

Healthy Living Happy Living Program: What To Expect?

To participate, the program requires:

1. Clearance from your doctor.

Your doctor must refer you to this program. A 2-page pre-participation form must be completed and returned to our office.

Please fax the completed form to: (512) 406-6520, or mail to Melinda Vasquez (see back of pamphlet).

2. Commitment to attend all sessions.

The program consists of 10 sessions. We require commitment from the student and the parent/guardian to attend all sessions. Please do not register for the program if you cannot attend all 10 sessions.

3. Patients who are aged 6-11 years and are overweight or obese (BMI \geq 85th percentile).

Your doctor can tell you if your child meets this requirement.

Once we have received the form, we will contact you to confirm participation. Please note that we have a limited number of spots in the program, so if the current session is full, we'll put you on the priority list for future sessions.

Contact **Stephanie Saucedo** to register or if you have any questions: (512) 324-9999 ext. 86437



For more information and to contact us:

www.dellchildrens.net/healthyliving

**Dell Children's Medical Center of Central Texas
Texas Center for the Prevention and Treatment
of Childhood Obesity**

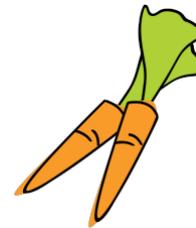
4900 Mueller Blvd.
Austin, TX 78723

Stephanie Saucedo

Patient Access Representative

Phone: (512) 324-9999, ext.86437

Fax: (512) 406-6520

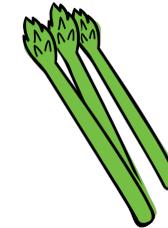
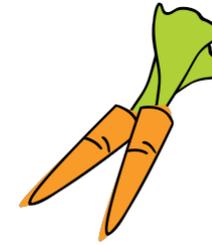
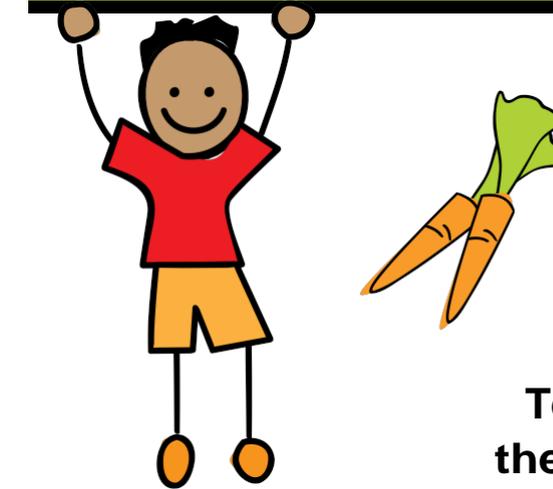



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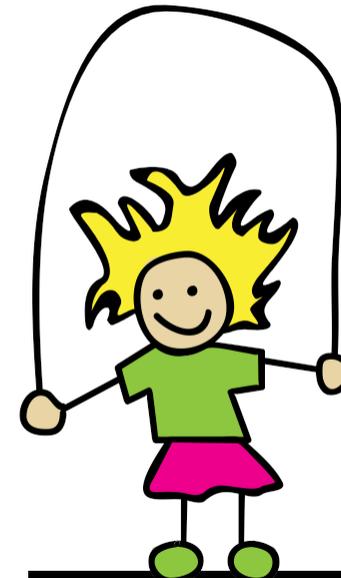
WE KNOW HOW TO TREAT KIDS.

dellchildrens.net



**Texas Center for
the Prevention and
Treatment of
Childhood Obesity**

Empowering families to live
healthy, happy lives




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Texas Center for the Prevention and Treatment of Childhood

Obesity was created to address the childhood obesity epidemic facing Central Texas today. The center seeks to reverse obesity trends in children and to reduce, prevent, and treat long-term illnesses caused by childhood obesity. The team includes experts in medicine, psychology, nutrition and physical therapy/activity from Dell Children's Medical Center, UT-Austin, and the Texas Child Study Center. Stephen Pont, MD, MPH, FAAP serves as the medical director for the center. Fellow pediatrician and obesity expert Kimberly Avila Edwards, MD, FAAP and Jane Gray, PhD, clinical director of psychology, complete the center's faculty. The pediatric obesity center incorporates multi-disciplinary prevention and intervention methods to help children, adolescents and their families live healthier, happier lives.

Texas Center for the Prevention and Treatment of Childhood Obesity

includes four **CL•E•A•R** components:

- Evidence based multidisciplinary **C**linical treatment
- Patient, community, and student/trainee **E**ducation
- Community **A**dvocacy and capacity building, through serving as a resource and partner for health-related collaborative community efforts
- Novel **R**esearch to advance knowledge, document success and expand services

The center's clinical highlights:

- **ACES (Activating Children Empowering Success) Clinic** provides comprehensive evaluation, psychosocial support, and treatment for overweight and obese children and teens, aged 2-18 years.
- **Healthy Living Happy Living** is an after-school, family-based healthy-living/obesity program. The 10-week program focuses on empowering children aged 6-11 years and their families to make lifelong healthy changes.



ACES (Activating Children Empowering Success) Clinic

The ACES Clinic at Dell Children's Medical Center provides multidisciplinary and comprehensive evaluation, management, and treatment for obese children and teens, aged 2 through 18 years. Children are evaluated by a pediatrician with expertise in childhood obesity who manages the medical complications associated with pediatric obesity. Psychological support and counseling and nutrition and physical therapy assessment and guidance are critical components of treatment also provided for each patient. Drs. Pont, Avila Edwards, and Gray practice in the ACES clinic.

Referrals:

Patients require a referral to the ACES Clinic from their primary care provider. Children who qualify for referral include any child aged 2 through 18 years with a body mass index (BMI) \geq 99th percentile for age and gender or those whose BMI is \geq 95th percentile for age and gender and who have a complication/co-morbidity of pediatric obesity. Family support and healthy changes are essential for the treatment of children afflicted with pediatric obesity; thus, parent/guardian attendance at the clinic visits as well as their active collaboration in the treatment program is mandatory.

Services:

- Medical management of childhood obesity and resulting complications
- Nutrition assessment and counseling
- Physical therapy assessment and physical activity counseling
- Social services for families
- Psychological support and counseling

Clinic Visit:

Clinic visits are conducted at the Marni Paul Specialty Care Center at Dell Children's Medical Center. During the first visit, patients are seen and evaluated by a pediatrician with expertise in pediatric obesity, a dietitian, physical therapist, and mental health professional. Follow-up appointments are conducted by the pediatrician and other team members as needed. Services are provided in English and Spanish.

Healthy Living Happy Living Program

Healthy Living Happy Living is an after-school, family-based obesity program funded by multiple local philanthropic partners and the Children's Medical Center Foundation. The highly ambitious and productive program has been featured on the cover of the March 2009 edition of *Texas Medicine*. Dr. Kimberly Avila Edwards serves as the medical director for this program.

The innovative program, offered in both English and Spanish, incorporates the four key components of successful obesity interventions:

- Physical education and activity
- Nutrition
- Mental health and behavior change
- Family involvement

The 10-week group program targets overweight and obese children aged 6 to 11 years and their parents/guardians and focuses on providing tools for families to empower them to make healthy changes.

