

GOOD FIT: THE FIRST STEP TO HEALTHY LIVING FOR OVERWEIGHT TEENS

If your teen is struggling with obesity and its physical and emotional side effects, the Good Fit Teen Weight and Wellness Program at UMass Memorial Children's Medical Center can help.

The only program of its kind in Central Massachusetts, Good Fit focuses exclusively on helping teens reach their personal weight-loss goals, while decreasing their risk of developing medical problems now and later in life.

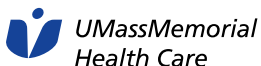
Our six-month medical obesity-treatment program — led by a multidisciplinary team of pediatric specialists — is for teens who are committed to achieving better health.

Good Fit Teen Weight Loss and Wellness Program

UMass Memorial Children's Medical Center
University Campus
55 Lake Avenue North, Worcester, MA 01655
Appointments: 855-UMASS-MD (855-862-7763)
www.umassmemorial.org/goodfit



UMass Memorial Children's Medical Center is a "hospital within a hospital" providing comprehensive services to children throughout the region. With more than 130 medical and surgical specialists skilled in and dedicated to the care of children, the Children's Medical Center offers a full range of care to infants, children and adolescents in a close-to-home environment that is sensitive and responsive to the needs of families. The Children's Medical Center is a member of the Children's Hospital Association, a nonprofit organization that promotes the health and well-being of children and their families through support of children's hospitals that are committed to excellence in providing health care to children. Visit www.umassmemorial.org/children for more information.



UMass Memorial Health Care is the largest not-for-profit health care system in Central Massachusetts with more than 13,000 employees and 1,700 physicians, many of whom are members of UMass Memorial Medical Group. Our member hospitals and entities include UMass Memorial HealthAlliance-Clinton Hospital, UMass Memorial - Marlborough Hospital, UMass Memorial Medical Center and UMass Memorial - Community Healthlink, our behavioral health agency. With our teaching and research partner, the University of Massachusetts Medical School, our extensive primary care network and our cancer, diabetes, heart and vascular, orthopedic and surgery programs, UMass Memorial delivers safe, high-quality and compassionate care.

Visit www.umassmemorialhealthcare.org.

UMass Memorial Medical Center complies with applicable Federal and Massachusetts civil rights laws and does not discriminate on the basis of race, color, national origin, citizenship, alienage, religion, creed, sex, sexual orientation, gender identity, age, or disability.

Español (Spanish)- ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 774-441-6793 (TTY: 711).

Português (Portuguese)- ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 774-441-6793 (TTY: 711).



[umassmemorialCMC](https://www.facebook.com/umassmemorialCMC); [umassmemorialChildLife](https://www.facebook.com/umassmemorialChildLife)

To find a pediatric subspecialist for your child, call 855-UMASS-MD (855-862-7763).

MKTG 01/18

THE GOOD FIT TEEN WEIGHT AND WELLNESS PROGRAM

Empowering teens to make lasting, healthy changes



UMass Memorial
Children's Medical Center

CHILDHOOD OBESITY IS A SERIOUS HEALTH PROBLEM

Today, 17 percent of U.S. children and teens are obese — that's nearly one in five—and 5.8 percent are extremely obese. Obesity increases the risk of serious health problems including, heart disease, type 2 diabetes, bone and joint problems, and certain cancers. Overweight teens also are more likely to suffer from low self-esteem, depression, substance abuse, unhealthy dieting habits and eating disorders.

The good news is that there are successful weight-loss treatments for teens. And you'll find one of the most effective treatment programs in New England right here at UMass Memorial Children's Medical Center.

IS GOOD FIT THE RIGHT FIT FOR YOUR TEEN?

If you can answer yes to these questions on your child's behalf, Good Fit may be the right fit for your teen:

- Is your child 13 years of age or older?
- Does your teen have a body mass index greater than 35?
- Does your child have obesity-related medical problems, such as high blood pressure, diabetes or pre-diabetes, sleep apnea, or high cholesterol?
- Has your teen tried and failed to lose weight before?
- Are you concerned that your child's weight is negatively affecting his/her quality of life, social interactions, self-esteem, mood or behavior?
- Are you and your child willing to work with a multidisciplinary team that includes a medical specialist, dietitian and psychologist?
- Is your teen able and willing to attend regular appointments with these providers for at least six months?
- Is your family committed to supporting your teen's wellness journey?

IS YOUR TEEN A CANDIDATE FOR WEIGHT-LOSS SURGERY?

Sometimes, despite lifestyle changes and a commitment to losing weight, teens are unable to reach their goals. In these cases — and when they face serious obesity-related medical problems — bariatric (weight-loss) surgery may be the best option. In fact, bariatric surgery has become the standard of care in these situations.

Some questions to answer when considering weight-loss surgery:

- Is your child willing to take part in a psychological evaluation before and after surgery?
- If your child is female, will she agree to avoid pregnancy for at least two years after surgery?
- Is your child willing and able to adhere to strict nutritional guidelines after surgery?
- Is your child able to understand how the operation works and agree with a plan to proceed to surgery?

If surgery is determined to be the right choice, we'll work closely with you and your teen to create an individualized treatment plan. Importantly, surgery at UMass Memorial Children's Medical Center is performed by a pediatric surgeon in cooperation with an adult bariatric surgeon from our Weight Center. For more information about this weight-loss option, visit www.umassmemorial.org/goodfit.

IS THE GOOD FIT PROGRAM COVERED BY INSURANCE?

Yes, the office visits involved in our six-month weight-loss and wellness program are covered by insurance. Most health plans also cover bariatric surgery when it's medically indicated, but check with your specific plan to see if this is a covered service.



IS YOUR TEEN READY TO TAKE THE FIRST STEP TOWARD A HEALTHIER LIFE?

To enroll in the Good Fit program, please have your child complete and submit our evaluation questionnaire online at www.umassmemorial.org/goodfit. And if you have any questions at all, call us at 855-UMASS-MD (855-862-7763).

If your child meets the medical criteria for the program, he/she will be required to attend our online orientation session in order to schedule a consultation.

During your child's first appointment — which lasts about three hours — our program's medical director and lead dietitian will talk with your child about his/ her medical history, previous attempts at weight loss, and eating and exercise habits. Your child also will undergo an evaluation by our behavioral health psychologist.

Next, we'll help your child set wellness goals, and establish a personalized treatment plan to empower your child to achieve them. Most participants will have monthly visits with our team for the next six months.