

*Childhood overweight and obesity  
are increasing at an alarming rate.*

*The prevalence has tripled over the past 3 decades.*

*Overweight children are at risk for developing:*

*Type 2 diabetes  
High cholesterol  
High blood pressure  
Pulmonary/Lung disorders  
Orthopedic/Joint problems  
Liver problems  
Depression, Low self-esteem  
Adult obesity*

*Future medical conditions and adult obesity  
can be prevented through the:*

**Beaumont Healthy Kids  
Program**

*Empowering children and their families to develop  
a healthful diet and lifestyle.*

For children 3 to 18 years old.

Please call for more information:

**(248) 655-5900**

## **Beaumont Healthy Kids 12-Session Educational Program**

Thank you for your interest in Beaumont's Division of Nutrition and Preventive Medicine Healthy Kids Program. This program is designed for children, from the ages of 3 through 18, who are overweight and would benefit from a multidisciplinary educational program that focuses on improving health through nutrition, exercise and behavior modification.

### **Program Description**

This program is a comprehensive 12-session program. Each week you and your child will have an individual consultation with a professional from the Division. This is generally divided into 4 visits with a psychologist, 4 visits with a registered dietitian and 4 visits with an exercise physiologist. These visits are by appointment only and are available Monday through Thursday between 8 am to 8 pm and Fridays between 9 am to 12 pm.

Please note that participation from one or both parents/caregivers is required. Depending on the child's age, some parent-only or child-only sessions may be requested by staff.

In addition to individual sessions, the program includes monthly Healthy Family Special Events. These events are fun, interactive, educational and for both children and parents. Children will enjoy cooking classes and physical activity events. Parents will have the opportunity to learn skills and tools they can use in raising healthy children. Please see flyer for more details.

### **Heart and Diabetes Risk Screening**

The ultimate goal of the Healthy Kids Program is to optimize quality of life and prevent obesity-related disease states, such as early heart disease and type 2 diabetes, through development of long-term healthy lifestyle habits. Measures to assess a child's risk for heart disease and diabetes include weight and body mass index (BMI) percentile, blood pressure and fasting blood sugar. At the start and completion of the program, weight, BMI, blood pressure and a fingerstick fasting blood sugar are measured. The timing of the fasting blood sugar can be scheduled for a morning, including Saturday mornings. Alternatively, your child may have this test performed at the pediatrician's office and forwarded to us, or you can decline to have blood sugar tested.

### **How Do I Get Started?**

Your child's physician must complete a referral form and this form must be received prior to making your first appointment. Medical supervision is not provided during the program.

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## **How Much Does the Program Cost?**

The total charge for this program is \$500.00. This includes all weekly visits and program materials. Payment in full is expected at the time of your first appointment. Different levels of financial aid are available for those meeting financial need criteria – Please contact Lorrie Moore for further information –248-655-5908.

The majority of HAP health insurance plans cover the Beaumont Healthy Kids Program. Contact your HAP benefit plan (the phone number on the back of your insurance card) to see if your plan covers the program.

## **What Can I Expect From This Program?**

Our goal is to begin the process of change regarding healthy eating and physical activity. This goal is achieved through education, increasing awareness, and skill development. Healthful changes made by families can help children stop gaining weight and decrease their percentage overweight.

## **Positive Reinforcement During the Program**

In addition to receiving praise from staff and family members for their accomplishments during the program, children have the opportunity to earn \$5 Target® Gift Cards, with the potential of earning up to \$25 in gift cards total. Children will earn points toward gift cards by attending the 12 sessions, attending The Healthy Family Special Events, and completing daily records. Children also earn colorful keychain foot tokens throughout the program for achieving goals.

## **Is This Program Right For Us?**

Our program requires time commitment, an open mind to learning new information and flexibility to change. Involvement of the entire family in healthy lifestyle changes will optimize results. It has been our experience that high stress levels within a family may interfere with progress. This program is not appropriate for children who have severe behavioral/learning problems or eating disorders.

## **What Happens At the End of the Program?**

The Healthy Kids staff will develop individualized long-term plans and goals for you. Periodic follow-up with the psychologist, dietitian and/or exercise physiologist may be recommended. Your first follow-up visit after completion of the program is *free*.

