

Dr. Yum Project Partner Program

When you become a Dr. Yum Project Partner you get access to Touchpoints PLUS patient materials on:

- Early feeding development
- Picky eating
- Other diet-related disorders
- Downloadable posters, patient handouts, and bookmarks with QR codes to doctoryum.org
- An official partner graphic on your website linking directly to doctoryum.org
- Office signage to show you are a Dr. Yum Project partner nonprofit.
- Your membership helps support The Dr. Yum Project, a 501c3 nonprofit

**BECOME A
PARTNER
PRACTICE OR
PHYSICIAN
TODAY!**



JOIN DR. YUM PROJECT PARTNERS ACROSS THE COUNTRY AND AROUND THE WORLD, LISTED ON [DOCTORYUM.ORG](https://doctoryum.org)



dr.yumpartnerpractice
Check out our delicious & healthy recipes! >



**QUESTIONS:
INFO@DOCTORYUM.ORG**



Touchpoints
dr.yumproject

The 2023 CPG on the Management of Childhood Obesity recommends Intensive Health Behavior and Lifestyle Treatment.

Touchpoints is a customizable program of health behavior modules that pediatricians can offer to patients right in their office.

dr.yumproject eat well. change your world.

Why should you use Touchpoints?

- Family-centered content
- Weight-neutral approach
- Teaches habits for life
- Modules can be used separately or as part of a customized program
- Patient convenience - can be done in person or by telehealth
- Support from the Dr. Yum Project team
- Creates billable visits



Practical Health Behavior Modules
for medical providers
to use with
pediatric patients and their families



The Touchpoints Program provides education modules on 19 health behavior topics. Each module has handouts and/or videos that are easy for primary care providers to use in the office or by telehealth to help initiate positive, family-centered lifestyle changes. Much of the content has been developed by the multidisciplinary team at the Dr. Yum Project and has been refined over years of use with pediatric patients and families. It utilizes family-tested recipes, posts, website tools, handouts, videos, and more.

Core Modules

- Mindful Mealtimes
- Sugar Basics
- Trying New Foods
- Snacks
- Breakfast
- Meal-o-Matic
- Meal Planning
- Food Marketing

Supplementary Modules

- Lunch Packing
- Beverages
- More Family Meals
- Eating Out
- Cooking with Kids
- Dietary Restrictions
- Movement
- Sleep Tips
- Food Insecurity
- Picky Eating
- Food Rewards



visit touchpoints.doctoryum.org