

The Clinton County Youth Weight Management Programs

Maintaining an appropriate weight or reducing weight to a recommended level reduces a person's risk for developing health problems later on in life.

Concern about poor eating habits, inactive lifestyles and increasing childhood obesity tops the list of many health professionals. The Clinton County Health Department has initiated some programs to help address these concerns in our community.

The children's weight management programs are based on lifestyle changes to assist children and families in achieving and maintaining healthy body weights and lifestyles.

Listed below are the details of the different youth weight management and growth monitoring programs that the Clinton County Health Department is offering to the community.

"Weight-A-Minute" Child Growth Monitoring

Determining if our area is experiencing increases in rates of childhood overweight was the goal of the Child Growth Monitoring Project. Collaboration within the Health Department with our Health Services Unit and Nutrition enabled data collection in growth records from children ages 2 to 19 years of age in Clinton County.

Analysis of these over 2000 records gathered from schools, pediatric offices and clinics helped determine if Clinton County youth were following the trend of increases in Body Mass Index (BMI) which is used to determine overweight and obesity. It provided a clearer picture of needs in our area and allowed plans to be made to address the issue.

What do our Area Students Look Like?

Based on the results of the 2006 data gathered, it does appear that Clinton County youth are following the national trend of increasing body weights.

Boys: 19% overweight

22% obese

Girls: 20% overweight

23% obese

Nationally, the incidence of child obesity for both male and females is 18.8% for ages 6-11 years, and 17.4% for ages 12-19 years.

KidShape Program

Kidshape is an interactive program that helps families adopt healthier lifestyle habits through hands on nutrition education, behavior counseling, and fun physical activities.

The eight week program, offered by the Clinton County Health Department through support from Eastern Adirondack Healthcare Network, targets families with children who are overweight. It is directed by a team of professionals that include a registered dietitian, family counselor, a public health nurse and an exercise specialist from a variety of local organizations. Together, the group, who meets weekly, works to identify triggers for unhealthy habits and choices leading to a less active lifestyle. The instructors then assist families in developing strategies to make healthier choices easier. Families also receive many tools and resources to take with them after the program ends to help them continue their efforts.

The program will be offered several times throughout the year and at minimal cost to families. For more information call the Clinton County Health Department at (518)565-4859.

Who is Eligible?

Overweight children ages 8 -13 years old in Clinton County may participate with their families. The fee is \$ 75.00 per 8 week session.

How Do I Enroll?

Call the Kidshape Program Coordinator at 565-4859 for more information. Sessions are held multiple times throughout the year. A physician's referral is required, and families must complete a pre-assessment visit to determine if the program meets their needs.

"Fit WIC Kids" Program

Fit WIC KIDS is an initiative that is offered to WIC participants age 3-5 years. Developmentally appropriate physical activity is the message that is provided to participating WIC families, to encourage early, ongoing physical activity in youth.

How Does it Work?

Eligible WIC families will receive a Fit WIC Kids kit at their regular WIC appointment. The kit will provide low/no cost ideas for active play and activity to encourage physical movement and exercise. WIC staff will explain the contents to families.

What are The Benefits?

Getting young children away from the television and engaged in active play can help with physical development and may reduce the incidence of childhood overweight at a later age. People who engage in active lifestyles can lower their risk of illness later in their lives. It's not too early to start!

Contact Us

To receive more information on youth weight management, call or visit us at:

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