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## **Our Team Members**

The Beaumont Healthy Kids team encompasses several different disciplines. Our specialists include registered dietitians, psychologists, and exercise physiologists. The American Academy of Pediatrics recommends treatment programs that include professionals from these three areas for comprehensive weight management.

Our professional team members are fully accredited in their specialties, and are members of the Beaumont Hospital staff. The staff of each department has years of experience in weight management, and specific training in childhood weight management. Our specialists promote health through individual education and counseling, leadership of support groups, and increasing public awareness. Below is a description of each discipline.

### **Dietitians**

A registered dietitian is a college graduate with a bachelor's degree in nutrition. Post-graduate requirements include clinical training and passing a national certification exam. Continuing nutrition education courses are mandatory to maintain their license. Our dietitians provide invaluable education on nutrition in relation to health, and counseling on incorporating a more healthful diet into each family's lifestyle.

### **Psychologists**

All of our psychologists have a master's degree or doctorate degree in psychology. Each psychologist maintains their license by completing mandatory continuing education courses. Our psychologists have completed specialized training on behavior modification in relation to weight management. In addition to providing families with tools that are necessary for healthful change in behavior, our psychologists identify emotional and behavioral disorders, coach and motivate families to make positive changes, and provide counseling on issues that may interfere with progress.

### **Exercise Physiologists**

Our exercise physiologists have, at minimum, a bachelors degree in exercise science. They are experts on how physical activity relates to improvement of health, fitness, and performance. Maintaining their various certifications requires regular completion of continuing education. Their roles include assessment of current physical activity level, incorporation of increased physical activity in ways that are appealing to children and families, and instruction on proper exercise techniques to prevent injury and maximize health benefit.

***The Beaumont Healthy Kids multidisciplinary team provides the education, tools, and support that are necessary for families to develop a healthful diet and lifestyle.***

**Beaumont Healthy Kids 12-session Program Outline**

<b>Week/Visit Type</b>	<b>Time Allotted</b>	<b>Appointment Date/Time</b>
1a. Nurse Visit* 1b. Psychology Interview	15 minutes 45 minutes	
2. Dietitian Interview	60 minutes	
3. Exercise Physiologist Interview	60 minutes	
Healthy Family Special Events (offered monthly)	60 minutes	
4. Psychologist	30 minutes	
5. Dietitian	60 minutes	
6. Exercise Physiologist	30 minutes	
Healthy Family Special Events (offered monthly)	60 minutes	
7. Psychologist	30 minutes	
8. Dietitian	60 minutes	
9. Exercise Physiologist	30 minutes	
Healthy Family Special Events (offered monthly)	60 minutes	
10. Final Psychologist Visit	30 minutes	
11. Final Dietitian Visit	60 minutes	
12a. Nurse Visit* 12b. Final Exercise Visit	10 minutes 30 minutes	

\*Nurse Visit includes measurement of height, weight, blood pressure and fasting blood sugar. Blood sugar test can be done at our clinic on a separate day or at your pediatrician's office.

## ***Tips for Making the Most of Your Beaumont Healthy Kids Experience***

### **1. Follow-up with the same psychologist, dietitian and exercise physiologist each time.**

- ❖ As much as possible, we recommend scheduling your visits with the same people, so they get to know you, your goals, and your particular situation. As you get to know them, you will find it easier to open up and share your concerns, thoughts, and frustrations.
- ❖ However, you are welcome to schedule appointments with other staff as well.

### **2. Consider scheduling some parent-only or child/adolescent-only sessions.**

- ❖ When a child is young, we may not need him/her present at each session. We definitely want your child present at the first 3 sessions and at the last 3 sessions, but you may consider making some of the other sessions parent-only sessions. Sometimes it is easier to talk freely about your concerns and struggles without your child present.
- ❖ Adolescent-only sessions may be beneficial. Sometimes it is difficult to speak freely in front of parents. We may be able to more effectively comprehend the situation and provide appropriate guidance without a parent(s) present.
- ❖ How do I know when I should schedule parent-only or adolescent-only visits? Discuss this with the Healthy Kids professionals (psychologist, dietitian, or exercise physiologist). Also, we may request some time/sessions alone with parent(s) or with children/adolescents.

