

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

Children with obesity are at greater risk for bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

Youth with obesity are more likely to develop risk factors for cardiovascular disease and prediabetes.

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 • 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 21–26: (one day per week)

Time	Attendees	Activity
15 min.	• Adult • Child • Both Leaders	Collect Adult 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



YMCA of Northwest North Carolina

For questions, please contact Karen Bartoletti at 336 777 6225 or health@ymcanwnc.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWERING FAMILIES TO LIVE HEALTHIER



Healthy Weight and Your Child
YMCA of Northwest North Carolina

A FAMILY-BASED LIFESTYLE CHANGE PROGRAM:

- In-person sessions for child and adult
- Peer support for adults
- Physical activity
- Healthy eating
- Portion control
- Grocery store tour
- Food label reading

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 the program
- Adult **MUST** attend all sessions with child

For more information on Healthy Weight and Your Child, contact your local YMCA today!

HOW THE PROGRAM WORKS

Healthy Weight and Your Child is a 26-session evidence-based program for children with obesity. The program empowers 7-13 year olds, with the support of their families, to reach a healthy weight and live a healthier lifestyle. The program includes a Family Information Session followed by 26 sessions delivered over four months.

Made up of groups of 10 to 15 children and their adult the program creates a safe, fun, and active environment for children and their families to explore and adopt proven methods to living a healthier lifestyle.

Healthy Weight and Your Child's curriculum is adapted from the most widely disseminated and extensively evaluated child weight management program in the world. The family-based weight-management program emphasizes three elements: healthy eating, regular physical activity, and behavior change to elicit a positive life-long lifestyle transformation.

The program is delivered by two trained leaders: A Content Leader who delivers the education and nutrition portions of the program; and an Activity Leader who leads physical activity safely for children with obesity.

WHY THE WHOLE FAMILY?

Healthy Weight and Your Child engages the whole family, so together they can understand how the home environment and other factors influence the choices that lead to a healthy weight.

Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits.

For this reason, the program is designed so that adult attendance is required at all sessions.

ACHIEVE A HEALTHY WEIGHT TOGETHER

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

