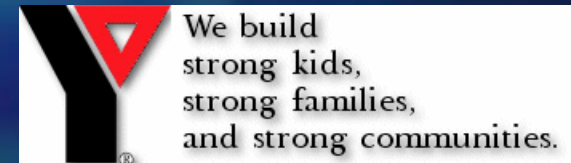


The *Healthy Kids* Project

David Anyadike, MD
Maureen McCarthy



Childhood Obesity

- Founded in 2001, the project was inspired by a lack of resources and educational materials for patients and physicians on the treatment of childhood obesity.
- Residents and physicians would briefly counsel on diet and exercise.

Healthy Kids

- The ideal program would:
 - educate children on healthy habits
 - integrate the family unit
 - initiate the good habits
 - have professional/medical guidance
 - educate professionals on proper management
 - come to the patient's home for one-on-one guidance

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- Working as close to the patient's home was the most practical setting
 - Grocery stores
 - restaurants
 - parks
 - walking, swimming and bicycling facilities
 - convenient 'home' for their new healthy habits



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- Goals for teaching patient and family:
 - adequate physical activity
 - Nutrition/cooking
 - family integration
 - peer pressure / bullying



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- Educate the YMCA staff
 - integrating overweight children
 - dealing with bullying and name calling
 - proper nutrition
- Educate the professionals
 - 'Healthy Kids Handbook'
 - Literature Search
 - Information on obesity screening and management strategies

Participants

- The program is working with companies, community professionals and teaching institutions
 - nutrition schools
 - medical schools
 - fitness professionals
 - grocery stores

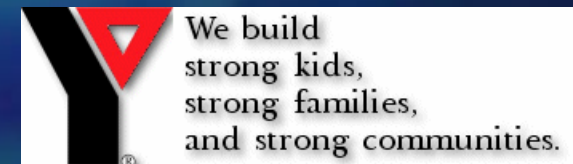


Post-Camp Referrals

- Referral sheet is included in the training packet
 - counselors are trained to recognize co-morbidities of obesity
 - local and Chicagoland resources are included
 - patients can continue at YMCA year-round

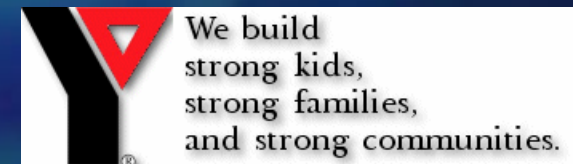
The YMCA of Metropolitan Chicago

- Serves over 100,000 youth on an annual basis
- Has multiple sites located in 40 different communities in the Greater Chicagoland area
- Offers services that include:
 - Health and Fitness Programs
 - Childcare and After School Programs
 - Youth Development Programs
 - Housing for single males, females and seniors
 - Counseling Services for all ages



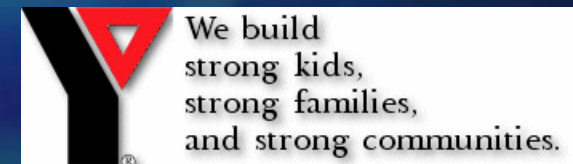
YMCA Healthy Kids Camp Curriculum

- Minimum of 3 fitness classes per week
- Daily nutritional activities/education
- Weekly guest speaker on health topics
- Weekly parent handouts promoting health and fitness



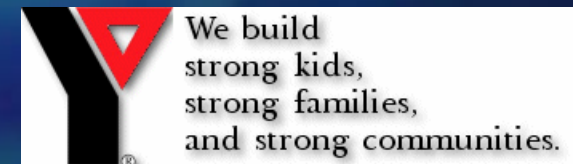
Additional Opportunities at the YMCA

- Shape Down
 - Parent and child weight management program
- Youth Sports/Swimming
 - 13 YMCA centers throughout the city of Chicago
 - Year round sports programming at local Y's
 - Swim lessons for all ages offered throughout the year
- Family and Youth Fitness Opportunities
 - Family open gym and swim



Future Plans for the YMCA

- Continue in the development and promotion of the YMCA Healthy Kids Camp
 - 2,200 kids per day in day camp are currently served
- Incorporate “healthy kids” curriculum in Childcare and School Age After School Programs
 - 1,200 youth participate in YMCA after school programs each day



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- Referral information is available online
- Volunteer/Professional contact:
 - David Anyadike
danyadik@uic.edu
773-296-7905
- Patient/Family contact:
 - Maureen McCarthy
maureen_mccarthy@ymcachgo.org
312-932-1273

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