

# Healthy Lifestyles Program

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**ORLANDO**  
**HEALTH**<sup>®</sup>



**Arnold Palmer**  
**Hospital**  
For Children



## Healthier Kids, Stronger Families

Orlando Health Arnold Palmer Hospital for Children has provided compassionate care to the children, teenagers and young adults of Central Florida for more than 30 years. Led by dedicated doctors, specialists and caregivers, Orlando Health Arnold Palmer offers a wide range of advanced pediatric services in an environment built just for kids.

### The Healthy Lifestyles Program

Orlando Health Arnold Palmer Hospital for Children Healthy Lifestyles Program provides care for children who have been classified as obese based on elevated BMI assessments and their families. Children and adolescents who are obese are substantially more likely to be obese as adults, according to the Centers for Disease Control and Prevention, putting them at risk for adult health problems such as heart disease, type 2 diabetes, stroke and osteoarthritis, as well as several types of cancer.

At the Healthy Lifestyles Program, our goal is to provide pediatric patients and their families with guidance on how to make the transition to a healthier lifestyle that will result in improved wellness. In this program, patients and their families will be evaluated for any existing obesity-related medical complications, so they can be managed. Following this assessment, we will develop a plan for the family to live a more healthy lifestyle customized to their specific needs.

### Referral Instructions

Our staff is always willing to accommodate the needs of your patients. Please feel free to contact us with requests, referrals or questions regarding appointments and consultations. **To schedule an appointment, please call (321) 841-3338.**

## Assessment

During the initial screening, the physician will conduct a physical examination, review patient and family medical history and address any existing gastrointestinal issues. Labs and imaging studies may also be ordered to screen for additional chronic conditions. The physician will discuss the format of the program and what is expected of the patient and parent. Based on this assessment, if it is determined that the patient will benefit from participating, the physician will refer the child to the program.

The program consists of weekly visits, during which the patient and family will meet with a gastroenterologist, sports medicine physician and registered dietitian to develop a customized plan to achieve specific lifestyle goals and track progress. Because this program encompasses a wide range of behaviors, the patient and family will receive education on exercise and diet. Additionally, the patient will be monitored to ensure that any complications from their obesity are managed.

## Multidisciplinary Team

Patients and their families receiving care at the Healthy Lifestyles Program are seen by a multidisciplinary team that includes a gastrointestinal physician, a sports medicine physician and a registered dietitian. Additionally, the patient may be referred to a specialist in pulmonology and/or endocrinology, depending on the patient's specific health profile.

The gastroenterologist will monitor the patient throughout the program for any medical complications that may develop due to the patient's obesity. This could include type 2 diabetes, high blood pressure, high cholesterol, asthma and sleep disorders, as well as early puberty or menstruation.

The sports medicine physician will assess the patient's tolerance for exercise and develop an individualized exercise plan that addresses the patient's specific fitness needs. The benefits of exercise are wide-ranging and can include weight loss, improved heart health and a reduced risk of diabetes.

The registered dietitian will conduct biometric screenings of the patient to determine an overall health profile and then work with the family to develop a healthy eating and nutrition plan designed to meet the patient's wellness needs.

## Patient Eligibility Profile

In order to qualify for this program, the patient must be between the ages of 5 and 17 and have a body mass index (BMI) that ranks in the 85th percentile or higher for their age. Additionally, both the patient and the parent must be willing to commit to a series of appointments, along with a commitment to follow the customized diet, nutrition and exercise plans developed during the program.

Please note that, while this program is covered by most insurance plans, an insurance authorization will be required before starting the program. Copays do apply, including a separate copay for the gastroenterologist and sports medicine physician.



**Healthy Lifestyles Program**

**Downtown Orlando**

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To learn more, visit

[ArnoldPalmerHospital.com/HealthyLifestyles](https://ArnoldPalmerHospital.com/HealthyLifestyles)

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