Our mission
To promote wellness and support healthy weight management in children with blood disorders and cancer. This initiative allows us to coordinate services and activities that assist patients and their families in achieving their goals for health and wellness.

Why is healthy living so important?
Treatment for cancer and blood disorders can create special challenges for patients and families. Intensive chemotherapy, including steroids, can have significant side effects that impact a patient’s sense of well-being and healthy weight management. Some may have weight gain due to relative inactivity and poor diet while others, like children with sickle cell disease or certain cancers, may be underweight or easily become fatigued. Also, some children live in areas that are less safe or that have local parks with fewer options for outdoor play.

What programs are offered through the HOT Healthy Living Initiative (HOTHLI)?
We fulfill our mission in fun, creative ways. Some of our current projects include:
• Hands-on demonstration of healthy, child-oriented snacks for patients and their families
• Creation of a wellness board in the outpatient area that features a rotation of themes, including healthy school snacks, fitness, sleep hygiene, healthy beverages, yoga and stress reduction
• Creation of “Prescriptions for Healthy Living” for providers to facilitate discussion with families about living healthier, more active lives
• Launch of a 4-week interactive pilot program for children with blood disorders and cancer to improve self-esteem and increase awareness of healthy eating through fitness games and education

Community collaboration
HOTHLI has collaborated with invited guests from community-based organizations that are focused on wellness to explore new opportunities. These partners include organizations such as Consortium to Lower Obesity in Chicago’s Children (CLOCC), Purple Asparagus, Chicago Park District and researchers from the University of Illinois School of Public Health.

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*HOT* stand for Hematology - Oncology - Transplantation, which are specialties within the Lurie Children’s Center for Cancer and Blood Disorders. Our expert staff in the Division of Hematology, Oncology and Stem Cell Transplantation treats a wide-array of serious medical conditions, such as leukemia, lymphoma, brain tumors, sickle cell disease and hemophilia.

HOT has created programs under the Healthy Living Initiative (HOTH).