### **3. Be honest and communicate with us.**

- ❖ Before starting the program we will have you fill out a questionnaire regarding your goals and concerns. Each visit, we will ask you to fill in a short questionnaire to assess whether your needs and goals are being met. We want to find out how we can make the most of your experience while you are still in the program.
- ❖ For program quality assurance purposes, we plan to weigh your child/adolescent at various visits during the program. Please always feel free to decline weight measurements.

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***Need more information?***

***Please attend a free session:***  
*(see below)*

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Ticket for **1 FREE Session**

Learn about the  
**Beaumont Healthy Kids Program**  
for overweight children ages 3 to 18  
*plus* receive helpful information to make healthy lifestyle changes.

Call **248-655-5900** to schedule your free 15-minute session for **one** of the following:

- Psychologist – Learn ways to handle food triggers and situations
- Dietitian – Learn about healthful snack ideas
- Exercise Physiologist – Learn fun ways to become more physically active

**Beaumont Weight Control Center**  
4949 Coolidge Highway  
Royal Oak

## Beaumont Healthy Kids Program Clinic Policy

*Due to liability issues with our patients, who are minors, parents and/or guardians must remain with their children at all times.*

- **24-hour notice for all appointment cancellations required.**
- **Please make alternate child-care arrangements for siblings.**
- **No food will be allowed in waiting room area.**
- **As a courtesy to other patients, please monitor your child's behavior.**

The safety of you, your children and other patients is a priority to the staff at Beaumont.

I have read and understand the above policy:

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Parent / Guardian

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Date

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## ***Patient Information***

Patient's Full Legal Name			
Date of Birth	Age	Sex	Social Security Number
Patient's E-Mail Address (if applicable)			

## ***Responsible Party Information***

Name			
Address	City	State	Zip
E-Mail Address			

## ***Patient Resides With***      Same as Responsible Party (above)

Name	Relationship to Patient	Phone	
Address	City	State	Zip
Sibling's Name(s)	Age	Other Household Members	Age

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## Parent Information

Father's Name			Mother's Name		
Address			Address		
City	State	Zip	City	State	Zip
Home Phone			Home Phone		
Work Phone			Work Phone		

## School Information

School		Grade	District
Address			City
State	Zip	County	Phone

## Medical Information

Pediatrician/Primary Care Physician	Address		
City	State	Zip	
Office Phone	Fax		
Hospital Where Born	City	State	
How Did You Hear About Our Program?			

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William Beaumont Hospital  
Division of Nutrition and Preventive Medicine

Phone: 248-655-5900

Fax: 248-655-5901

## Beaumont Healthy Kids Program Referral For Children ages 3 to 18 years-old

Patient Name \_\_\_\_\_ Phone \_\_\_\_\_

**REASON FOR REFERRAL:** Patient is overweight ( $\geq 85^{\text{th}}$  percentile on BMI-for-age chart), or increasing in weight relative to height, and would benefit from a multidisciplinary educational program that focuses on improving health through nutrition, exercise, and behavior modification.

**EXCLUSION CRITERIA:**  
Type 1 diabetes

**LOCATION:**  
Beaumont Health Center  
Weight Control Center  
4949 Coolidge Highway  
Royal Oak, MI 48073

**Phone:** 248-655-5900  
**Fax:** 248-655-5901



**Please Note:** The referring physician accepts responsibility for concurrent medical care of the patient during the program. A physician will not evaluate or monitor your patient at the Weight Control Center.

**\*Risk Factor Assessment:** A fasting blood sugar at entrance and completion of the program are monitored. If done at your office, please record in box below. Alternatively, this test can be done at the Weight Control Center. (Please note: *Not* a requirement to enter the program)

**Please send patient's:**

1. Growth chart and/or BMI-for-age chart records
2. Any laboratory results (i.e. glucose, lipids, insulin, etc)
3. \*Fasting glucose \_\_\_\_\_ Date \_\_\_\_\_

Referring Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

To have a Healthy Kids Program Information Packet e-mailed or mailed to you or your patient, please call 248-655-5900 or e-mail your request to [ksloan@beaumont hospitals.com](mailto:ksloan@beaumont hospitals.com)