



# New U Weekly Program

The New U Weekly Program in the Center for Healthy Weight and Nutrition is a three-month medical weight loss program designed for children 11 years and older who struggle with being overweight. 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 Weekly Program has two types of interventions:**

**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.

**Group Visits:** The program is 12 weeks, which includes two evening group sessions per week. One evening per week will include a lesson on healthy, nutritional lifestyle behaviors and on both evenings, your child will participate in fun, physical activities.

[Continued]



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.<sup>SM</sup>*

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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 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 your insurance coverage. Please contact Nationwide Children's Hospital 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:

### Tuesdays and Thursdays at 6 p.m.

#### Nationwide Children's Hospital

#### Sports Medicine and Orthopedic Center

584 County Line Road W.

Westerville, OH 43082

(614) 355-6000

### Mondays and Wednesdays at 6 p.m.

#### Livingston Ambulatory Center

380 Butterfly Gardens Dr.

Columbus, OH 43215

(614) 722-4824

## Your Commitment to the Program

At least one adult in the household must attend the program with the child. Regular attendance is the key to success. Participation in all activities and dedication to your 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](http://NationwideChildrens.org/HealthyWeight).



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