
IT'S EASY TO GET STARTED

To put your child on the path to a lifetime of healthful eating behavior, call Y.E.S. for complete information, then set up an appointment. Groups form frequently and fill quickly.

You'll find the program to be engaging, informative and supportive. Better yet, you'll also find that eating issues can be overcome ... that parental involvement makes the process easier ... and that an appropriate diet and activity level can contribute a great deal to your child's self-image and your family's happiness.



Don't Delay.

Call Today!

Youths Eating Smart

Helps You Protect

Your Child's Health

and Your Family's

Well-Being



Roseland Office:

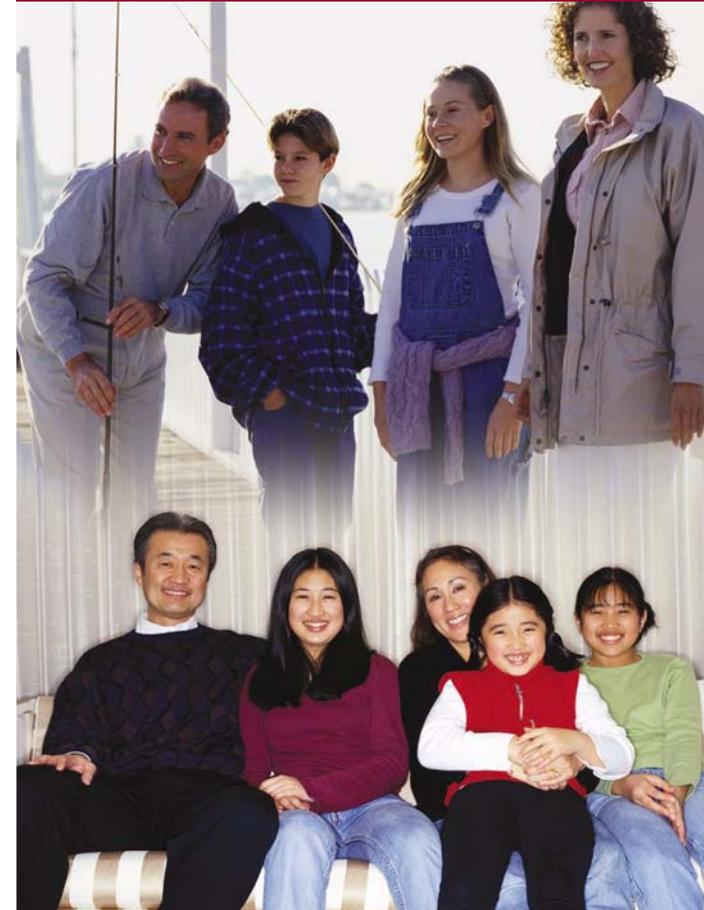
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Is Your Child at Risk?



**YOUTHS EATING SMART
HELPS YOU WIN THE BATTLE
AGAINST CHILDHOOD
WEIGHT ISSUES**

Obesity in Children Can:

Damage Self-Confidence

Create Peer Relationship Difficulties

Lead to Numerous Medical Problems



IT'S AN EPIDEMIC.

Health care authorities say 11% of America's children between 6 and 17 are obese. Twenty two percent are overweight. In stark terms, one out of every three children in the United States today weighs more than he or she should to remain healthy. Sometimes dramatically more.

Youths Eating Smart (Y.E.S.) can help you instill good eating habits and behavior as well as encourage physical activity that will maintain your child's ideal weight. Without deprivation, without frustration, without tears, without battles.

Y.E.S. is a proven, physician-endorsed program developed and managed by a registered dietician and a licensed clinical social worker. It involves children and parents. And it can lead to a beneficial lifestyle that will keep your child fit and your family happy.



WHAT ARE THE CAUSES?

Why are we confronting this health menace to children now? The cause of childhood weight issues is multi-faceted. And like any complex problem, it doesn't lend itself to a fast, simple and easy solution. Among the factors cited by experts, however, are poor nutrition education, declining opportunities for exercise, too much TV- and video-watching, and increasing consumption of fast foods. Also implicated are various familiar social habits and beliefs that — while comfortable — can be counterproductive. Among them are the concepts that food symbolizes love and the belief that fat means healthy.

Further, some families comprise single-parent households or two working parents with busy schedules, factors that complicate the encouragement of healthful behaviors. Y.E.S. helps by making important significant improvements in family food management.

Y.E.S. helps you and your child cope, in a systematic, methodical manner, with problems that can impede weight control.

THE UNHAPPY CONSEQUENCES

Being overweight or obese is far from a cosmetic consideration. Many medical experts consider obesity to be a highly significant health risk for America's children. Long- and short-term consequences can include poor self esteem, orthopedic problems, premature puberty, respiratory complications, hypertension, heart disease, diabetes, high cholesterol and certain cancers.

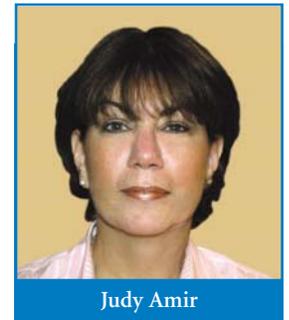
HOW DOES THE Y.E.S. PROGRAM WORK?

Y.E.S. is a comprehensive family-based program for overweight children that emphasizes healthful eating, physical activity, behavior modification, parental support, and coping strategies. After one-on-one assessments participants engage in ten group sessions. Parents' and children's groups are usually conducted separately. Children's sessions utilize games, activities, cooking demonstrations and group interaction to enhance learning and improve retention.

Additionally, upon completion of the initial ten weeks Y.E.S. participants can take advantage of monthly follow-up meetings and a variety of support materials.



Julia Jaskiewicz



Judy Amir

Youths Eating Smart was established in 1999 by dietician Julia Jaskiewicz, R.D., C.D.E., and clinical social worker Judy Amir, M.S.W., L.C.S.W. In addition to professional credentials, both bring another important qualification to the Y.E.S. program: *motherhood*.

