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!  

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'S.M.A.R.T'. Goals for my family for March:

1. [Sticker] Do NOT buy SUGAR BOX/LARGE SUGAR.
2. [Sticker] FILL WATER BOTTLE FOR SCHOOL/OUT IN EMERGENCY.

Important! Put a sticker on each day that you meet the goal that you created. Do this together every day.

*Small Measurable Achievable Reasonable 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