Dear Colleagues,

We are excited to let you know about the ACT! program, formerly known as Strong Kids Strong Teens. It is a 12-week group-based healthy lifestyle program offered at the YMCA for overweight youth and their parents. It is convenient, affordable, fun, and evidence-based. The weekly program includes fun group physical activity, cooking and eating a light meal, and separate time for the kids and parents to meet.

Here are some basic materials to make it easy to refer families:

- **Tips sheet (see below*)** for referring families
- **Referral form** - this is required for families to enroll
  - Suggest this be kept with other provider forms in your exam rooms
  - Providers fax this into the YMCA where the family would like to do the program (listed on the form), and program staff will call family
- **Colorful brochures and flyers** are available for families to learn about the program—contact your Y branch for more copies. Options to use these:
  - Place them in your waiting room, or another location that families access handouts / information in your office
  - Give these directly to families you refer to the program

Please email act@seattleymca.org with any questions.

We appreciate your support of this family-friendly program!

Sincerely,

Mollie Grow, MD MPH
On behalf of the ACT! Team

*See next page for tips sheet
TIPS for referring to ACT!

You’re not alone if you

- Have found it difficult to initiate a conversation about a weight-based program
- Aren’t sure what might be motivating to families

Below are some ideas based on what families have said motivates them to join ACT! Your encouragement can make a big difference!

1. Set the stage, ask open questions

- Example: I know we have talked about ___’s weight and some things you might try at home. Where are you with that now?

2. Ask permission to bring it up

- This is a simple gesture that helps families have some control over the dialogue
- Ex. Would you be interested in hearing about a program that I think you would like?

3. Tailor information to families with messages that might best resonate with them:

   Provider cares about us and thinks this might be helpful
   To teen/parent: I know you care about your/(teen)’s health and you’d like to make some changes. I was thinking you might be interested in this group program at the YMCA.

   Fun activities
   To child/teen: You might like to be part of a fun group. It has both cooking and activity.

   Be with people who are trying new things, too
   This program is just for kids and parents who are looking for ways to make healthy changes.

   Time for parent and child together
   To parent: You have a busy family and might be looking for ways to spend more quality time with your child.
   To child: I wonder if you’d like to have more time just with your mom.

   Affordable
   This program is really affordable ($25-$165) for families and the YMCA offers scholarships. The program includes a free family membership to the YMCA during the program.

   Convenient
   This program is just once a week for 12 weeks, and you can start either in the fall or the winter session. It includes a light meal at each session.

4. Wrap up with a plan

   Ex. Now that you’ve heard a little bit about it, what do you think?
   o If wants referral to program, tell them you’ll fax in referral and YMCA staff will call family to discuss details and starting time of next session.
   o If not sure: What might be a better time for me to talk to you about it? How can I help you consider your options?