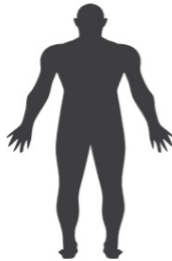


PROMOTING HEALTHY WEIGHT

CHILD AND ADOLESCENT HEALTH CENTERS (CAHCs) PROMOTE HEALTHY WEIGHT THROUGH PREVENTION AND INTERVENTION MEASURES DURING PRIMARY CARE VISITS, IN CLASSROOMS AND IN OTHER SETTINGS.

WHAT CAHCs DO TO PROMOTE HEALTHY WEIGHT:

Provide well-child care:



Measure weight, height and Body Mass Index on all clients.

Use nutrition surveys to gather dietary and lifestyle information along with information on food access, home appliances, and family history.

Provide developmentally-appropriate anticipatory guidance on growth and healthy lifestyle.

Provide high quality care specific to unhealthy weight:



Clients with unhealthy weight are evaluated and managed based on the 2007 "Expert Committee Recommendations Regarding the Prevention, Assessment and Treatment of Childhood and Adolescent Overweight and Obesity."

Individual counseling is provided for clients and their families.

CAHC providers communicate with primary care providers to assure continuity of care.

Offer learning opportunities:



CAHCs implement evidence-based programs on nutrition and/or physical activity in classrooms, small group offerings, "clubs" format, and as individual one-on-one sessions.

Health fairs, food tastings, cooking demonstrations, and parent education supplement traditional evidence-based programming.

Work with families and communities:



CAHCs join with their school partners to make healthy food and physical activity available during the school day.

CAHC staff work with community agencies to provide resources to families to combat food shortages.

CHILD AND ADOLESCENT HEALTH CENTERS ARE MAKING AN IMPACT:



INCREASED KNOWLEDGE OF-

Basic nutrition and physical activity concepts.
Media impact on decisions.

INCREASED ABILITY TO-

Make healthy decisions.
Manage a healthy lifestyle.

INCREASED CONFIDENCE IN CHOOSING HEALTHY FOOD

INCREASED SELF-ESTEEM AND BODY IMAGE

POSITIVE DIRECTION IN "STAGE OF CHANGE" -

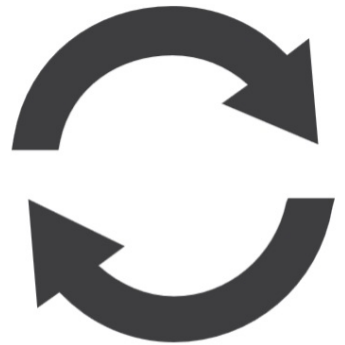
Showing increased readiness and ability to change health behavior.

CHANGED DIETARY BEHAVIOR / EATING HABITS-

Reduced sugar and fat intake.
Increased fruit and vegetable intake.
Healthier food choices overall.
Smarter and healthier fast food choices.

CHANGED PHYSICAL ACTIVITY HABITS-

Increased physical activity.
Decreased screen time (time on computers, video games, other screens).



55%

Youth with an unhealthy weight (10,000 clients) were counseled at least once on nutrition, physical activity and limiting screen time. Our goal is to increase this to 100%.



LOST WEIGHT AND MAINTAINED WEIGHT LOSS



SUCCESS STORY: LETTER FROM A HEALTH CENTER CLIENT

-Oakwood Adams Child and Adolescent Health Center-

"I've been a patient of the (health center) for roughly seven years. Throughout this time the health center has become somewhat of an extended family. They have had an impact on me - they have contributed to my weight loss. Over the course of a year and a half, I went from 220 pounds to 176 pounds. They gave me all the determination and information that helped me transform my lifestyle...they treat everyone who walks through the door with kindness and compassion."

SUPPORTING HEALTHY CHOICES

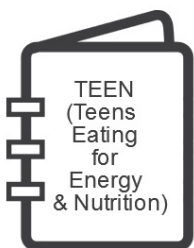
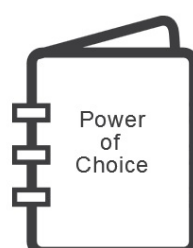
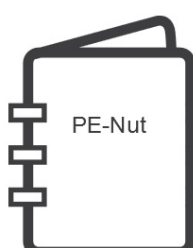
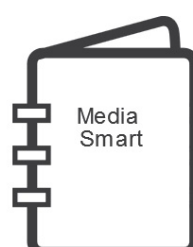
1,300



Youth participated in one of 15 different programs offered designed to improve nutrition and physical activity.



NUTRITION AND PHYSICAL ACTIVITY PROGRAMS PROVIDED BY CAHCS:



INTRODUCING NEW WAYS TO THINK ABOUT AND INCREASE AWARENESS OF OBESITY

"Members of a Saginaw High School Health Center's Teen Advisory Council participated in a Photovoice project in conjunction with the health center, school and Saginaw Valley State University. TAC members were asked to take pictures in their home, school and community that either positively or negatively impacted their food choices or contributed to obesity rates. Students then discussed the photos and wrote captions for them. The project culminated in a public display of the photographs at the Hoyt Public Library. This project increased awareness and promoted critical thinking about the cultural contexts and assets surrounding the obesity issues, including the disparate rates of obesity among youth of color."