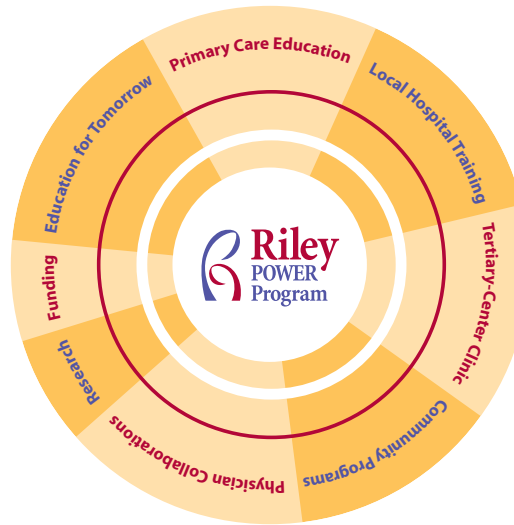


Whom Should I Refer to the POWER Program?

POWER understands that childhood obesity is a complicated condition with many variables influencing the diagnosis and treatment of each individual patient. A general POWER patient will be between the ages of 2 and 18 years old with a BMI >95 percentile for age/sex adjusted norms, or a BMI >85 percentile with complications associated with obesity.

How Do I Refer to the POWER Program?

Complete the referral form located in the POWER toolkit or online at rileyhospital.org/power, and fax to 317-274-8521. Or you may call 317-274-3774 for patient referrals.



317-274-3774
rileyhospital.org/POWER

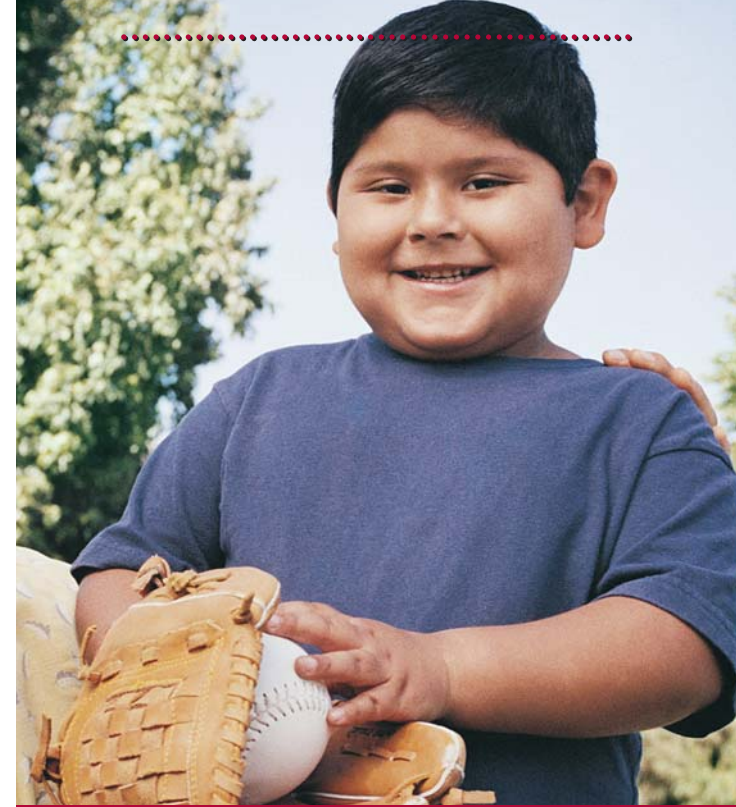


A private, nonprofit organization, Clarian Health is Indiana's most comprehensive health system.

Affiliated with Indiana University School of Medicine, Clarian Health operates Methodist Hospital, Indiana University Hospital and Riley Hospital for Children campuses as a single hospital under Indiana law.

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POWER Clinic Fast Facts



A GUIDE *for* PHYSICIANS

Riley Hospital for Children

The Pediatric Over Weight Education and Research (POWER) Program aims to improve the health of obese children (ages 2 to 18) and decrease the risks associated with obesity through high quality, multi-level and multidisciplined clinical programs.

POWER is a lifestyle modification program with an in-depth medical evaluation and individual access to subspecialty care. The POWER team, lead by a pediatric gastroenterologist, consists of a psychologist, exercise physiologist, nurse practitioner and registered dietitian. POWER staff believes that weight loss is best achieved through a positive youth development and lifestyle modification approach.

Fast Facts

- POWER is a 12-month intensive lifestyle and fitness-enhancing program.
- Laboratory tests will be performed at enrollment.
- After enrollment, participation in the POWER Clinic will involve the following:
 - Following referral, patients will be contacted by POWER staff and scheduled for the initial appointment.
 - Patients will receive in the mail an in-depth intake questionnaire and program information.
 - The initial visit will be two to three hours in length. The family will meet with a registered dietitian, exercise physiologist, psychologist and physician. At the time of the initial visit, the patient will complete lab work and fitness assessments, including field tests for cardiovascular conditioning, strength and flexibility.
 - Follow-up visits will occur during the day at one, two, four, six, eight, ten and 12 weeks. These appointments will consist of 20 minute visits with a physician, exercise physiologist, registered dietitian, or psychologist. (Phase 1)
 - Following the successful completion of Phase 1, patients will begin Phase 2 of monthly group sessions to be held in the evening. Group session topics will rotate between exercise, nutrition and behavior management.
 - Following the successful completion of Phase 2, families will enter the third and final phase of the POWER Clinic and begin group sessions every other month for six months.

