Caring for Your Child
Pediatric Weight Management and Activity Resources

WEIGHT LOSS PROGRAMS

The Healthy Weight Program at the Children’s Hospital of Philadelphia
- A team of medical professionals including a doctor, nurse practitioner, registered dietitian and social worker works with families to promote weight loss and coordinate medical care.
- Provides care for children ages 2-18 years.
- For more information call 267-426-2782 or go to www.chop.edu/healthyweight.

Outpatient Nutrition Center at the Children’s Hospital of Philadelphia
- Registered dietitians meet with children individually to help them achieve a healthy weight.
- Medical insurance accepted.
- To make an appointment, call the location where you would like to be seen.

Wood Ambulatory Care Center
34th & Civic Center Boulevard
Philadelphia, PA
215-590-3630

Specialty Care Center in Bucks County
Rte 202 and Schoolhouse Road
Chalfont, PA
215-997-5731

Specialty Care Center in Exton
Oaklands Corporate Center
481 John Young Way
Exton, PA
610-594-9008

Specialty Care Center in King of Prussia
210 Mall Boulevard
King of Prussia, PA
610-337-3232

Specialty Care Center in Princeton
707 Alexander Road, Building 2
Princeton, NJ
609-520-1717

Specialty Care Center in Voorhees
Laurel Oak Corporate Center
1012 Laurel Oak Road
Voorhees, NJ
856-435-1300

Specialty Care Center in Mays Landing
4009 Black Horse Pike
Mays Landing, NJ 08330
609-677-7895
FUN (Families Understanding Nutrition) and Fit- "Fun & Fit"
- Free 12-week program for 8-18 year olds, sponsored by Albert Einstein Medical Center and Moss Rehab. Classes include lessons on nutrition and weight management as well as physical activities.
- Classes are held at Moss Rehab, 1200 Tabor Road, Philadelphia. Registration is required.
- For more information and program dates call 215-456-6559.

215 GO!
- Free health and nutrition clinic for 3-18 year old children who receive primary care at Health District Centers #2, #5, #6 and #9. Pediatricians, nutritionists, health educators and nurses provide personal care, support groups, education and counseling.
- The program involves once a month visits for one year. Children should be referred by their primary doctor at the Health Center.

Health Center #2
1720 South Broad Street
215-685-1803

Health Center #5
1900 North Broad Street
215-685-2922

Health Center #6
321 West Girard Avenue
215-685-3803

Health Center #9
131 East Chelten Avenue
215-685-1803

Create Your Weight for Pediatrics at Aria Health
- Weight management classes for children and adolescents, ages 8-12. One individual session with a dietitian followed by 9 group sessions. Meetings are once per week. Classes address nutrition education, physical activity and behavioral therapy to achieve long-term weight control.
- The cost of the program is $275.00. Medical insurance is not accepted.
- Currently offered at the Aria Health Torresdale Campus only. To enroll or for more information call 215-612-4863.

Nutrition Counseling at Aria Health
- Registered dietitians meet with children individually to help them achieve a healthy weight. Medical insurance accepted.
- Appointments may be available at the Aria Health Torresdale, Frankford and Bucks campuses. For information call 215-612-4863.

Weight Management Program at Alfred I DuPont Hospital for Children
- Team of a pediatrician, clinical nurse specialist, psychologist and nutritionist evaluate and treat obese children aged 5-18 years old. Each child has a personalized treatment plan.
- Your medical insurance company may help cover the cost of the program. For more information call 1-800-416-4441 and state that you are interested in the Weight Management Program.
Nutrition Counseling at Chester County Hospital in Pennsylvania
- Registered dietitians meet with children individually to help them achieve a healthy weight.
  For more information, call 610-738-2835.

FitSmart for Kids at Virtua Health in New Jersey
- The program focuses on healthy eating, physical activity, self-esteem and communication skills for the whole family.
- Each session involves once a week meetings for 12 weeks. Parents are required to attend all sessions. There is one group for children ages 8-12 years and another for teens aged 13-17 years.
- Fees vary. Medical insurance is not accepted. Medical clearance needed for children to participate in physical activity. For more information, call 1-888-virtua-3 or visit the website at www.virtua.org.

KidShape Programs
- A team of a registered dietitian, a mental health professional, a physical activity expert and a health educator coach families. The goal is to empower youth to eat healthy, move more and feel good about themselves.
- Sessions are held once a week for 8-9 weeks. An adult must attend each session.
  KinderShape is for 3 to 5 year olds; KidShape is for 6-14 year olds; TeenShape is for 15-19 year olds. Locations listed below. Fees vary.

