

Healthy & Fit Children's Clinic

WHO QUALIFIES FOR AN EVALUATION?

- 2-17 year old children & adolescents who have a BMI > 85th percentile.
- Patients must have a primary care provider who can follow the patient every 1-3 months.
- ONLY primary care providers can refer patients.

HOW DO I REFER?

- Non-UNM Primary Care Providers can fax a referral form to **505.272.8180**
Access form here:
<https://hsc.unm.edu/health/patient-care/pediatrics/doc/healthy-fit-referral-form.pdf>
- UNM Primary Care Providers can refer via PowerChart Ad Hoc (Pediatric Obesity)



Department of Pediatrics

The faculty, staff and students of the Department of Pediatrics are committed to providing the children of New Mexico with comprehensive family-centered healthcare that is unequalled in the state and region.

Contact our clinic:

Phone: 505.272.5348

<http://hsc.unm.edu/health/patient-care/pediatrics/primary-care/index.html>

To donate to the UNM Healthy & Fit Children's Clinic, contact:

Megan Dugan
Megan.dugan@unmfund.org
(505) 277-0322



UNM School of Medicine | Department of Pediatrics
MSC10 5590
1 University of New Mexico
Albuquerque, NM 87131-0001
505.272.5551



Department of Pediatrics



Healthy and Fit
Children's Clinic

Family-Centered Approach to Healing

Javier's Story

When Javier came to the UNM Healthy & Fit Children's Clinic he was 11 years old and a very sick child. Javier was prediabetic. He also had inflammation of the liver, an enlarged heart, asthma, sleep apnea, and high blood pressure. Perhaps worst of all, Javier was very depressed.

When Sylvia Negrete, MD, Javier's primary care physician, opened the UNM Healthy & Fit Children's Clinic, he was one of its first patients. "Our team was able to take the time to address Javier's many issues," explains Dr. Negrete. Javier and Maria, his mother, worked with the clinic's staff to completely change Javier's life.

The nutritionist worked with Maria to teach her how to cook for Javier. "Our family totally changed our diet and exercise routines," admits Maria.

Javier joined his school's wrestling team when his health began to improve. He now has more wrestling medals than he can count, loves to ride his bike, and plays other sports with his friends.

Most incredibly, Javier is no longer prediabetic. His liver and heart are healthy, and he no longer suffers from sleep apnea. In addition, his blood pressure has been normalized without medication.



A Multidisciplinary Approach

Our treatment program includes a complete medical and laboratory evaluation, nutritional counseling, physical activity counseling, referral to other specialists for related issues, collaboration with the child's primary care provider, and group activities may be offered.

Ongoing Family Education

Recent studies show that helping children and adolescents prevent type 2 diabetes requires ongoing education for the entire family.

- The UNM Healthy & Fit Children's Clinic teaches each patient's family about healthful eating and active living.
- The clinic is designed to work with patients and their families over several years.
- This system allows numerous opportunities for nutritional and physical activity counseling.

Did You Know?

- Overweight and obesity are major risk factors for type 2 diabetes: at least 30% of New Mexico's high school students (2017 NM YRRS Data) and 28% of Kindergarten and 34% of third graders (2017 NM DOH Data) are overweight and obese.
- Unless current trends are disrupted, 33% of all children are predicted to develop diabetes.
- The percentage of new-onset type 2 diabetes in adolescence has increased in the last three decades.
- Related diseases include: high blood pressure, heart and liver disease, elevated cholesterol, sleep problems, asthma, depression, orthopedic problems, and cancer.
- Children now are the first in U.S. history to live less healthful lives than their parents.

Healing the whole child through a multidisciplinary approach

