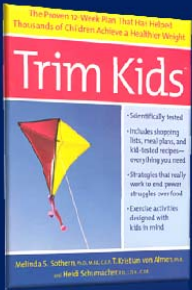


Trim Kids

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What is Trim Kids?


A 12-week program that teaches children and their families about healthy living and enables them to achieve a healthier weight

Weekly lessons aimed at enabling weight management by improving eating habits and increasing physical activity

A scientifically tested program

Benefits of Participation:

- ✓ Strategies to help deal with food cravings, recognize bad food habits, and maintain lifelong healthy eating
- ✓ Shopping lists, meal plans, and kid-tested recipes – everything you need
- ✓ Exercise activities designed with kids in mind



The *Trim Kids* Inter-disciplinary, Multi-level Weight Management Program is an interactive childhood weight management intervention that combines medical supervision and guidance, nutrition education and dietary counseling, promotion of physical activity and structured exercise, and family behavioral modification. The program was developed by faculty at the Louisiana State University Health Sciences Center, Department of Pediatrics and School of Public Health and program results have been published extensively in scientific journals and textbooks, and featured in mainstream media outlets like USA today, Wall Street Journal, Good Morning America, 48 hours and Oprah. The *Trim Kids* program is recognized by the National Cancer Institute as a Research Tested Intervention Program <http://rtips.cancer.gov/rtips/programDetails.do?programId=275383> and has been acknowledged by the U. S. Surgeon General for its community dissemination in YMCA centers in Louisiana (<http://www.surgeongeneral.gov/obesityprevention/communitychampions/index.html>).

Trim Kids, which is available in a book written specifically to parents of overweight and obese youth, has been adopted by YMCA facilities nationwide in their multi-component counseling interventions. Please see the link below to view one of many Trim Kids performance sites: YMCA of Northwest Louisiana, Camp Forbing <http://www.shreveportymca.org/league.php?scriptName=LEAGUEINFO&leagueID=15499&leagueInfoID=63898> .l

In addition, Bissonet Plaza Elementary School in East Jefferson Parish has been selected as a site for the CDC-funded Healthy Communities Project. The Department of Health and Hospitals Chronic Disease Unit and The Center for Minority Health & Health Disparities Research and Education at Xavier University of New Orleans have partnered with several stakeholders to implement a multi-level approach that addresses childhood obesity among students of Bissonet Plaza. Students in the fourth and fifth grades who are obese, overweight, or at risk for becoming overweight will be invited with their parents to participate in Trim Kids at the Riverside YMCA. The project will also focus on implementing policy, behavioral, and environmental changes in the school, after-school, community, and home settings. Researchers at Xavier feel that this comprehensive approach will result in significant improvement in the health status of students.

Eligibility for Trim Kids

- Physician Referral
- Age 6-18 years, with a weight or BMI (body mass index) that falls within the severely overweight, overweight, or at-risk category.

Rewards

- * Supportive environment for all children.
- * Students will develop confidence, energy, self-esteem and lifetime health skills.
- * Opportunity to make a difference in the health of your children, family, school, and community.
- * All participating families will receive a free YMCA membership (a \$270 value) during the 3 months of the program!

Bissonet Plaza Elementary Healthy Community Partners



XAVIER UNIVERSITY'S COLLEGE OF PHARMACY
Center for Minority Health & Health Disparities
RESEARCH AND EDUCATION



“Working together to ensure the health and well-being of all students, families, and the community.”