  - Saint Mary Medical Center
    1201 Langhorne-Newtown Rd
    Langhorne PA 19047
    - KidShape, KinderShape and TeenShape programs offered at various schools throughout Lower Bucks County throughout the school year.
    - Camp programs available in the Summer.
    - No fees outside of materials fee of approximately $50.
    - For information go to: stmaryhealthcare.org or call 215-710-4590.

  - Highmark Healthy High 5 Program
    - Families do not need to have Highmark insurance to enroll.
    - For more information, contact Highmark at 800-879-2217 or www.highmarkhealthyl5.org or contact one of the locations below.
    - Berks County- Diakon Family Life Services- Topton, PA (610) 682-1565
    - Lehigh County- Sacred Heart Hospital — Allentown, PA (610) 776-4988

Weight Watchers
- Group meetings and/or online support groups. Open to children 10 years old or older. Children must have a letter from a doctor that documents their goal weight.
- Fees include an initial registration fee, a first meeting fee and a regular meeting fee. Children aged 10-17 years qualify for student rates. Some insurance plans offer assistance with fees. For more information, go to www.weightwatchers.com or call 1-800-456-6363.
NUTRITION CLASSES

Kids 4 Fitness at Mercy Wellness and Fitness Centers
- Classes on nutrition, exercise and ways to work fitness into your everyday lives. For children ages 7 to 15 years. Groups meet 2 times per week for 9 weeks. Parents must attend 2 sessions.
- Medical clearance from a doctor is needed to participate. The program fee may be covered by some health insurance plans.
- To enroll, call 215-764-0508 and leave a message.

A Better Start
- Free nutrition education for children and teens. Topics include how to choose healthy foods and how to have fun while having an active lifestyle.
- Classes are held at Albert Einstein Medical Center, 1325 Tabor Road, Philadelphia. Families may attend as many times as they want but must make an appointment by calling 215-456-6559.

Triple Play: A Game Plan for the Mind, Body and Soul
- Wellness program offered in Boys & Girls Clubs. The program encourages healthy habits. The Triple Play Parents Game Plan is a guide that includes a sample of what is available through the program. It is available from the internet in English or Spanish. The program is sponsored by the Coca-Cola Company.
- To experience the full program, find a club near you through www.bgca.org/clubs/ or 1-800-854-CLUB.

EXERCISE PROGRAMS

Students Run Philly Style
- Marathon training for young people in Philadelphia. The program promotes self-esteem, fitness and academic achievement.
- No running experience is required to participate. Runners are eligible for free running shoes, free race registration and transportation to and from races. More information and enrollment forms available through studentsrun@nncc.us or 215-985-2672.

YMCA
- There are over 20 YMCA branches in Philadelphia area. They have exercise equipment and offer exercise classes, wellness classes and individual nutrition counseling.
- Membership rates and policies may vary. Financial assistance is available. Student rates available. Find your local YMCA through www.ymca.net or your local phone book.

Kidnetic.com
- A healthy eating and lifestyle Website for children ages 9-12 years and their families. Offers activities to get kids moving while they are online and provides recipes for family-friendly food. Please note some of the nutrition facts and carbohydrate counts on the web site may not be accurate. A parents’ guide is available through the Website. Sponsored by the International Food Information Council Foundation.
- www.kidnetic.com
EXERCISE VIDEO CATALOGUES

Fitness Beginnings
www.fitnessbeginnings.com

Collage Video
Exercise videos reviewed by ACE-certified instructors. See the “Kids” section under “Specialty Videos.” www.collagevideo.com or 1-800-819-7111.

NUTRITION INFORMATION ON THE WEB

My Pyramid.Gov
- Information on the food groups in the food guide pyramid, meal plans for various age groups and appropriate portion sizes.
- www.mypyramid.gov

Kidshealth.com
- Information on children’s health on the web. Has sections for parents, kids and teens. Articles, cartoons and activities about healthy choices, body image and maintaining a healthy weight. Recipes for healthy foods. Sponsored by the Nemours Center for Children’s Health Media, a part of The Nemours Foundation.
- www.kidshealth.org

BAM! Body and Mind
- Website geared to kids 9-13 years old to help them make healthy lifestyle choices. Kid-friendly games, quizzes, and other interactive features. Sponsored by the Centers for Disease Control.
- www.bam.gov/

Nutrition in the Kitchen Cookbook
- Recipes collected by the Healthy Weight Program at the Children’s Hospital of Philadelphia
- www.chop.edu, search for the Healthy Weight Program and then Nutrition in the Kitchen

Written 8/10
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