



# A Growing Crisis – Childhood Obesity

OUR PEDIATRICIANS are working with others in the community to fight childhood obesity.

They're fighting against a perfect storm of inactivity and easy-to-grab processed food. Years of reduced PE classes, fast food, video games and television have added up – childhood obesity has tripled among teens in the last 20 years.

If the current trend continues, experts predict that 1 in 3 children born today – 1 in 2 for Latino children – will develop diabetes due to obesity. And, even if they avoid diabetes, risks for other chronic diseases are greatly increased.

At QueensCare Family Clinics our doctors decided to do something about it. They created E.N.E.R.G.Y., **E**ating **N**utritiously, **E**xercising **R**egularly and **G**rowing "**Y**"isely. Children ages 6-17 and their parents participate in a 3-month intensive program with regular follow-ups. This low-cost program is designed specifically to support low-income families, with culturally-appropriate and age-appropriate curriculum to which both the kids and their parents can relate. E.N.E.R.G.Y. is administered at our clinics, and it partners with

community pediatricians, local hospitals, social service agencies, and others to serve children at risk.

## It Works!

The most exciting part about E.N.E.R.G.Y. is that it is working. Once families and kids agree to commit themselves and participate, our first-year results show that, of those who complete the program, over 80% have lost weight and 69% maintain their individual weight loss goals over 6 months.

E.N.E.R.G.Y. is one of the first of its kind in a community clinic setting and has received national recognition from the National Initiative for Children's Healthcare Quality (NICHQ) for innovation.

LIFESTYLE BEHAVIORS develop when we are children. Many healthcare agencies like ours are developing programs to support the families they serve, working with schools and government. We can help our future – our children – start healthy and stay healthy!

**E.N.E.R.G.Y. works!**



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As a faith-based organization, QueensCare strives to provide, directly and with others, accessible healthcare for the uninsured and low-income individuals and families living in Los Angeles County.