

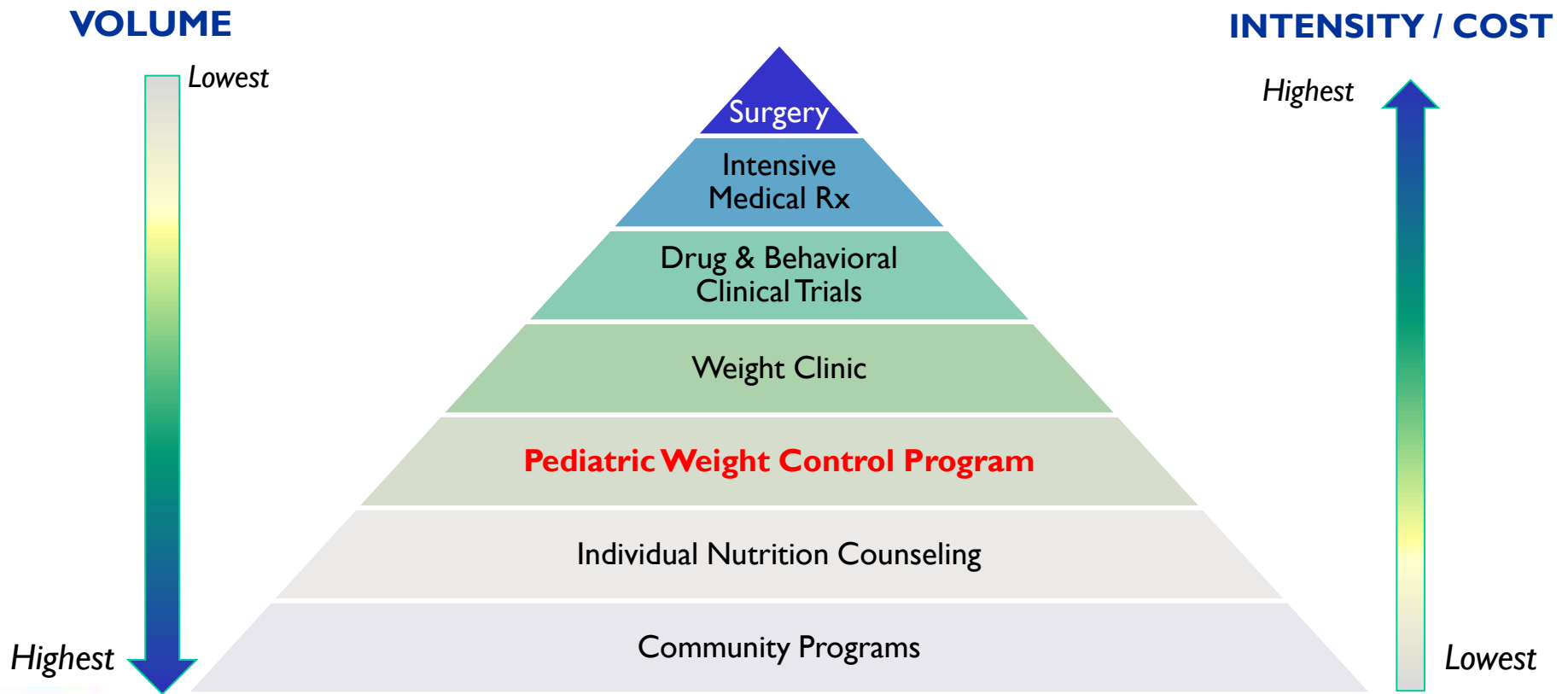
# The Stanford Children's Health Pediatric Weight Control Program

**A Behavior  
Change Program  
to Promote a  
Healthier Lifestyle  
for Families**



# Stanford Children's Center for Healthy Weight

An integral component of the Center for Healthy Weight is the Pediatric Weight Control Program.



# Who Can Join?

## FAMILY TEAM CRITERIA

<b>Age</b>	<ul style="list-style-type: none"><li>• 8 – 15</li><li>• English and Spanish</li></ul>
<b>BMI Percentile</b>	<ul style="list-style-type: none"><li>• 95<sup>th</sup> % of weight for their age and sex</li><li>• 85<sup>th</sup> % with an overweight parent or co-morbidity</li></ul>
<b>Family Support</b>	<ul style="list-style-type: none"><li>• At least one parent or legal guardian</li></ul>
<b>Commitment</b>	<ul style="list-style-type: none"><li>• Weekly for 6 months</li></ul>

Most importantly, the youth has to **WANT** to participate!



