

“The classes taught us a lot about foods and portions and exercise. We’re learning to cook new foods and have even lost weight. We did it together, too!”

—Emily, Angel and Migdalia
e.n.e.r.g.y.™ family

Did You Know...?

More than 1 out of 3 children and teens in Los Angeles is overweight or obese.

Overweight children are at greater risk for:

- Asthma
- Heart disease
- High blood pressure
- Type 2 diabetes
- Depression
- Bone and joint problems
- Liver and gallbladder disease
- Restless or disordered sleep, such as sleep apnea

Other QueensCare Family Clinics Programs

Our e.n.e.r.g.y.™ program is only one of our many programs and services available. We also serve our community with:

- Family practice and internal medicine
- Pediatrics
- Obstetrics/gynecology
- Vision and dental care
- Clinical pharmacists, lab tests and screenings
- Access to specialists

Health services provided by QueensCare Family Clinics are partially funded by the County of Los Angeles.



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e.n.e.r.g.y.™

eating nutritiously, exercising regularly & growing “Y”-isely

Healthy Eating and Fitness Program

Your Family's Health Partner



Migdalia was worried about her daughter's weight, but did not know what she could do about it. When she learned that her daughter was at risk for type 2 diabetes, she talked to her doctor and learned about QueensCare Family Clinics' **e.n.e.r.g.y.**™ program.

What is e.n.e.r.g.y.™?

Being overweight or obese, even for kids, is a growing problem. Our program, e.n.e.r.g.y.™, (eating nutritiously, exercising regularly and growing "Y"-isely) is an interactive family program that meets once a week for eight weeks and includes exercise, cooking demonstrations, meal planning and other fun nutrition activities. It's a great way for parents and kids to learn how to get healthy and fit together!

How e.n.e.r.g.y.™ works

Children and teens, ages 2 to 17, are referred by their healthcare provider or school nurse. It's a family program that encourages whole family participation. At least one parent or guardian is required to attend with their child or teen. Families attend class once a week for two hours at one of several sites throughout Los Angeles County. Visit our website: queenscarefamilyclinics.org/services/energy/locations to find a site near you!

e.n.e.r.g.y.™ classes are FUN!

Each e.n.e.r.g.y.™ class is designed to get the whole family healthy and includes:

- Interactive nutrition lessons
- Family workouts
- Physical activity ideas to use at home
- Cooking demonstrations
- Meal planning
- Raffle prizes



The e.n.e.r.g.y.™ program helps parents and their kids fight childhood obesity.

Community health workers and educators teach families everything they need to know about eating healthy and being more active. Families not only learn, but they get to practice being healthy in a supportive environment. Families exercise together at each class and most importantly have fun while they do it!

How do I know if my child is overweight or obese?

Healthcare providers use a child or teen's body mass index (BMI) to determine if they are overweight or obese. BMI is calculated using height and weight to estimate a person's body fat. Your child's BMI is plotted on a BMI chart and compared to peers of the same age and gender. A child or teen is considered to be *overweight* when their BMI is greater than or equal to 85% of their peers. A child or teen is considered *obese* when their BMI is greater than 95% of their peers. Check out www.kidshealth.org to find out more information about BMI, how to use a BMI calculator, and childhood obesity.

**"e.n.e.r.g.y.
rocks!"**

—"Jerry" e.n.e.r.g.y.™ teen graduate

How can I enroll?

Ask your pediatrician or school nurse about e.n.e.r.g.y.™, our nutrition and fitness program. To find out more, call us at (213) 380-7361. For a complete list of our e.n.e.r.g.y.™ program locations, visit us on the web at: queenscarefamilyclinics.org/services/energy