

Healthy Futures

Pediatric and Adolescent Weight Management

Improving overall health
and quality of life in overweight
children and adolescents.



Joseph M. Sanzari
CHILDREN'S HOSPITAL
HackensackUMC

Success Requires a Team Approach

Healthy Futures: Pediatric & Adolescent Weight Management

- Medical evaluation by a board-certified pediatric endocrinologist
- Physical Therapy evaluation
- Group classes with a registered dietitian to develop healthy eating habits
- Exercise instruction with a registered physical therapist or certified exercise trainer
- Psycho-social group therapy with a licensed clinical psychologist and child life specialist aimed at increasing self-esteem, promoting a healthy body image, and decreasing emotional eating
- Access to pediatric sub-specialists who can address medical needs as necessary



Start Your Healthy Future Today!

Work together as a family to make healthy choices:

- Eat meals together as a family
- Limit sweetened drinks and juices
- Keep healthy snacks in your home such as cut up vegetables and fruits
- Take walks together, or find other fun ways to stay active
- Limit computer and TV time to two hours per day or less
- Find alternatives to food rewards
- Try to eat all meals and snacks at the table to promote mindful eating

Determine whether your child is at risk of being overweight; the earlier the better.

Speak with your child's healthcare provider and ask if your child has a healthy weight.

Call 1-855-GO FUTURES for an evaluation or e-mail healthyfutures@HackensackUMC.org.



Our Goal

To improve overall health and quality of life in overweight children and adolescents.

Healthy Futures

- Twelve week program
- Two hour sessions meet twice per week
- Age appropriate groups (ages 8-18)
- Access to comprehensive medical team
- Psycho-Social group therapy
- Personalized exercise training
- Nutritional education and counseling
- Family-centered approach
- Parent involvement
- Peer support
- Meal planning and cooking tips

To make an appointment please call
1-855-GO-FUTURES
(1-855-463-8887)



Healthy Futures

Pediatric and Adolescent Weight Management Program

The number of overweight children and adolescents in our country has been increasing steadily. Children and adolescents who are overweight are at increased risk for complications such as high blood pressure, high cholesterol, and diabetes. In addition, emotional and social functioning may be negatively impacted.

Calculation of Body Mass Index (BMI) is a useful tool for evaluating children and adolescents who may be overweight. This number is plotted on a chart by your pediatrician at each check-up.

A BMI greater than the 85th percentile is considered overweight; greater than the 95th percentile is considered obese.





HACKENSACK UNIVERSITY MEDICAL CENTER

A team committed to providing an exceptional patient experience through quality patient-centered care, education, research, and community outreach.



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