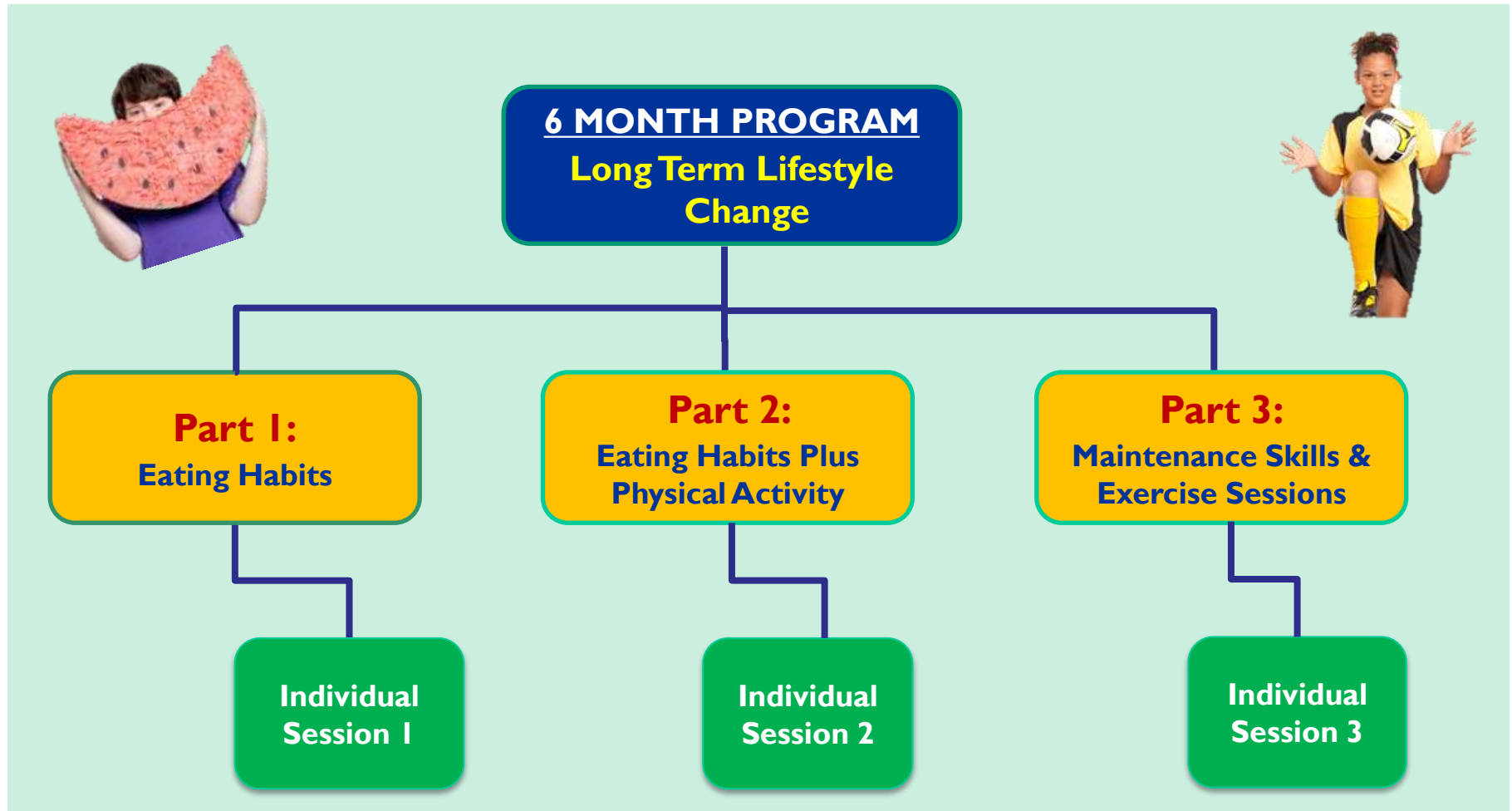
# Families Served

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- 70% qualify for financial assistance
- 47% Hispanic/Latino, 34% White, 7% Other, 6% Asian American, 5% African American, 1% Pacific Islander
- 200-300 group, individual and follow-up visits per month
- 70 new children enrolling per year (plus parent(s))



