

Healthy Weight for Life Clinic



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Leaders in Health
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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**
 - Children 10 swim lessons
 - Parents 10 Nutrition Groups
- **Monthly Children**
 - 20 minute Nutrition Activity
 - 1 hour w Exercise Specialist
- **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	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3 HWFLC 5:30-7:30	4 SWIM LESSONS PARENT GROUP	5	6	7

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



DO NOT BUY JUICE BOX / CAPRI SUN etc.



FILL WATER BOTTLE FOR SCHOOL PUT IN BACKPACK

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



- **↑ Knowledge Parents**
- **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