

Abstract

Childhood obesity is a nationwide epidemic that is causing a multitude of comorbidities and increasing healthcare needs and costs. Teaching children and instilling lifestyle changes that are sustainable is a difficult and ongoing challenge, especially when parents are not involved or seeking change. Healthy Kids U program is a child-focused, family-centered community program that focuses on education and physical activity with the expectation of achieving ongoing progress and success for the participants. Healthy Kids U began as a pilot program started by a local hospital. The program was expanded upon and relocated to the local YMCA to facilitate further growth of the program and accommodate future growth of participant population. The programing changes promoted healthy lifestyle changes within the participants as well as their families. The ultimate goal of the program was to instill sustainable lifestyle changes that the children and their families could carry with them throughout their lives to bring forth an overall healthier well-being.

Keywords: childhood, obesity, pediatric, lifestyle