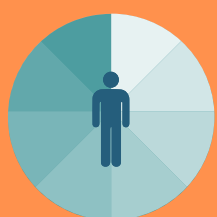




ADVANCING PEDIATRIC OBESITY TREATMENT

A novel pilot to connect primary care and community-based obesity treatment

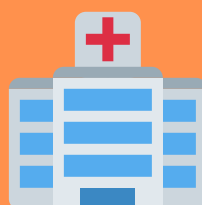
OBESITY TREATMENT IS COMPLEX & RESOURCE-INTENSIVE



Pediatric obesity treatment involves multiple components



Time and resource constraints make treatment difficult



There is a need for more treatment options within communities



Pediatricians 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

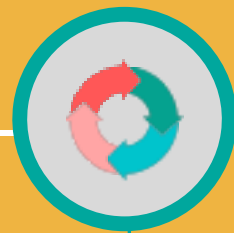
To help address the lack of community treatment options, YMCA of the USA (Y-USA) developed the Healthy Weight and Your Child (HWYC) program. HWYC is:



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



Facilitate collaboration within and across regions



Provide protocols for roles and key processes



Advocate to address system-level barriers



Promote sustainable funding models for treatment



Ensure robust national and local data collection



Support champions for pediatric health at the local level



American Academy of Pediatrics
Institute for Healthy Childhood Weight
WHERE LIFELONG RESULTS BEGIN

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