

HEALTHY WEIGHT & YOUR CHILD: THE BASICS

Who?

- **Children with excess weight, greater or equal to 95th BMI percentile (7 - 13 years of age)**
- Participation cleared by health care provider
- **Parent/Caregiver (Adult) must attend sessions**

What?

- **25-session group based program: includes Family Information Session, 20 biweekly sessions followed by 5 weekly sessions**
- **2 hour sessions (classroom setting first hour and physical activity second hour)**

When? Where?

- **Anytime, anywhere (classroom-type setting)**
- **Space for Physical Activity**
- **3 Locations in Fall and in Spring (15-20 families per location)**

How?

- **Support, Education, and Activities every session**
- **Family Huddle – goal setting & action planning**
- **Physical Activity – children (60 minutes) and family (30 minutes)**
- **2 co-leaders**

PROGRAM SESSIONS (15 WEEKS)

- Bi-Weekly (sessions 1-20)
- Weekly Sessions (21-25)

HWYC 5 NAVIGATING NUTRITION TIPS

1. Look at the back

The **back** of the package contains the **nutrition facts label** – your key to making healthy choices!

3. Avoid certain ingredients

Avoid foods that contain **partially hydrogenated oil** and **high fructose corn syrup**. This fat and sugar are especially unhealthy for our bodies.

5. Look at fiber

When choosing grain products, select ones that **contain at least 2 grams of fiber per 100 calorie serving**.

2. The first ingredient matters

The ingredients in a food product are listed in order of how much of the item is made up of that ingredient. So the **first ingredient** makes up most of the product.

4. Avoid long ingredient lists

These foods tend to be very **processed** – which means that even if the ingredients were healthy at one point, they have lost a lot of their nutritional benefits. Long lists can also easily hide ingredients that we shouldn't be eating much of, such as **partially hydrogenated oils and high fructose corn syrup**.

WEEKLY SESSIONS AT A GLANCE

Family Discussions

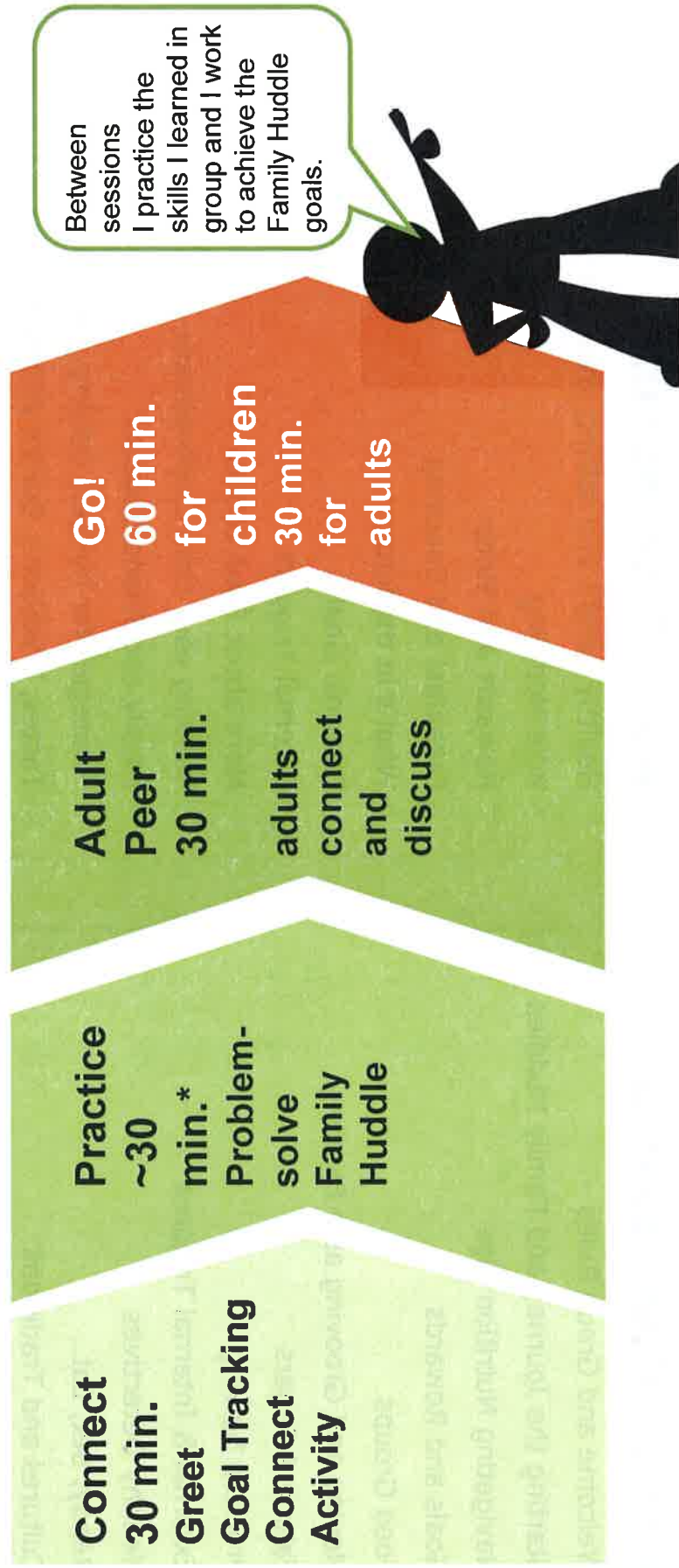
Welcome and Group Rules
Starting the Journey and Family Huddles
Navigating Nutrition Tips
Goals and Rewards
Food Groups
Moving and Grooving as a Family
Fats and Sugars
Problem Solving
External & Internal Triggers
Healthy Detectives
Ready, Set, Eat...
Cultures and Traditions
Grocery Store Tour – field trip *Sample Outreach Letter
Fabulous Foods – recipe swap
Family Game Show
Out and About
Feeling Good about Me
More Activity More Fun

