



New U Junior Program

The New U Junior Program in the Center for Healthy Weight and Nutrition is a twelve week medical lifestyle behavior change program designed for children 5 to 10 years who struggle with their weight. With the help of our team, your child will be able to make lifestyle behavior changes.

The program includes:

- Nutrition counseling
- Fun and safe physical activity
- Strategies for changing habits
- Social support from other families in the program
- Possible psychological support

The New U Junior. Program has two types of interventions:.

Group Sessions: You and your child will attend twelve bi-weekly evening group sessions. At these sessions, you will have the opportunity to interact with other families in the program. One evening per week will include a lesson on healthy, nutritional lifestyle behaviors. Both evenings, you and your child will participate in fun, physical activities.

Clinic Visits: You and your child will attend a clinic visit at the beginning, middle and end of the program. Additional clinic visits will be scheduled as necessary to identify risk factors and learn the SMART way to set goals.

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Program Team

Our team is here for you every step of the way!

- The physician or nurse practitioner will meet with you at each clinic visit. They will assist you with setting and meeting your goals and will monitor any weight-related health issues you may have.
- The dietitian will help you learn healthy, nutritional lifestyle behaviors and teach you skills to use in your everyday life, once a week during group visits. They will also meet with you individually during some clinic visits.
- The physical therapist may meet with you during some clinic visits to provide you with education regarding creative ideas to increase activity through your child's recreational interests.
- The certified athletic trainer will lead fun and safe physical activity during group visits. These activities will focus on strength, balance, flexibility and cardiovascular movement. They will also assess your level of fitness at the beginning and throughout the program.
- The psychologist and/or social worker may lead a group evening class or meet you in clinic to help you set goals and learn different techniques for behavior change. They will provide you with the resources necessary to achieve your goals.

Cost

The cost of our program varies based on insurance coverage. Please contact Nationwide Children's Financial Department at (614) 722-2055 for more information about the cost, co-payments, and insurance coverage.

Location

The group visits will be held in the evenings at the following locations:

Mondays and Wednesdays at 5 p.m.

Livingston Ambulatory Center

380 Butterfly Gardens Dr.
Columbus, OH 43215

Tuesdays and Thursdays at 5 p.m.

Nationwide Children's Hospital

Sports Medicine and Orthopedic Center

584 County Line Road W.
Westerville, OH 43082
(614) 355-6000

Your Commitment to the Program

At least one adult in the household must attend the program with the child. Regular attendance is a key to success. Participation in all activities and dedication to nutrition, physical activity and behavior change goals are also important.

More Information

Contact the Center for Healthy Weight and Nutrition at (614) 722-4824 or visit NationwideChildrens.org/HealthyWeight.



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