



a plan of care

In response to the alarming rise in the number of overweight and obese children in the United States, The Children's Hospital of Philadelphia offers a multidisciplinary, comprehensive and innovative program targeting pediatric obesity. We are seeking referrals from providers for this clinic for children with excess weight and weight-related conditions.

WHAT REFERRING PROVIDERS SHOULD KNOW ABOUT THE HEALTHY WEIGHT CLINIC

About the clinic

- The Healthy Weight Clinic is a multidisciplinary assessment clinic for children ages 2 to 18 who have excess weight (BMI greater than the 85th percentile for age and gender).
- The goals of the clinic are to provide a comprehensive assessment of obesity-related comorbidities, coordinate a care plan with appropriate specialists and provide weight management through family-based lifestyle changes. Clinicians will work with families to develop a weight management plan that is tailored to child and family needs. This plan may include:
 - 1) healthy lifestyle changes
 - 2) structured meal planning
 - 3) calorie goals
 - 4) meal replacements

Referring a patient to the Healthy Weight Clinic

- Families that are interested in coming to the clinic may call 267-426-2782 to schedule an appointment. Please provide your patient with an order for "Consult to Healthy Weight." You may give the order to the family to bring to their first appointment, place the order in EPIC or fax it to 267-426-6012.
- After the first visit, the clinic will work with families to develop a follow-up plan that will help them meet their weight management goals.

CONTACT US

To learn more about the Healthy Weight Clinic and the Healthy Weight Program, please visit our Web site at 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.

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The Healthy Weight Program's Web site provides guidance for providers and information for families on community resources and programs to promote healthier lifestyles.

