



the
**Chickasaw
Nation**
Department of Health

EMPOWERED
LIVING GUIDE

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ChickasawNationHealth.net | (580) 436-3980



CLINICAL SERVICES FOR PEDIATRIC WELLNESS:
EMPOWERED LIVING

STATISTICS

- One in five children and adolescents in the U.S. are obese.
- 70% - An adolescent who is overweight has a 70% chance of becoming an adult who is classified as overweight or obese.
- 160 million - In 2022, it was estimated more than 160 million children in the world are obese.

WHAT IS EMPOWERED LIVING?

- An interdisciplinary, referral-based clinic providing children, adolescents and teens with specialized services and resources to assist them in achieving healthy lifestyle goals.

WHY CHOOSE EMPOWERED LIVING?

- The Empowered Living team is dedicated to offering children and families the most effective care available in a compassionate atmosphere.
- Empowered Living provides evidence-based interdisciplinary interventions designed to help families adopt and maintain healthier lifestyles.

ARE YOU CONSIDERING MAKING LIFESTYLE CHANGES TO IMPROVE YOUR CHILD'S OVERALL HEALTH AND WELL-BEING?

- Could your children or teens benefit from more physical activity or exercise?
- Would finding activities they enjoy help them sleep better or feel better?
- Does your family have a history of diabetes, high blood pressure or another health concern?

WHAT HAPPENS AT EMPOWERED LIVING CLINIC APPOINTMENTS?

- Empowered Living provides participants with knowledge, guidance and support. Family members are encouraged to engage in healthy choices and activities to support the child and develop a healthy family.
- Empowered Living clinic patients meet with each of our health care providers for a medical evaluation, nutritional counseling, physical activity assessment and behavioral health counseling.

TALK TO YOUR PEDIATRICIAN ABOUT A REFERRAL TO EMPOWERED LIVING.

