

The Division of Community Pediatrics

The Division of Community Pediatrics treats the full spectrum of a child's well-being through the Five Pillars of Health: Physical Health, Mental Health, Oral Health, Nutritional Health and the Impact of the Social Determinants of Health (e.g., schools and environment). These five pillars have become our basis for the programs and services we offer to our communities.

Meet the Ronald McDonald Care Mobile® FITNESS Team

Pediatrician

- Provides medical screening and management of weight-related conditions for students and their families
- Assists school staff and administration in creating sustainable methods for screening weight-related conditions and providing medical services for all students.

Registered Dietitian

- Provides counseling to help families engage in self-motivated, healthy behavioral change
- Assists school staff and administrators in creating a sustainable, healthy environment that balances nutrition with an active lifestyle for all students

Exercise Physiologist

- Provides counseling incorporating principles of exercise science and behavior change for students and their families
- Assists school staff with developing sustainable programs that enhance physical activity opportunities before, during and after school

Community Health Educator

- Provides an educational program to help families and children maintain a healthy weight and active lifestyle
- Assists school staff and administrators in creating a sustainable healthy school environment

For more information on the Ronald McDonald Care Mobile® FITNESS program, call **202-444-2880**.



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Ronald McDonald Care Mobile® FITNESS Program

Knowledge and Compassion
Focused on You



Ronald McDonald Care Mobile® FITNESS Program

Children who are regularly active and consume healthy diets achieve greater academic success, improved behavior in the classroom, and miss fewer days of school. The Division of Community Pediatrics at MedStar Georgetown University Hospital has developed a mobile program for healthy weight and activity management for children—Ronald McDonald Care Mobile® FITNESS (Fun In Teaching Nutrition and Exercise to Successful Students) Program.

The program works with schools, families, and community partners throughout Washington, D.C., Maryland and Virginia to enhance nutrition and activity behaviors in our children and provide them with an opportunity to truly thrive.

What We Do

Led by a multidisciplinary team including a pediatrician, exercise physiologist, registered dietitian and community health educator, the Ronald McDonald Care Mobile® FITNESS program aims to engage children and families in healthier nutrition and physical activity habits through the following services:

- Nutrition and physical activity counseling for students and their families.
- Hands-on healthy cooking classes and grocery store tours.
- Educational program for parents and caregivers using the National Institutes of Health's evidence-based We Can! (Ways to Enhance Children's Activity & Nutrition) curriculum.
- Additional physical activity opportunities for students before, during and after school.
- Collaboration with school nurses, administrators, teachers, and food service staff to establish a sustainable culture of wellness and healthy behavior change.
- Referrals to community-based nutrition and physical activity services.

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