

Strong Kids Strong Teens

Teaching children, teens and families to take charge of healthy eating and being active

Dear Primary Care Provider,

Strong Kids Strong Teens is a healthy lifestyles program developed by a multi-disciplinary team from the YMCA of Greater Seattle, Children's Hospital and Regional Medical Center and Odessa Brown Children's Clinic. This community-based program is for *youth who are greater than the 85th percentile BMI and their families to learn about healthy nutrition, physical activity and self-empowerment.*

- Kids age 8-11 and teens age 12-14, meet in separate groups, with their parents to learn together for 18 weeks
- Program consists of two 90-minute sessions per week for 12 weeks followed by weekly sessions for 6 weeks
- Child and parent/guardian must be able to cooperate in a group setting

To be eligible for the program, families are required to submit a completed referral form. The height/weight/BMI must be completed by a doctor, nurse practitioner or school nurse. Referral forms are available at participating YMCAs or online at <http://obesity.seattlechildrens.org>. At the end of the 18 weeks, you will receive a report from the YMCA telling you about your patient's progress and participation in the program.

Please note that readiness is crucial for successful long-term behavior change. The family is **NOT ELIGIBLE** for this program, if either parent or child scores 3 or below in Question #2 of the Readiness to Change section. If they do score below 3, they may contact their YMCA at a later date when they feel more ready.

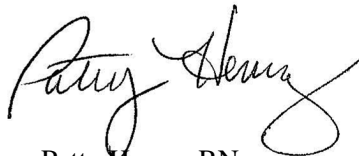
FAX the completed referral form to your local YMCA c/o the Strong Kids Strong Teens program coordinator. Be sure to sign the referral form.

Upon receipt of the completed referral form the YMCA program coordinator will contact the family to confirm enrollment and help them get started in the program. Thank you so much for referring your patient to this program! Please contact the YMCA where the family will participate for more information about Strong Kids Strong Teens or go online to <http://obesity.seattlechildrens.org>.

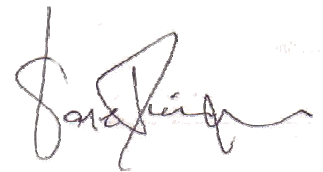
Sincerely,



Mollie Greves, MD, MPH
UW/Children's Hospital



Patty Hencz, RN
Children's Hospital



Kaye Dickenson-Boldrey
YMCA of Greater Seattle

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7/31/2008