

Family LEAP program

What: Treatment of pediatric overweight and obesity delivered by an interdisciplinary team. It is a combination of 12 weekly group sessions followed by 3 individual monthly follow up visits. The first hour is fun physical activity that is supervised by Y staff. The second hour is nutrition and behavior intervention lead by an RD and psychologist.

Who: 8-12 year old's and their families

When/where: Tuesday nights from 5:30-7:30 pm at the Healthy Living Center Y

❖ **Class 1:** Healthy Eating- what does it look like

- Explain food is fuel and structure and balance the two things that help get the body fuel
 - Explain what structure is; eating with-in the first two hours of waking and making sure to eat every 3-5 hours after this.
 - Besides eating structured, it's equally important to make sure what you eat is balanced with 6 essential nutrients.
 - Give the My Plate paper plates out to every single participant. Per family, have a variety of food models and food pictures of all five food groups. Make sure to have some sweets/treats in the group.
 - Go through the PP on each food group and highlight the key nutrients in each food group. Have the family's match the food to the right group.
 - Discuss balance by using the food groups as their guide: Meals= 3-5 food groups per meal and snacks = 1-2 food groups.

❖ **Class 2:** Beverages

- SSB examples with amount of added sugar in sandwich bag demo
 - After you talk about Healthy beverages and sometimes beverages on the PP
- Pitcher of infused water (show a non-SSB option. Don't have to do this if you don't remember)
- Ingredients for Fruit Smoothie snack

❖ **Class 3:** Portion Control: main goal is to cover the three different ways to portion control: reading Nutrition Facts Label, My Plate, and hands

- Start class with Cereal demo- emphasize to group how the two-different bowls are so different from each other. Have one kid come up and pour cereal into one bowl. Have them just pour what they consider a "normal" bowl of cereal. Then have them look at the nutrition facts label and have them say out loud what the serving is. Have them measure this serving out into the second bowl. Have the whole group see the difference.

- Lead into the Nutrient facts label. Make it simple. Then look at the amount of calories, fat, protein, and fiber there is in the serving size. GIVE EXAMPLE OF DOUBLE THE SERVING SIZE
- Go through portion activity on the PowerPoint
- Ask the class after the portion activity, do the portions seem small (they will likely say yes) talk about the importance of balance with the My Plate. If they take the right portions and get volume and hunger controlled with basic meal planning, they will get enough food.
- This leads into what does physical hunger feel like? Review slide of physical vs head hunger.
- Discuss the Hunger/fullness scale as a tool to help better understand true physical hunger.
- Pick a kid to help with Snack time.
- ❖ **Class 4:** group discussion
 - This class is slept for kids and parents
 - First half will be parents with BH (20-25 minutes)
 - RD will have kids that first half. Will do snack of hummus. RD will assign some kids to read the recipe and put that together. Also have some kids, at RD's comfortability, learn basic knives skills to cut the vegetables.
 - During this time, RD open for questions/discussion about info learned so far. Will send them with their snack of hummus to mindfulness class
 - Second half, kids with BH, parents with RD
 - Will provide snack and introduce mindfulness to them
 - Use handout (Hunger/fullness cards and Mindful Eating practice). Will walk through the practice with them.
 - Then Ask the RD time (if you have time)!
- ❖ **Class 5:** Team teach topic with BH- Behavior and Emotions around Eating.
 - Start with the reviewing the two reasons we eat- to live and it taste good
 - Use the two graphs of Physical and Head Hunger
- ❖ **Class 6:** Scree time/Importance of Sleep
 - Discuss what is the recommended amount of screen time (2 hours or less) and what is defined as screen time.
 - Review is having too much screen time is a problem
 - Increases *in*activity
 - become more *mindless*
 - Power of influence
 - Discuss how a family can start reducing screen time
 - Move while watching it
 - Make meal/snack time at the table
 - Make family time other things then screen time
 - Why we need sleep
 - Connecting increase screen time in general and couple of hours before bed time and interrupt quality and length of sleep

- Effects academic performance, emotional stability, and weight.
 - Review how much sleep a child needs and how napping over 30 minutes, max, can interrupt sleep at night
- ❖ **Class 7: Sweets and Fiber**
 - Carbohydrates are your preferred energy source. This is the nutrient your body will always want to use first.
 - Two different types of carbohydrates: Simple and Complex
 - Go through the guessing game of what is simple vs complex carbohydrates
 - Sugar and our health
 - Downside to too much sugar
 - Cavities and gum problems, Poor health, Heart disease, Diabetes, Weight gain
 - 80/20- this rule/guideline is to help use balance everyday foods with sometimes foods. If you have time discuss examples of what this would look like or have the families give ideas.
 - Review names of added sugar and if you have time, have some sample food labels out and have the families look for these names
 - Discuss the role of Fiber in the diet. Also review what foods have fiber in it.
- ❖ **Class 8: Protein**
- ❖ **Class 9: Heart Health**
- ❖ **Class 10: *Team teach topic with BH*- Barriers**
 - **Mainly group discussion with worksheet provided.** Worksheet is located in handouts.
- ❖ **Class 11: group discussion** (BH will have 25 minute separate talks with kids and parents. When one group is not with BH, RD will have free time for questions/concerns)
 - **With kids, plan to do two recipes. A longer one and a shorter one.**
- ❖ **Class 12: Eating out/Holidays/Special Occasions**