



The St. Louis Children's Hospital's multi-disciplinary Head to Toe weight management program helps children, teens and their parents learn to make healthier lifestyle choices.

What Are We Learning About:

Children & teens had an average increase of **14.2%** in knowledge and adults had an average increase of **8.4%** in knowledge.

Healthy Eating Habits:



27%
increase in number of glasses of water children reported drinking on an average day.



21%
decrease in number of times children reported eating fast food.



26%
decrease in number of times children reported drinking sugary drinks.

Fitness & Physical Activity:



16%
increase in number of days per week children spent doing physical activity.



32%
increase in number of days per week adults spent doing physical activity.



64%
of children were able to reach farther on the sit and reach test.

Social Wellbeing:



64%
increase in number of times parents had constructive 10-minute conversations with children.



24%
increase in days children engaged in positive self-talk.



30%
increase in number of times children reported eating as a family.

What Our Families Say:

"The Head to Toe program has been an **enjoyable and educational** experience for my daughters and I. Not only has it **provided strategies and resources** for my 13-year-old and 8-year-old, with activities centered around **nutrition, exercise and social work**, it has provided opportunities for the three of us to have meaningful conversations regarding **making healthy choices and lifestyle changes**. We look forward to our weekly meetings as it provides another way for the Strauther Girls to **bond and connect** as a family."

– Lisa Strauther, parent

Who we are:

135 Families from **74** ZIP Codes
in the region from 2015-2017

