

Healthy Steps Clinic

*A Part of Johns Hopkins All Children's
General Pediatrics and Adolescent Medicine*

What to Expect for Your First Visit

- Currently, **over 1 in 3 children** have weight-related issues consistent with overweight or obesity. Our clinic was developed to help children and families reach healthier lifestyles to prevent and treat the growing number of children with weight-related issues.
- Healthy Steps is a multi-disciplinary, evidence-based and lifestyle-oriented clinic specific for children/adolescents and families designed to provide a patient-centered lifestyle plan to achieve a healthier weight one achievable step at a time.

What do we provide for patients?

- A full medical assessment by an obesity-medicine certified general pediatrician including a bio-impedance measurement to accurately identify obesity risk.
- Nutrition assessment by a registered dietitian who provides tailored nutritional goals specific to the patient and family.
- Behavioral health assessment by a psychologist to assess patient or parental concerns related to mood, self-image, school performance or other.
- Exercise capacity assessment by team to provide families with goals specific to developmental and physical abilities of your child.
- Motivational interviewing to increase patients' motivation to improve healthy lifestyle behaviors
- Families receive necessary laboratory evaluation and/or additional specialist referrals when needed.

Who is eligible for the Healthy Steps clinic?

Any patient with the following criteria is eligible for clinic:

- Patients 0-21 years with weight for length >90th percentile, or BMI ≥85th percentile.
- Patients referred by their provider due to weight-related health concerns including hypertension, prediabetes, diabetes or liver disease.
- Family or patient motivated to make lifestyle changes.

What should I be prepared to discuss during the visit?

During your visit, the Healthy Steps team will be asking you and your child questions related to the 4 Pillars of a healthy weight including the following lifestyle factors:

1. Dietary practices
2. Physical activity practices
3. Sleep behaviors
4. Behavioral and/or mood related assessment



Raquel G. Hernandez, M.D.

Dr. Hernandez is a fellowship trained general pediatrician focusing on obesity medicine. She developed the Healthy Steps clinic in 2012 and has since continued to grow the program to reach more pediatric patients and families with weight-related issues.

Samantha Toffoli MS, RDN

Samantha is a Registered Dietitian who works with families to help develop healthy relationships with food and make health-promoting nutrition changes.

Dianna Boone PhD

Dr. Boone is a pediatric psychologist specializing in evidence-based interventions to promote healthy lifestyle behaviors. She sees patients in the Healthy Steps Clinic and provides weekly outpatient therapy to patients with weight management concerns.

Contact Us

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Healthy Steps Clinic

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Four pillars to a healthy lifestyle and keeping your house upright!

1. Diet
2. Exercise
3. Sleep
4. Behavioral health

