

## Community Healthy Lifestyle Resources:

Program	Description	Location	Price
NEW Kids Clinic - Children's Wisconsin	Program designed for children age 2 to 18 with BMI at or above the 85 <sup>th</sup> percentile and a medical co-morbidity. Includes a nurse practitioner and dietitian assessment, nutrition education and goal setting. The program lasts about 6-9 months and includes 5-6 visits of about 60 minutes each. Must be referred by a health care provider; form can be found at: <a href="https://childrenswi.org/medical-care/weight-management">https://childrenswi.org/medical-care/weight-management</a>	Children's WI – Milwaukee and Delafield Campuses	Variable per insurance coverage
Healthy Hearts Program - Children's Wisconsin	Program focused on preventive care and management for children of age any with concerns of hypertension, hyperlipidemia and/or there is a family history of early heart disease. Patients receive treatment plan with a strong focus on healthy living, nutrition, physical activity and behavior. Must be referred by a health care provider. <a href="https://childrenswi.org/medical-care/herma-heart/programs/healthy-hearts-program">https://childrenswi.org/medical-care/herma-heart/programs/healthy-hearts-program</a>	Children's Wisconsin- Milwaukee and Neenah Campuses	Variable per insurance coverage
Dietitian Fee for Service Clinic – Children's Wisconsin	A registered dietitian will meet with your family and provide education and counseling on healthy lifestyle for children ages 2 and up. Call (262) 432-7703 for an appointment.	Children's Wisconsin- New Berlin	\$\$
Healthy Choices Program (Elecciones Saludables)	Provides healthy eating, physical activity and stress management education for families. Meetings are Wednesdays 5:30pm-7:30pm for 12 weeks. Adult classes are in Spanish; children's classes in Spanish/English. For more information: 414-897-5293 or visit <a href="https://sschc.org/support-programs/healthy-choices/">https://sschc.org/support-programs/healthy-choices/</a> You do NOT have to be a patient of Sixteenth Street to be part of this program.	Sixteenth Street Community Health Centers	\$
YMCA Healthy Weight and Your Child	Healthy Weight and Your Child is a four-month program for families and children ages 7-13 with BMI >95. There are 25 sessions lasting 2 to 2.5 hours each. Both the child and parents attend the program. For more information call 414-357-2825 or visit <a href="https://www.ymcamke.org/programs/health-wellness/healthy-weight-child/">https://www.ymcamke.org/programs/health-wellness/healthy-weight-child/</a>	YMCA of Metropolitan Milwaukee	Call for more information on pricing

Get started today by checking out the Five Missions for a Healthier Family: <https://childrenswi.org/medical-care/weight-management/five-missions> and our Mission: Healthy Kids site for tons of videos and tips: <https://childrenswi.org/childrens-and-the-community/community-partners-professionals/resources-for-schools/mission-healthy-kids/for-families>

**Pricing key:**

\$ = 0- \$50

\$\$ - 50-\$200