# Mastery Based Pacing



# Coaching and Group Support

**Check-in**  
Personal Feedback/ Goals  
30 min.

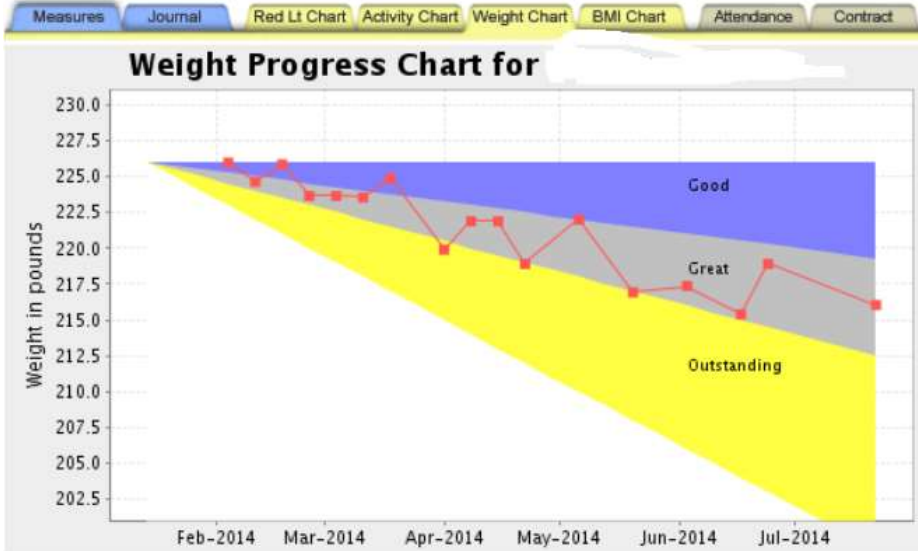


**Separate**

(Kids & Parents Break Into Two Groups)  
Discuss topic of the week  
Problem solve challenges  
30 min.

**Together** (Kids & Parents)  
Group activity  
Teamwork  
30 min.

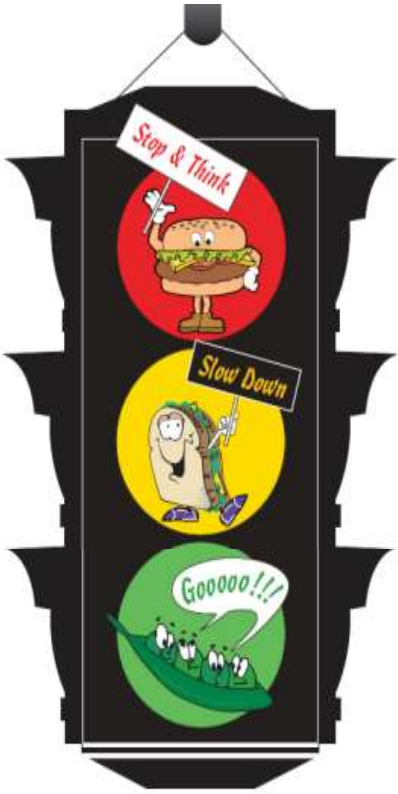
# Weekly Feedback





# Behavior Tools

## Identify



## Track

DATE: \_\_\_\_\_ MON TUE WED THURS FRI SAT SUN

**Food AND DRINKS**  
What did you eat today?

DATE	NON	TUES	WED	THURS	FRI	SAT	SUN
	Porridge	1 cup	Y				
	Orange Juice	1 cup	Y				
	Potatoes	1 cup	Y				
	Moderine	1	Y				
	Cereal	1 cup	Y				
	Milk	1 cup	Y				
	Orange Juice	1 cup	Y				
	Soup	1 cup	Y				
	Tortilla	1	Y				
	Cheese	1 cup	Y				
	Apple Juice	1 cup	Y				
	Yogurt	1	Y				
	Yeast Cakes	1 cup	Y				
	BROWN	1 cup	R				

