



What is Healthy Kids U?

Healthy Kids U partners with children and their families to make healthy lifestyle choices in order to prevent and manage obesity-related health problems in children.

Our team can also offer medication options to help manage excess weight gain, eating behavior problems, and mental health diagnoses which influence problematic eating behaviors.

Clinic hours

Monday: 8:30 a.m. - 5 p.m.
 Tuesday: 8:30 a.m. - 4 p.m.
 Wednesday: 8:30 a.m. - 4 p.m.
 Thursday: 10 a.m. - 4 p.m.

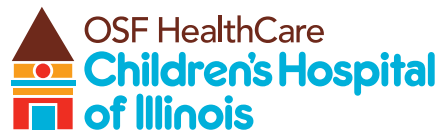
Clinic location

OSF HealthCare Children's Hospital of Illinois
 Pediatric Subspecialty Center
 Hillcrest Medical Building
 420 NE Glen Oak Ave., Ste. 201, Peoria

If you have any questions, please contact us at (309) 624-9844, option 4.

osfchildrenshospital.org/healthykidsu

Additional information will be provided in your new patient packet prior to your first appointment.



PED-0054-SFMC-02-22

Healthy Kids U[®]

weight management clinic



To parents

Your child or teen has been referred to Healthy Kids U clinic. The clinic teaches healthy eating habits, portion control, meal planning and healthy levels of activity and exercise. Healthy Kids U is available to children or teens ages 2-18 years old who are referred by their primary health care provider. Through early identification, education and healthy lifestyle changes, we help our patients and their families improve their overall health and wellness.

Our team can also offer medication options to help manage excess weight gain, eating behavior problems, and mental health diagnoses which influence problematic eating behaviors.

Multidisciplinary team

- Pediatrician
- Nurse
- Advanced practice registered nurse
- Dietitian
- Psychologist

Physical therapists and exercise specialists are available by referral, as needed.

What can we expect for the first clinic visit?

At the first visit, the provider, nurse and dietitian will meet together with your child and family. The provider will examine your child and check for any other health issues affecting him or her. The provider and dietitian will share information that will improve your child's health. Together, you will set specific goals that can help your child and family live a healthier lifestyle. The first visit may take up to two hours.

How often will we come to the clinic and how long will each visit take?

After the first clinic visit, follow-up visits will usually be scheduled every two to four weeks. These visits usually take about one hour. After six months, you and the team will decide if the visits can be scheduled every two to three months.

How can I help my child or teen in between clinic visits?

At each clinic visit, you and your child will review and reassess goals. As a parent, you can support your child by setting a good example. This means healthy eating, planning healthy snacks or meals for the family and encouraging physical activity.

It is important to work as a partner with your child to strive to meet goals that are set in clinic and celebrate successes along the way. If there are any issues that arise between clinic visits, please call the office and ask to speak to the clinic nurse.

Healthy Kids U in motion

Healthy Kids U in Motion is a program that uses exercise with nutrition and behavior classes. The 10-week program is designed to help children ages 8-15 and their families. The cost is \$20. Participants also have access to the Greater Peoria Family YMCA's facilities during the duration of the program.

The YMCA is located at 7000 N. Fleming Lane in Peoria. This program does not require a referral.

For more information about the Healthy Kids U in Motion program, please call us at (309) 624-9844.

