

EMPOWERING FAMILIES TO LIVE HEALTHIER

Healthy Weight and Your Child is a 25-session evidence-based program for children with obesity. The family-based weight-management program emphasizes three elements: **healthy eating, regular physical activity, and behavior change** to elicit a positive life-long lifestyle transformation.

The Healthy Weight and Your Child curriculum is adapted from the most widely disseminated and extensively evaluated child weight management program in the world called **MEND (Mind, Exercise, Nutrition, Do it)**.

PROGRAM GOALS:

- Reduction in the child's body mass index (BMI)
- Adoption of healthier eating habits by the family
- Increase in daily physical activity
- Improved self-esteem for participants

Participants who qualify for the program must be between 7 – 13 years old, carry excess weight (body mass index in the 95th percentile or higher), receive clearance from a provider to participate in physical activity, and have an adult attend all sessions with them.

OUR MISSION

The Granite YMCA creates a community where all are welcome and builds a healthy spirit, mind and body based on the values of caring, honesty, respect and responsibility.

SERVING THE FOLLOWING COMMUNITIES

YMCA Allard Center of Goffstown

116 Goffstown Back Road
Goffstown, NH 03045

YMCA of Downtown Manchester

30 Mechanic Street
Manchester, NH 03101

YMCA of Greater Londonderry

206 Rockingham Road
Londonderry, NH 03053

YMCA of Strafford County

35 Industrial Way
Rochester, NH 03867

YMCA of the Seacoast

550 Peverly Hill Road
Portsmouth, NH 03801

YMCA of Concord

15 North State Street
Concord, NH 03301

FOR MORE INFORMATION, contact Cindy Lafond, Executive Director of Health Interventions at 603.232.8668 or email health@graniteymca.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY WEIGHT AND YOUR CHILD

A HEALTH INTERVENTION PROGRAM AT THE GRANITE YMCA





PHYSICAL WELLNESS

Healthy Weight and Your Child is an **evidence-based** lifestyle-change intervention to address childhood obesity by empowering children and families through education, healthy eating, and physical activity.

The course consists of 25 two-hour sessions, led by two trained Y staff, over a four-month period. Sessions 1 - 20 take place weekly; sessions 21 - 25 occur weekly. Each session includes facilitated activities, group discussion on the current topic, and moderate-to-vigorous physical activity. Each session participants engage in physical activity, children (60 min) and family (30 min), in addition to the session content.



EDUCATION & OUTREACH

PROGRAM CURRICULUM

Participants receive a Family Notebook which contains worksheets and handouts for them to use in each of the sessions of the program and a Family Huddle Journal which fosters goal setting, action planning, and at home tracking of behavior changes.



GROUP SUPPORT

Healthy Weight and Your Child **engages the whole family**, so together they can understand how the home environment and other factors influence choices that lead to a healthy weight. Evidence shows that child weight-management programs are more effective when the whole family is involved and committed.

The program is made up of groups of 10 to 15 children and their adult, creates a **safe, fun, and active environment** for children and their families to explore and adopt proven methods to living a healthier lifestyle.