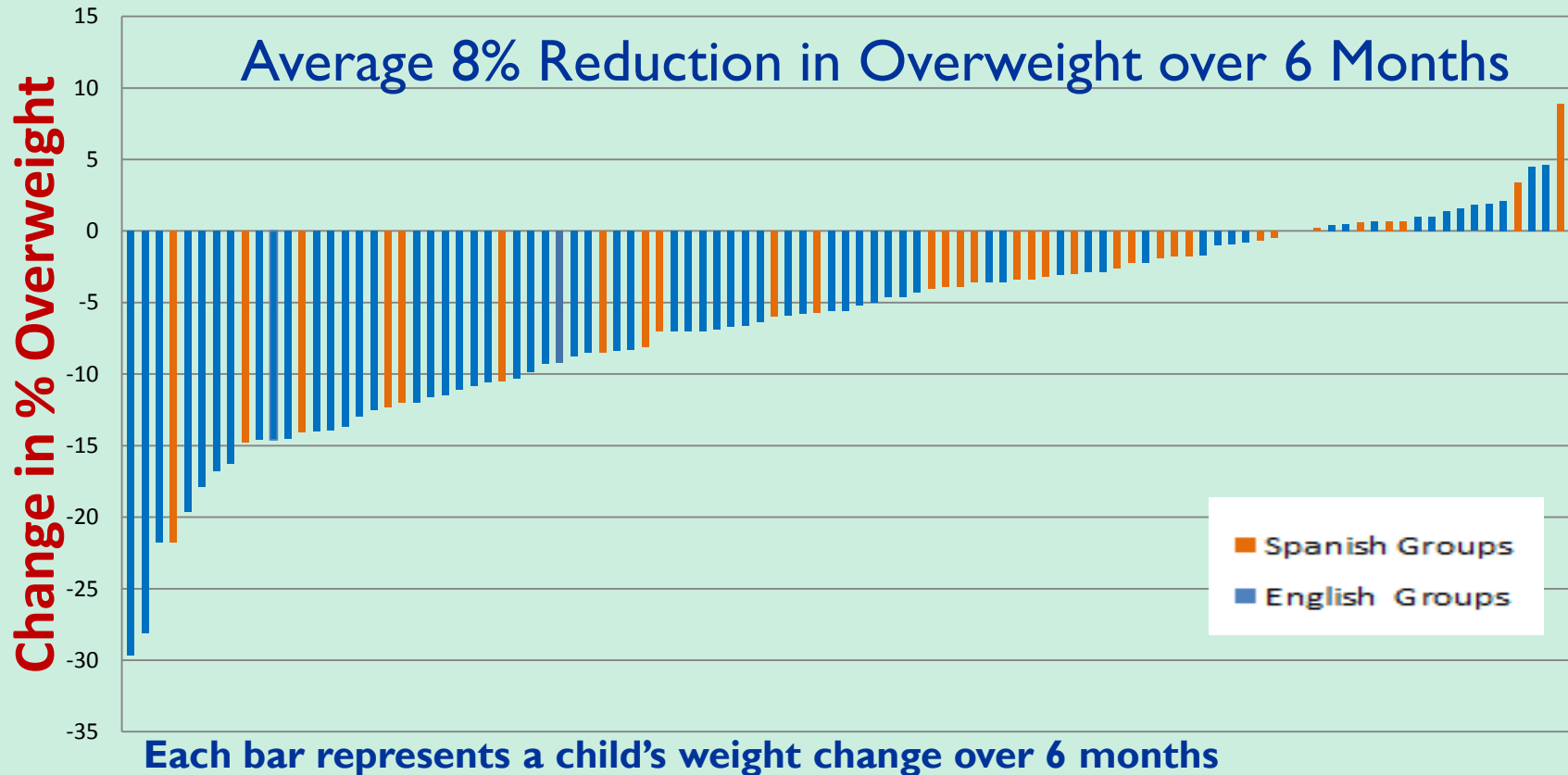
Total number of RED LIGHT foods that I ate today: \_\_\_\_\_  
How many red foods did you eat OUTSIDE OF THE HOUSE? \_\_\_\_\_  
We eat at \_\_\_\_\_.  
PARENT INITIALS: \_\_\_\_\_ MY INITIALS: \_\_\_\_\_

## Motivate





# Results: 80% Reduce their % Overweight



# Higher Energy, Lower Cholesterol



**Sep 2010**

**Before Program**

“Hard to be overweight”

Needed breaks  
in basketball game

High Triglycerides, LDL,  
& Total Cholesterol



**April 2011**

**End of 6 Month Program**

Agrees to be in video & train ads

Mom: “Amazed at transformation,  
so much energy & in whole game”

High Total & LDL Cholesterol,  
Normal Triglycerides



**March 2013**

**2 Years Later**

High school essay, “I gained  
confidence and motivation!”

