achievable Realistic Time bound

Outcomes

- Name of the Name
- Changed Attitudes Parents
- Sugar Sweetened Beverages Child
- Physical Activity Child
- ▶ Sedentary Time Child
- Swim Skills Child
- Improved BMI Child

Improve HWFLC Evaluation

- Refine Existing Outcome Evaluation tool
 - Decrease number of questions
 - Replace with simplified validated questions
- Evaluate Long Term Impact of HWFLC
 - Create Maintenance Evaluation
 - Evaluate participants BMI @ 1 year

Increase Physical Activity

- Increase Families Physical Activity
 - Conduct Parent Focus Group PA/CBPR
 - Update HWFLC PA Guide to reflect interest
- Match families with physical activity interest
- Create individualized plans



Thank you