OBESITY TREATMENT IS COMPLEX & RESOURCE-INTENSIVE

There is a need for more treatment options within communities. Pediatric obesity treatment involves multiple components.

Time and resource constraints make treatment difficult. Psychiatrists want trusted, safe, and effective options to help provide treatment.

CLINIC-COMMUNITY partnerships that connect families to evidence-based community weight management resources can help fill the need.

HEALTHY WEIGHT AND YOUR CHILD

To help address the lack of community treatment options, YMCA of the USA (Y-USA) developed the Healthy Weight and Your Child (HWYC) program. HWYC is:

Adapted from the evidence-based Mind, Exercise, Nutrition, Do-It (MEND) program.

A group-based 25-session program for children with obesity ages 7-13 and a caregiver.

Offered in 2-hour sessions and includes support, education, and physical activity.

THE PILOT PROJECT

STRATEGY & RESULTS

AAP Institute for Healthy Childhood Weight partnered with Y-USA. Designed a virtual intervention. Utilized multi-pronged approach with tools, training, and technical assistance. Clinic-community linkages and clinical care improved.

THE VALUE OF NATIONAL ORGANIZATIONS

The pilot helped demonstrate the value that national partners bring to continue to advance this work:

- Create implementation tools and templates.
- Provide protocols for roles and key processes.
- Promote sustainable funding models for treatment.
- Facilitate collaboration within and across regions.
- Advocate to address system-level barriers.
- Ensure robust national and local data collection.
- Support champions for pediatric health at the local level.