First to finish laps,  
plays point guard entire game

Borderline Total Cholesterol,  
Normal LDL



**Stanford**  
Children's Health

# Program Results

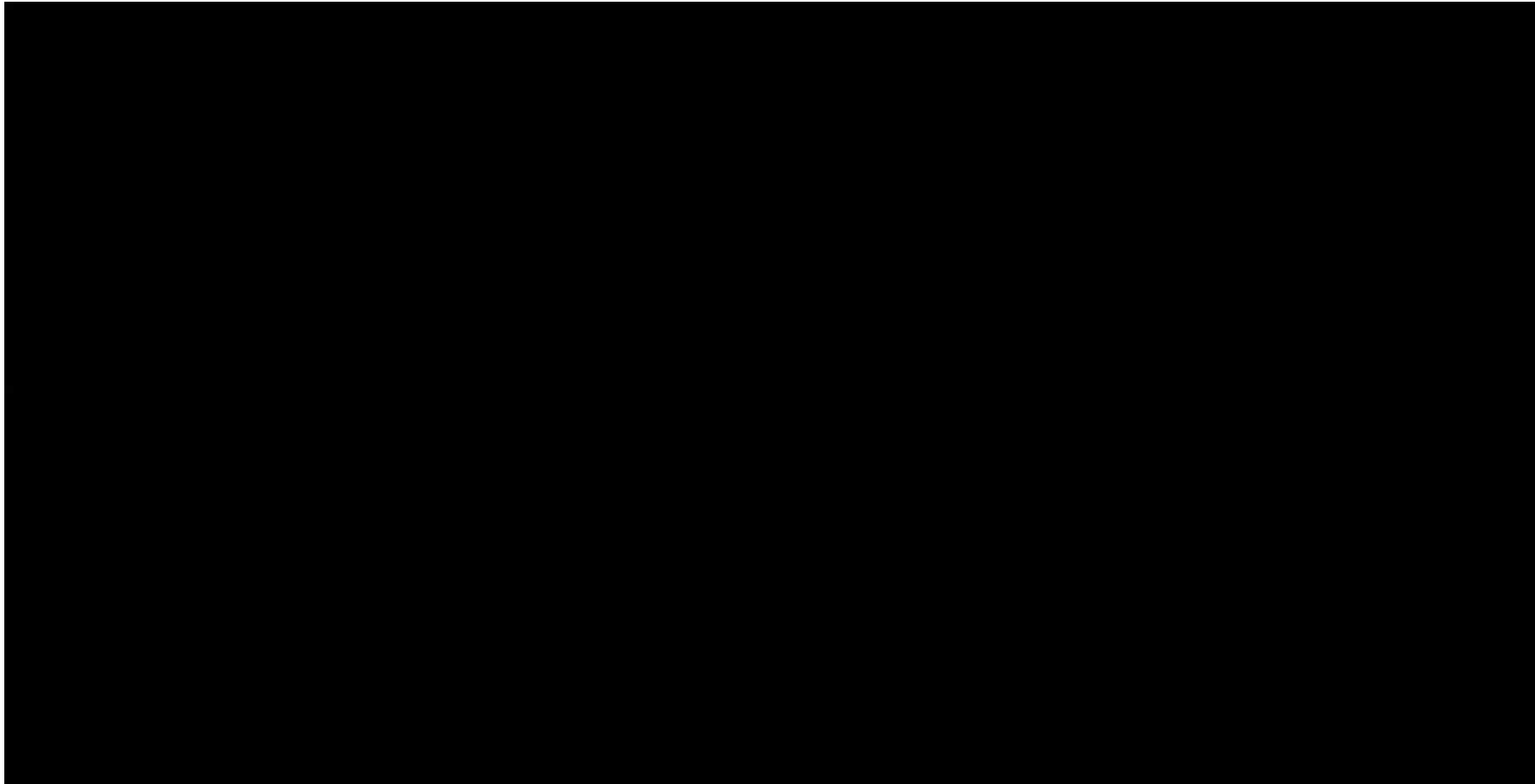
**Of parents who were  
overweight  
at the beginning of the  
program**

