

# Families Step Up

A whole family approach to living healthier.

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# Background

- Spring 2006 – develop a class for BHSF employees with overweight children
- Fall 2006 – Families Step Up is born
  - 4 sessions on Saturday mornings
  - 2 hour class
  - Registered Dietitian, Registered Nurse, Exercise Physiologist
  - Focus was on healthy eating, exercise and biometrics
  - Physician clearance for all participants



# Updates

- Spring 2008
  - Class moves to six weeks
  - Class is on week day evenings
  - One session set aside for a Family Therapist
- Spring 2009
  - Family Therapist replaces Registered Nurse
  - Class is extended to eight weeks
  - Dinner is provided at every class
  - Focus is on healthy eating, communication, play, and family time



# Where we are today

- Families Step Up is offered twice a year
- Eight sessions – 2 hours in length
- Dinner is served at every class
- Biometrics taken at first class and at 6 month follow ups
- Include all family members involved
- Emphasis on decreasing screen time, increasing play and healthy eating, communication and stress management, being together as a family unit



# Goals for the family

- Dinner together at least 4 nights with TV off
- Decreased screen time to no more than 60 minutes (not including homework)
- Family play
- Family meal preparation
- Ultimate goal - to have child grow into their weight



# Outcomes

- Close to 90% perfect attendance
- At least one health metric improvement in all family members at end of program
  - Average is 3 improvements
- Parents show improvements first
- Stories
  - Alec, Chris, Richard, dinner, salmon



# Challenges

- Getting all the medical releases in
- Full parental engagement
- Knowing how much information to give
- Consistent follow-up





Questions?



# Thank you!

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