Adult Discussions

Healthy weight and talking about weight
Role Modeling
Rewards and Sleep
Breakfast and Snacking
What's in the kitchen
Personal Goals
External Triggers
More about Food Labels
Building your child's self-esteem
Family and Friend Support
Strategies for hunger, craving, thoughts & feelings
Tastes, Traditions, Beliefs and Health
Eating a variety
Family Meals
Mindful Eating
Portion Control
Eat, Play, Sleep

WHAT HAPPENS IN EACH SESSIONS?

120 minutes





FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPOWERING FAMILIES TO LIVE HEALTHIER

Healthy Weight and Your Child
YMCA of Greater San Antonio

PROGRAM OVERVIEW:

Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle. Families will work with trained Leaders for the duration of the 25-session program.

TO QUALIFY, A CHILD MUST:

- Be 7-13 years old
- Carry excess weight (Body mass index of the 95th percentile or higher)
- Receive clearance from a provider to participate in physical activity
- Have an adult attend ALL sessions with them

PROGRAM INFORMATION:

Program begins the week of September 11th. All programs are from 6:00-8:00pm. Locations for the Fall Programs are:

Mays Family YMCA at Potranco (8765 Hwy 151 Access Rd) on Tuesdays & Thursdays
Walzem Family YMCA (5538 Walzem Rd) on Mondays & Wednesdays
Y Living Center (835 W. Southcross) on Tuesdays & Thursdays

For questions or more information about the program, contact
Jessica Evans at 210-403-0802 or jessicad@ymcasatx.org



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PROGRAM STRUCTURE

Families will work with trained Leaders for the duration of 15 weeks (2 times a week for the first 10 weeks followed by weekly sessions for the last 5 weeks). Each session will be 2 hours which includes group learning and physical activity for the children and adults. During this time, children and adults will learn about topics, including:

- Healthy eating
- Physical activity
- Portion control
- Internal and external triggers
- Food label reading
- Goal setting and rewards

WHY FAMILY-BASED?

Evidence shows that child weight-management programs are more effective when the whole family is involved and committed to adopting healthier habits. Healthy Weight and Your Child focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyle.

TO QUALIFY, A CHILD MUST:

- Be 7-13 years old
- Carry excess weight, with a body mass index of the 95th percentile or higher
- Receive clearance from a healthcare provider or school nurse to participate in physical activity
- Have an adult attend ALL sessions with them



For questions or more information about the program, contact Jessica Evans at: 210-403-0802 or jessicad@ymcasatx.org

LIVING HEALTHIER TOGETHER

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.





FAX REFERRAL FORM

Physician Information	
Physician's Name:	_____
POC Name:	_____
Phone #:	_____

Patient/Parent's Name: _____

Patient's Zip Code: _____ Phone #: _____

I, _____ (patient's name), consent to this referral and understand that the YMCA will contact me with information about the following programs.

Patient's/ Guardian's Signature: _____ Date: _____

Please check box if Patient is Spanish Speaking Only

YMCA's Diabetes Prevention Program (Adults 18+)

A1c: _____ (5.7-6.4 %) Fasting Plasma Glucose: _____ (100-125 mg/dl)

BMI: _____ (>25, Asian individuals >22) History of Gestational: Yes No

Healthy Weight & Your Child (Youth 7-13 yrs)

Child's Name: _____ Age: _____

BMI: _____ (95% Percentile or Higher) Child's Height: _____ Weight: _____

_____ Cleared to participate in program (Provider's Signature: _____)

LiveSTRONG at the Y (Cancer Survivor -Adult 18+)

Program for adult Cancer Survivors at any stage (treatment to remission).

_____ Cleared to participate in fitness program (Provider's Signature: _____)

Y Living Program (Wellness Program for Families & Individuals)

There are no qualifications for this program, other than the family or individual NEED TO or WANT TO make some healthy lifestyle changes (nutrition and physical activity).

_____ Cleared to participate in fitness program (Provider's Signature: _____)

Fax the Referral Form to the YMCA Secure Fax (210)921-0276.

For any Questions or More Information please contact:

yliving@ymcasatx.org or 210-404-0135.