**74% lost weight**



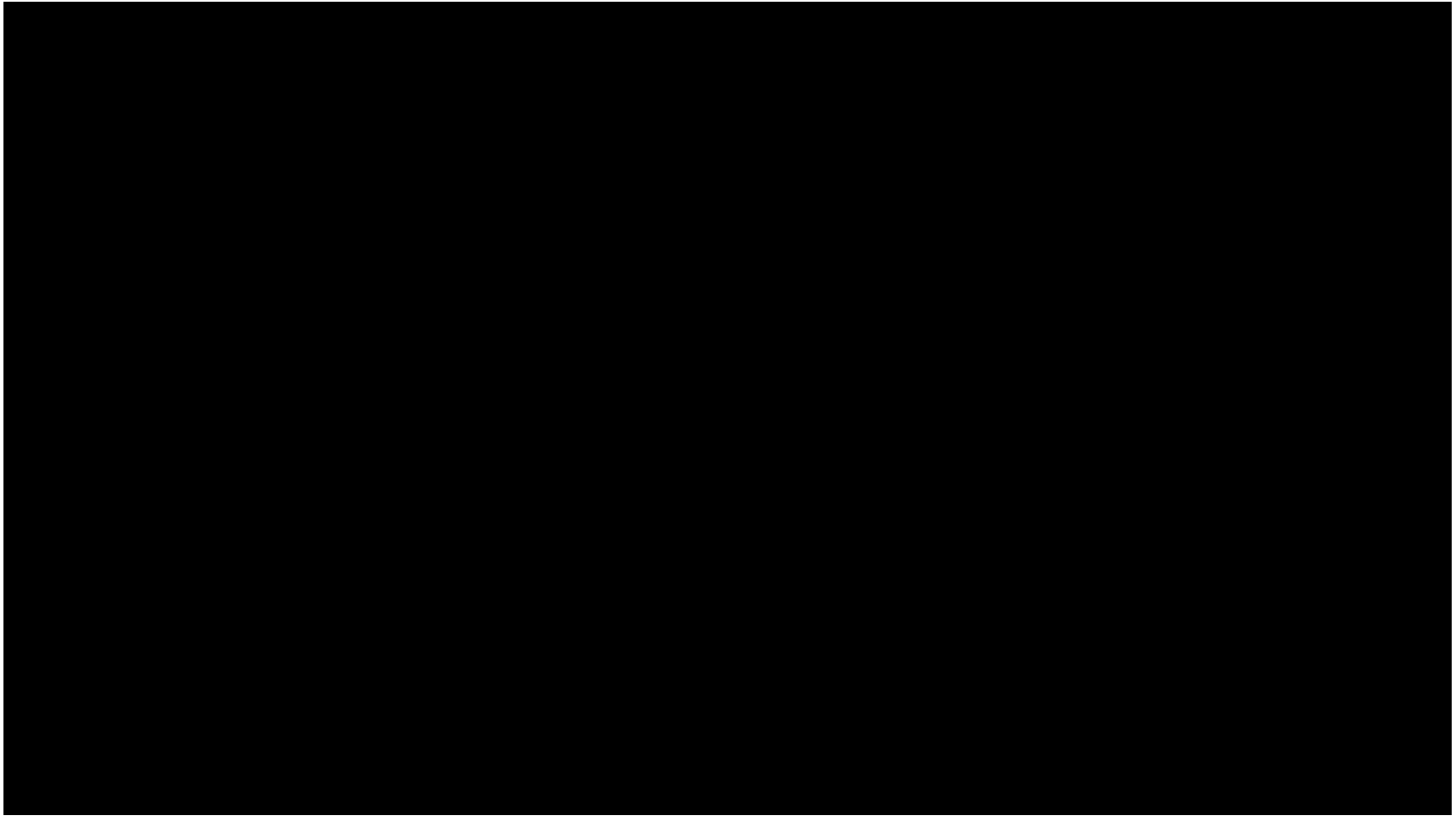
# The Stanford Children's Health Pediatric Weight Control Program – Alberto Hidalgo

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# Video of Alberto

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# Questions

For more  
information  
please call us at  
**(650) 725-4424**

