

# Child Weight Management Program



The child weight management program is a medically managed approach to weight loss and weight management. The program combines nutrition education, physical activity, and behavior modification. Families meet as a group with a team of clinicians, which include a physician, registered dietician, exercise specialist, and a behavioral specialist. Through this comprehensive approach, families learn the habits necessary for a healthy lifestyle.

Program participants will undergo ten weeks of educational sessions on a variety of topics including: healthier food selections, increasing physical activity, and building self esteem and confidence. Parents will be provided with tools to support their child in living a healthier lifestyle. Participants will be encouraged to set realistic lifestyle goals, which ultimately will allow them to identify environmental, behavioral, dietary, and physical activity factors which through modification can allow them to lead to a healthier lifestyle.

## CLASS SIZE

Maximum class size will be 20 youth and their parents/guardians.

Parent and/or guardian attendance is mandatory for program admission.

## SESSIONS

Sessions will be held once weekly from 5 - 7 p.m. for ten weeks. All sessions will be held at the AtlantiCare LifeCenter, 2500 English Creek Avenue, Egg Harbor Township, NJ.

## ORIENTATION/ INFORMATIONAL MEETING

An orientation meeting will be held for all interested families one month before a session begins. During the meeting, all program components will be explained in greater detail.

## INTAKE APPOINTMENT

Appointments will be scheduled before the program begins to allow potential participants to be screened for eligibility.

## FOLLOW UP

After the ten week sessions are finished, program participants will follow up with the provider on a one to one basis to review progress at graduated intervals.

## ELIGIBILITY CRITERIA

- Children 9-16 years of age
- Greater than a 95th percentile BMI
- Child and their parent/ guardian must be interested and motivated to participate
- Both child and parents must be committed to attend every session for 10 weeks. (An attendance contract will be in place).

## REFERRALS

AtlantiCare is very excited to offer such a comprehensive service to the families we serve. If you are interested in participating in this program, please schedule an appointment with your child's health care provider who will make a referral to the program. All patients referred to the program still need to undergo an intake appointment to ensure program eligibility.

**For more information regarding this program, please contact the AtlantiCare Access Center at 1-888-569-1000.**



[www.atlanticare.org](http://www.atlanticare.org)