



Countdown to a healthy ME



Program Overview

A healthy weight is the best way to have a healthy body. Children who carry extra weight are at risk of developing many health problems including diabetes, liver problems, high blood pressure and early heart disease. Many children in America are carrying more weight than is healthy. If your child is too, you are not alone.

Our primary goal at Countdown is to protect health as infants, children and teenagers grow. We encourage families to be less focused on weight and more focused on developing a healthy home environment that encourages healthy habits that will last a lifetime. Our providers have a positive approach and aim to make children and families feel great about the changes and progress they make! At Countdown we work with any family who is concerned about their child's weight and health, from infancy through the teenage years. We focus on children who have a Body Mass Index (BMI), a comparison of weight to height, greater than the 85th percentile, which is the current American Academy of Pediatrics definition of overweight. We often work with children with BMI greater than the 95th percentile.

The Countdown Team:

The physicians at Countdown include pediatricians with special training in primary care, endocrinology (hormone disorders) and gastroenterology (digestive disorders). We work together as a team to help families achieve their goals.

What happens at Countdown visits:

At the first visit a physician performs a medical evaluation and you will meet with our dietitian. After the first visit we work with families to decide on the best follow-up. The number of visits to Countdown varies with every family. However, research shows that frequent visits, especially during the first three months, often increase the chance for success. Types of visits include:

Specialist Follow-up: Health is continuously monitored at Countdown. Our physicians have special expertise in caring for children and adolescents with extra weight and the health problems that may result including diabetes, high cholesterol and liver disease. Treatment for these and other disorders is done during Countdown visits.

Nutrition Follow-up: Working closely with our dietician is an essential part of Countdown. At each visit, families focus on learning which foods are best to avoid and which are best to enjoy. Practical goals are set focusing on healthy food choices, portion control and developing healthy eating habits.

Behavioral guidance: At Countdown we believe that the relationship between emotions, behaviors and eating are very important to address. Making change, especially change related to food, can be difficult. Our social worker supports families as they work on protecting the health of their children. There is a focus on improving behaviors, setting limits, giving positive encouragement and improving self-esteem.

Exercise Prescriptions: One-on-one sessions with Countdown's health fitness specialist to develop a personalized exercise plan, often through the use of a pedometer.

Referrals Your child's doctor can help make a referral to our clinic. Most insurance plans cover Countdown visits. However, coverage can vary and we recommend that you check your health insurance benefits. Please call us if you have questions. We are happy to assist you.

Contact Information:

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