



# *a plan of care*

Extra weight can have significant effects on a child's health and well-being. If it seems that your child has a weight problem, it is important to take steps to improve your child's health.

## WHAT FAMILIES SHOULD KNOW ABOUT THE HEALTHY WEIGHT CLINIC

### About the clinic

- The clinic staff includes a pediatrician specializing in nutrition, a nurse practitioner, a nutritionist and a social worker.
- The clinic strives to improve the health and quality of life of children with excess weight by working with families in making healthy lifestyle changes.
- The goal of the clinic is to provide a complete assessment of weight-related medical issues, help organize care with medical specialists and provide weight management through a family-based approach.
- The team will work with your family to develop a plan to manage your child's health and weight tailored to your child and family.

### How the Healthy Weight Clinic helps children

- The doctor and nurse practitioner will evaluate your child for possible weight-related medical issues. The medical team may manage these medical issues in clinic or refer your child to other specialists.
- The clinical social worker will help identify barriers that may be keeping your child from having a healthy weight, support your family in making healthy changes, and provide community resources and behavioral health referrals.
- The dietitian will assess current eating habits, identify opportunities for improvement and guide families in making healthy choices.
- Families will work with the clinic team to develop a weight management plan, which may include:
  - healthy lifestyle changes
  - structured meal planning
  - calorie goals
  - meal replacements

- Although the clinic does not have on-site fitness facilities, a plan for different levels of physical activity will also be discussed.
- After the first visit, we will work together to develop a follow-up plan for your family that will ensure your child meets his or her long-term weight management goals. Most families are expected to follow-up every one to two months at least six visits within a year.

### How to arrange for your child to be seen by the clinic

- The clinic sees overweight and obese children and adolescents between 2 and 18 years of age.
- Your child's primary care provider can tell you if your child is overweight or obese by calculating his or her body mass index (BMI) using height, weight and age. These numbers are put on a BMI chart to track growth and identify weight status. Children who are overweight or obese are too high on the chart for what is healthy for a child their age and gender (BMI of greater than the 85th percentile).
- If your child is overweight or obese, tell your primary care provider you are interested in the Healthy Weight Clinic.
- Families may call 267-426-2782 to schedule an appointment.

### Contact Us

We hope you want to learn more about the Healthy Weight Clinic and the Healthy Weight Program. Please visit our Web site at [www.chop.edu/healthyweight](http://www.chop.edu/healthyweight), or call us at 267-426-2782 (internally at ext. 6-2782). You can also e-mail us at [healthyweightprogram@email.chop.edu](mailto:healthyweightprogram@email.chop.edu).