



Physician Information

The NEW Kids at the Y program, located at four YMCA branches throughout the Milwaukee area, is a long-term, family-oriented program for families with overweight children. The program offers:

- Behavioral-based program designed by the YMCA and Children's Hospital of Wisconsin NEW™ Kids teams.
- Weekly ongoing support, nutrition and exercise education to families.
- Children and families a chance to work with Wellness coaches at the YMCA.
- Children and families the full range of YMCA programs for participation, providing many options to get and stay active.
- On going communication with families' primary care physicians or pediatricians, who receive periodic progress updates from the NEW Kids at the Y staff.

We believe weight management and good health cannot be accomplished without the participation of community physicians; therefore, the primary care provider is vital to this program. Using the process outlined below, you can work in conjunction with the YMCA to provide these services.

1. Assess patient using body mass index (BMI): $\text{weight (kg)} \div \text{stature (m)} \div \text{stature (m)}$.
2. Use the BMI criteria to determine an appropriate referral to the NEW Kids at the Y:
 - a. BMI > 85th percentile with no identified co-morbidities and **motivated**.
 - b. BMI > 85th percentile with identified co-morbidities refer to Children's Hospital-NEW™ Kids Clinic www.chw.org/newkids.org.
3. Discuss the program with the family
4. Complete the referral form and fax it to the YMCA branch chosen by your patient's family.
5. Schedule a one-month follow-up appointment to review goals and assess progress.

If you have any questions or concerns, feel free to call to contact any of the participating YMCA branches. For general information on the program contact Janet McMahon MPH, Associate Vice President of Healthy Lifestyles at (414) 274-0756.

NEW Kids at the Y Participating Branches

Northside YMCA

1350 W. North Ave., Milwaukee
(414) 265-9622
Contact: Porsche Carmon

Rite-Hite Family YMCA

9250 N. Green Bay Rd., Brown Deer
(414) 357-2827
Contact: Patti Baldwin

Southwest YMCA

11311 W. Howard Ave., Greenfield
(414) 546-9622
Contact: Lydia Witkiewicz

West Suburban YMCA

2420 N. 124th St., Wauwatosa
(414) 302-9622
Contact: Christine McBride