

PHYSICAL EVALUATION – PHYSICAL EXAMINATION

Child Name _____ Sex _____ Age _____

Date of Birth _____

Height _____ Weight _____ BMI (optional) _____ Pulse _____ BP ____/____(____/____,____/____)

This **Physical Examination Form** must be completed prior to participation.

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position			
Heart- Auscultation of the heart in the standing position			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*station-based examination only

Children who participate in MEND should be able to participate safely in moderately vigorous physical activity. The physical effort required will gradually increase as children become more physically fit. Please be sure the child has no conditions, such as respiratory, cardiac, or orthopedic conditions, **that would prevent safe participation. Overweight and obese children may be at increased risk for depression, eating disorders, or other mental health conditions. Such children may require individual counseling about weight. Please consider whether these conditions are present.**

CLEARANCE

Cleared

Not cleared for:

Reason: _____

Recommendations: _____

The following information must be filled in and signed by either a Physician or their designee.

Name (print/type): _____ Date of Examination: _____

Address: _____ Phone _____

Number(s): _____

Signature: _____

MEND – Fitter, Healthier, Happier Families



Childhood obesity is a public health epidemic in the United States. Twenty five million, or 32% of U.S. children, are overweight or obese. Approximately 70% of obese teens become obese adults. Over \$100 billion in health care costs relate to obesity.

MEND stands for **M**ind **E**xercise **N**utrition **D**o it! and is one of the world's largest community-based child obesity intervention programs. The organization aims to reduce childhood and family obesity levels internationally through taking positive practical action.

MEND has helped over 280,000 people in the UK, United States, New Zealand and Denmark learn the importance of healthy diet and exercise. Founded in 2004 in the United Kingdom, MEND has over 320 locations throughout the world. Wales, the UK, New South Wales and Australia all granted MEND competitive government contracts.

MEND adapted the program to suit U.S. policy and dietary guidelines aligned with the American Dietetics Association's recommendations on childhood obesity prevention. At this time there are MEND programs in the states of New York, Texas and California. The MEND Foundation is currently building a coalition of strategic partners in the U.S., including foundations and endowments, government businesses healthcare providers and community organizations. Help from this coalition will subsidize MEND programs, which, in turn will help the most hard to serve communities.

The key to MEND's success is partnering with grassroots community organizations to deliver its program. MEND is a social enterprise working with local, regional, national and international partners to help make measureable contributions to the high-profile public health epidemic.

MEND derives success through its structure:

- Designed for 7- to 13-year-old children
- Complete session of 20, two-hour group sessions over a 10-week period
- Encourages parental and caregiver participation
- Program improves health behavior, fitness and self-esteem
- Family-oriented and group-based, which is most effective in sustaining change

MEND shows people how to make the right food choices by setting nutrition targets, showing proper portion sizes, and interpreting food labels properly. MEND also shows children how they can stay healthy by participating in physical activities.

MEND works! The MEND program is based on gold standard research that began in 2001. A study was done from 2005-2007 tracking the progress of participants and a control group (Randomized Controlled Trial aka RCT). The results found a statistically significant reduction in Body Mass Index and waist circumference of the participants. The results also found higher levels of cardiovascular fitness as well as an increase in participants' self esteem. Additional studies underway are finding similar results. MEND has a 20-year partnership with researchers from UCL Institute of Child Health to continue research and data tracking. In the US, MEND has partnered up with the leading child obesity researchers, Baylor College of Medicine, University of Texas and RTI International.