

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.

"He is a very happy kid, and we are so grateful to the clinic," asserts Maria with a huge smile.



Family-Centered Approach to Healing

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

The young patient's chances of success increase with this additional time and attention to long-term lifestyle changes.

Sylvia Negrete, MD, expounds, "We have created a program that allows our staff to take the time needed to access the whole child:

- The child's overall health, habits and challenges as well as
- The family system's beliefs about food, exercise and healthy living."

Education of Future Clinicians

New Mexico's health professionals require education to work with children with overweight and obesity to prevent type 2 diabetes.

WE HAVE DEVELOPED:

- Curriculum for UNM medical students
- A lecture series for UNM Hospital physician residents
- A community education program to share our expertise

UNM Healthy & Fit Children's Clinic

UNM DEPARTMENT OF PEDIATRICS

Healing the Whole Child

Prevention of Type 2 Diabetes



UNM Healthy & Fit Children's Clinic

UNM DEPARTMENT OF PEDIATRICS



UNM SCHOOL of MEDICINE

KOHL'S cares

Our Leadership

Under the clinical leadership of **Sylvia Negrete, MD**, and the research leadership of **Alberta Kong, MD, UNM Healthy & Fit Children' Clinic** is dedicated to preventing type 2 diabetes for New Mexico' children, ages two to 17 years old.



Sylvia Negrete, MD



Alberta Kong, MD

Dr. Negrete and Dr. Kong confirm: "Type 2 diabetes progresses much faster and is harder to treat in children and teens than in adults. The best treatment is prevention. By combining clinical service and research, we can be more successful in developing practical strategies to prevent children and teens from developing type 2 diabetes."

Our Multidisciplinary Approach

- Takes into account the medical, nutritional, behavioral characteristics, and physical activity of each child

OUR TREATMENT PROGRAM INCLUDES:

- A complete medical evaluation
- Laboratory evaluation
- Nutritional counseling
- Physical activity counseling
- Referral to other specialists for related issues
- Collaboration with the child's primary care provider
- *Group activities may be offered*

i Did You Know?

- Overweight and obesity are major risk factors for type 2 diabetes: at least 30% of New Mexico's high schoolers (2013 NM YRRS Data) and 26% of Kindergarten and 34% of third graders (2015 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 from 3% a few decades ago to approximately 50% today
- Related diseases include: **high blood pressure, heart and liver disease, elevated cholesterol, sleep problems, asthma, depression, orthopedic problems, and cancer**
- This generation of children has been labeled as the first in the history of the U.S. to live less healthful and shorter lives than their parents

WHO QUALIFIES FOR AN EVALUATION?

- 2-17 year old children & adolescents who have a **BMI \geq 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?

- UNM Primary Care Providers can refer via Power Chart Ad Hoc (Pediatric Obesity)

HOW DO I CONTACT THE CLINIC?

- Tel: (505) 272-5348
- Fax: (505) 925-4168

Help Us Help All of New Mexico's Families

Donations to the UNM Healthy & Fit Children's Clinic will go toward:

Scholarship Funds

... for our patients to attend nutrition and physically active group activities

Exercise Room & Equipment

... get our community's kids moving

Increasing Our Clinic's Space

... serve more children in surroundings that enhance healing and treatment

Appropriate Supplies to Work with Overweight and Obese Pediatric Patients

... serve our kids with respect and dignity

Growing Our Team

... add to our team of trained specialists

Research

... develop innovative interventions to prevent type 2 diabetes in children and adolescents.

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

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