

Family LEAP has a 12-week program starting January 4th, 2024 & is open for enrollment!

A reminder of what Family LEAP is:

- LEAP = Learn, Eat & Active Play
- Enrolls up to 10 children ages 7-16 with BMI \geq 85th %ile, and their families
- 1.5 hour sessions provide face-to-face, family based learning for healthy choices and lifestyle. Each session includes:
 - Nutrition education with interactive cooking demonstrations
 - Behavioral health education, goal setting and guidance
 - Fun physical activities that incorporate exercise & goal setting
- 12 weeks, on THURSDAY nights @ 5:30 pm at Y Healthy Living Center in La Crosse , starting Jan 4th
 - Families do need to commit to attending *at least* 10 of the 12 sessions
- Cost is \$180 for 12 weeks; out of pocket cost or apply for CMN grant
- More info is available by smartphrase: .familyleappatientinfo
- The Gundersen Health website does have a now brief mention of this, with updated contact info
- Families do also need to understand that an adult support person must be present with each participate every week, and will participate in the entire session including the exercise portion
- We, unfortunately, do not have an option for interpreting services with this program so have to decline non-english speaking participants

Several important changes to be aware of:

- There is no longer a clinician intake evaluation. This eliminates the extra cost and time for the family.
- We ask that the referring clinician carefully vet if the patient and family really are eager & willing to commit to the 12-week program in La Crosse. We have learned that families nudged into the program who may not be fully engaged generally don't show up at all or often enough to make the experience worthwhile (and it may take a spot from a family who really does want to participate).
- This is a program designed to provide tools & support to help children make healthier choices for a lifetime of better health. Family LEAP is NOT a formal weight loss program in its current form since the pandemic related shut down & then relaunch in 2021. This is a result of many behind the scene changes to programming and available team support
- The key team players that engage with these families daily are Margaret Riedl MA from Behavioral Health, Ellen Compton RD from Nutrition Therapy and Evelyn, the YMCA trainer who runs the exercise portion of each session. They have done phenomenal work updating & enriching the curriculum to optimize family engagement and success
- We encourage the referring and primary care teams to follow the recommendations from 2023 AAP *Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents with Obesity*, particularly as it relates to screening for secondary causes of obesity and known health complications of obesity
- The YMCA is planning to do some direct marketing on site. You may have families inquiring about the program as referrals still need to come from a Gundersen clinician who can clear them for participation in the exercise portion of the program

Please send referrals by searching orders for "LEAP"! It's helpful if the referrals can be in by at least December 15th so there is time to secure the payment plan prior to the first session. Families cannot start until payment has been confirmed.