

Healthy Together

PROGRAM GOALS:

- Promote healthy eating with nutrition
- Increase physical activity
- Increase self-esteem
- Tracking behaviors
- Setting SMART Goals

PROGRAM QUALIFICATIONS:

- ✓ Be 6-13 years old at the start of the program
- ✓ BMI 50th percentile and above
- ✓ Attend each session with an adult
- ✓ Receive clearance from a healthcare provider to participate in physical activity

PATIENT INFORMATION

Name: _____ DOB: _____ Male Female
Last First MI (mm/dd/yyyy)

Parent(s)/Guardian(s) Name: _____

English speaking? Yes No If no, language _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Insurance: _____ Policy #: _____

ANTHROPOMETRICS

Height: _____ ft _____ in Weight: _____ lbs (Capture date: ____/____)
mm yy

BMI _____ BMI Percentile (must be $\geq 50\%$): _____

Age: _____

- I talked to the patient and their parent/guardian about this referral. They are aware it is a 10 Week long lifestyle change program.
- I approve this patient to participate in the Healthy Together program where he/she will engage in physical activity.

Special Notes about patient:

REFERRING PROVIDER INFORMATION

Provider Name: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Fax: _____ Email: _____

The above named patient is cleared to participate in this active program.

Healthcare Provider Signature

Date

Please submit completed referral form by secure FAX **844.763.3215** or email (below)
 Questions? Contact Desiree Martinez **808.589.5906** | programs@kidneyhi.org



Healthy Together Program Info:

The Healthy Together Program creates a safe, fun and active environment for children and families to explore and adopt proven methods to living a healthier lifestyle.

- 10 Week program, meeting 2x/week
- Parent-only sessions included
- Family sessions include siblings
- Classes available across the State of Hawai'i via Zoom currently
- Evidence-based lifestyle change program
- **Sponsored by Hawai'i Pacific Health**



ADDITIONAL BENEFITS:

- Improve quality of life and dietary intake
- Improve family communication
- Develop action planning and goal setting skills
- Meet the needs of our community



HOW THE PROGRAM WORKS: Healthy Together empowers children ages 6-13 years with the support of their families, to live a healthier lifestyle. Through the leadership of the National Kidney Foundation of Hawai'i staff, the 10 week long evidence-based program engages a child, adult, and siblings on how external and internal factors influence choices. The program emphasizes changes to support healthy eating and physical activity.

TOPICS INCLUDE: Healthy Eating ✨ Physical Activity ✨ Portion Control ✨ Problem Solving ✨ Internal and External Triggers ✨ Food Label Reading ✨ Goal Setting and Rewards

For more information about the Healthy Together Program, please call 808-683-2367.