

HEALTHY WEIGHT CLINIC AT FEDERALLY-QUALIFIED HEALTH CENTERS

Engaging families of children ages 6-12 with overweight or obesity in a multidisciplinary, primary care-based weight management program (Healthy Weight Clinic) at Federally-Qualified Health Centers.

WHAT POPULATION BENEFITS?

Children ages 6-12 years old with overweight or obesity (BMI > 85th percentile) who receive care at a Federally-Qualified Health Center and enroll in a Healthy Weight Clinic program when referred by their primary care provider.

WHAT ARE THE ESTIMATED BENEFITS?

Relative to not implementing the strategy

Increase nutrition and physical activity health-promoting behaviors and, as a result, promote healthy child weight.



✓ **Increase in nutrition and physical activity health-promoting behaviors**



✓ **Promote healthy child weight**

WHAT ACTIVITIES AND RESOURCES ARE NEEDED?

Activities	Resources	Who Leads?
Train pediatric primary care providers in weight management practices	<ul style="list-style-type: none"> Time for Healthy Weight Clinic pediatrician and support staff (community health worker or registered dietitian) and supervising nurse to prepare and attend training Time for pediatric primary care providers to attend training on the Healthy Weight Clinic, referral process, and text message campaign Time for pediatric medical assistants and community health workers to attend training in proper protocol to take height and weight measurements Food costs to offer with trainings 	Healthy Weight Clinic pediatrician
Set up internal referral system to refer patients to the Healthy Weight Clinic program	<ul style="list-style-type: none"> Time for technician to add internal referral to the electronic health record system 	Electronic health record system technician
Develop and maintain a text message and email campaign to send families educational tips and local nutrition and physical activity resources to support healthy behaviors	<ul style="list-style-type: none"> Mobile platform cost Time for community health workers to set up the text message program, tailor messages and resources to the community, enroll participants, and respond to patients' messages 	Healthy Weight Clinic community health worker
Track referrals to the Healthy Weight Clinic program and conduct outreach to engage families referred	<ul style="list-style-type: none"> Time for community health worker to review referrals to the Healthy Weight Clinic program and to make initial outreach phone call to families 	Healthy Weight Clinic community health worker

HEALTHY WEIGHT CLINIC AT FEDERALLY-QUALIFIED HEALTH CENTERS *(continued)*

WHAT ACTIVITIES AND RESOURCES ARE NEEDED? *(continued)*

Activities	Resources	Who Leads?
Train multidisciplinary care team on how to deliver the Healthy Weight Clinic program components	<ul style="list-style-type: none"> • Time for pediatric primary care provider to lead the training • Time for the Healthy Weight Clinic team (pediatric primary care provider, registered dietician, and community health worker) to attend the training • Training material costs • Food and drink costs 	Healthy Weight Clinic pediatrician
Deliver Healthy Weight Clinic program for enrolled children and families in individual and group visits	<ul style="list-style-type: none"> • Time for the Healthy Weight Clinic team to conduct individual and group visits with enrolled participants • Time for community health workers and registered dietitians to call families between visits • Time for community health workers to schedule patients and prepare for visits • Food and drink costs 	Healthy Weight Clinic team
Participate in the Healthy Weight Clinic program	<ul style="list-style-type: none"> • Time for parents/guardians of children enrolled in the Healthy Weight Clinic to attend individual and group visits and engage in phone calls with providers • Transportation costs for families to attend visits • Cost of childcare for families with other children not participating in the program 	Families
Develop Healthy Weight Clinic promotional materials (posters, signs, and handouts)	<ul style="list-style-type: none"> • Time for community health worker to develop and tailor promotional materials to their community • Material printing costs 	Healthy Weight Clinic community health worker
Conduct quality assurance observations of the Healthy Weight Clinic individual and group visits	<ul style="list-style-type: none"> • Time for a Healthy Weight Clinic supervisor to conduct observations 	Healthy Weight Clinic supervisor

FOR ADDITIONAL INFORMATION

Sharifi M, Fiechtner LG, Barrett JL, et al. Cost-effectiveness of a primary care-based Healthy Weight Clinic compared with usual care. *Obesity (Silver Spring)*. 2024;32(9):1734-1744. doi:10.1002/oby.24111

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SUGGESTED CITATION

CHOICES Strategy Profile: Healthy Weight Clinic at Federally-Qualified Health Centers. CHOICES Project Team at the Harvard T.H. Chan School of Public Health, Boston, MA; February 2025.

Adapted from the TIDieR (Template for Intervention Description and Replication) Checklist

This work is supported by The JPB Foundation and the Centers for Disease Control and Prevention (U48DP006376). The information provided here is intended to be used for educational purposes. Links to other resources and websites are intended to provide additional information aligned with this educational purpose. The findings and conclusions are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention or other funders.