



REFERRAL

PRESCRIPTION FOR HEALTHY LIVING

CHILDHOOD OBESITY INTERVENTION PROGRAM

Healthy Weight and Your Child (Previously known as MEND)

Program Criteria:

- Children between the **ages of 7-13**, BMI for age **≥ 95th percentile**
- Parents must be available to attend sessions with children twice a week for 15 weeks
- Must submit a physician clearance
- Be able to participate safely in moderately vigorous physical activity
- Not suffering from debilitating asthma or respiratory, cardiac, or orthopedic conditions that prevents safe participation

Clinic/ Doctor Office:

Child Information

Child's Name: _____

DOB: _____ Sex: MALE FEMALE

Age: _____ Height: _____ Weight: _____

Name of Guardian: _____

Phone Number: _____

Address: _____

Diagnosis/Health Need: _____

Comments:

Please send to YMCA of Austin:

Fax: 512-478-8065

Email: programservices@austinyymca.org

The YMCA of Austin offers programs year-round to facilitate family engagement.
Enrollment and referrals are accepted year-round.

AustinYMCA.org | Phone: 512-236-9622 | Fax: 512-478-8065