

A Weight Management Program for Children Ages 4-18 and Their Families



Healthy Kids, Healthy Weight™

Here's how it works:

PHASE 1

Three-Step Evaluation

(To determine the cause for overweight)

- Medical and Psychological Evaluation
- Exercise and Nutrition Evaluation
- Laboratory Visit

PHASE 2

Multidisciplinary Intervention

(To teach healthy lifestyle choices)

- Class meets one time per week for 12 weeks
- Focus on nutrition, activity and behavior change
- Weekly journaling and goal setting
- Case manager to follow individual families

Individual counseling available on an as-needed basis.

PHASE 3

Power Up (Maintenance Component)

(To assist with keeping with the healthy changes)

- 1 year of monthly group meetings

Your insurance will be billed for the medical and laboratory visits. All psychology, nutrition and exercise services, as well as the intervention and follow-up sessions, are free. Healthy Kids, Healthy Weight does NOT validate parking. Call the Healthy Kids, Healthy Weight Team at 216-844-1966 to get started.