What to Expect for Your First Visit

• Currently, over 1 in 3 children have weight-related issues consistent with overweight or obesity. Our clinic was developed to help children and families reach healthier lifestyles to prevent and treat the growing number of children with weight-related issues.

• Healthy Steps is a multi-disciplinary, evidence-based and lifestyle-oriented clinic specific for children/adolescents and families designed to provide a patient-centered lifestyle plan to achieve a healthier weight one achievable step at a time.

What do we provide for patients?

• A full medical assessment by an obesity-medicine certified general pediatrician including a bio-impedance measurement to accurately identify obesity risk.

• Nutrition assessment by a registered dietitian who provides tailored nutritional goals specific to the patient and family.

• Behavioral health assessment by a psychologist to assess patient or parental concerns related to mood, self-image, school performance or other.

• Exercise capacity assessment by team to provide families with goals specific to developmental and physical abilities of your child.

• Motivational interviewing to increase patients’ motivation to improve healthy lifestyle behaviors.

• Families receive necessary laboratory evaluation and/or additional specialist referrals when needed.

Who is eligible for the Healthy Steps clinic?

Any patient with the following criteria is eligible for clinic:

• Patients 0-21 years with weight for length >90th percentile, or BMI ≥85th percentile.

• Patients referred by their provider due to weight-related health concerns including hypertension, prediabetes, diabetes or liver disease.

• Family or patient motivated to make lifestyle changes.

What should I be prepared to discuss during the visit?

During your visit, the Healthy Steps team will be asking you and your child questions related to the 4 Pillars of a healthy weight including the following lifestyle factors:

1. Dietary practices
2. Physical activity practices
3. Sleep behaviors
4. Behavioral and/or mood related assessment

Contact Us
Phone: 727-767-8917
ach-healthysteps@jhmi.edu

Healthy Steps Clinic
601 5th Street South
OCC 5th Floor
St. Petersburg, FL 33701
Four pillars to a healthy lifestyle and keeping your house upright!

1. Diet
2. Exercise
3. Sleep
4. Behavioral health