

## Tell me more:

My child would like to learn how to be more motivated or interested in making changes to improve his or her weight or health at this time.

Comment: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My family would like to learn to be more motivated or interested in making changes to support my child's weight or health.

Comment: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Contact Us

We hope you want to learn more about the Healthy Weight Clinic. Please visit our Web site at [www.chop.edu/healthyweight](http://www.chop.edu/healthyweight), or call us at 267-426-2782 (internally at ext. 6-2782). You can also e-mail us at [healthyweightprogram@email.chop.edu](mailto:healthyweightprogram@email.chop.edu).

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# Healthy Weight

# Services

*Offered by the*  
Healthy Weight Clinic



The Children's Hospital of Philadelphia®



HEALTHY WEIGHT PROGRAM

Please check the boxes below of the options that interest you.

### What takes place in the Healthy Weight Clinic?

- The doctor or nurse practitioner will evaluate your child for possible weight-related medical issues. The medical team may manage these medical issues in clinic or refer your child to other specialists.
- The social worker will help identify barriers that may be keeping your child from having a healthy weight, support your family in making healthy changes, and provide community resources and behavioral health referrals.
- The dietitian will assess current eating habits, identify opportunities for improvement and guide families in making healthy choices.

### How often do I return to the Clinic?

The team will work with families to plan follow-up appointments that will meet the goals of the child and family. Most families are expected to follow up every one to two months, or have at least six visits within a year. Children or teenagers with complicated medical issues or who need to lose a significant amount of weight may need more frequent follow-up.

### How does the Healthy Weight Clinic help to manage my child's weight?

The Clinic strives to improve the health and quality of life of children with excess weight by working with families in making healthy lifestyle changes. The clinic will support families by providing different types of options for weight management to meet the needs of each individual child and family. These services are described at right.

If you are interested in learning more about how to help your child manage his or her weight, please review of options to the right and check the boxes of those that interest you. Bring this sheet to your first visit to the clinic.

### Managing Your Child's Weight: Nutrition

- Healthy Lifestyle Changes**  
Families learn how to make healthy food choices, increase physical activity and minimize screen time. Families learn about key healthy behaviors such as decreasing sweetened drinks, increasing fruits and vegetables, and increasing physical activity. Families learn how to be more aware of their habits by tracking what they eat and what activities they do. Goals are family-based, realistic and personalized.
- Healthy Lifestyle Changes Plus Meal Planning**  
In addition to learning about healthy eating and increasing physical activity, families work with the nutritionist to create a structured eating plan for at home and when eating out. Menu plans are personalized but may offer less flexibility than focusing on general healthy food choices.
- Healthy Lifestyle Changes Plus Calorie Goals**  
In addition to learning about healthy eating and increasing physical activity, teenagers and their families learn how to read labels, count calories, monitor their food intake and stay at a specific calorie goal. Teenagers and their families learn how to be more aware of their habits by tracking what they eat and what activities they do. This option offers a more intensive way to manage weight.
- Healthy Lifestyle Changes Plus Meal Replacements**  
In addition to learning about healthy eating, physical activity, calories and meal planning, this option uses prepackaged meals and/or liquid meal replacements for some meals or snacks. This may be appropriate for select teenagers and families that are interested in a very structured eating plan to help promote safe weight loss and are willing to buy prepackaged meals or liquid meal replacements. However, this may offer less flexibility than other weight management options.

### Managing Your Child's Weight: Physical Activity

- Low-Intensity Physical Activity**  
Physical activity at this level is often done up to three times a week for less than 30 minutes. Examples of these activities include free play, walking or doing chores (such as cleaning, vacuuming or doing laundry).
- Intense Physical Activity**  
Physical activity at this level is often done more intensely at least four days each week for at least 30 minutes. These activities can involve goals or competition and may include school or community sport teams, exercise or activity classes (dance, aerobics), speed walking, or jogging.
- High-Intensity Physical Activity**  
Physical activity at this level is often done at a high intensity at least five days each week for at least 40 to 60 minutes. Examples of these activities include school or community sports teams, exercise or activity classes (dance, aerobics), speed walking, jogging, or help from a personal trainer or physical therapist.

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