



THE PLAIN DEALER

Weight Management Programs for Children and Teens

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A number of Northeast Ohio health care systems offer intervention programs for overweight children and teens. They include...

MetroHealth Medical Center What: Nutrition, Exercise and Wellness (NEW) Lifestyle Program. Where: Available at Main Campus and Buckeye Neighborhood Health Center.

Includes: Individualized consultation, with guidance on exercise and diet management and connection with community resources for exercise. More information: Outpatient Pediatrics 216-778-2222 or 216-957-4101

Children's Hospital of Akron What: Future Fitness Clinic Includes: A personalized weight loss evaluation clinic and home exercise program for children and teens. More information, call 330-543-2120. **Fun and Fitness** What: Monthly classes featuring 30 minutes of activity and 1 hour of healthy living education for parents and children. Important: Participants must be evaluated by a Children's Hospital dietitian prior to attending the sessions. More information: To register, call 330-543-8777. **Cleveland Clinic Foundation** What: Fit Youth at Independence Family Health Center (FYI) Where: 5001 Rockside Road, Independence. Includes: A family program for children serious about developing new eating and exercise habits. More information: Contact Pediatrics at Cleveland Clinic Independence, 216-986-4000 and reference FYI. **Family Activities and Nutrition (FAN Club)** What: Coming this summer to main campus, a weight management program involving physician, dietitian, and exercise physiologist, for children ages 8-12 years and 13-18 years. More information: Contact Lydia Bert at 216-445-3518. **The Protein-Sparing Modified Fast** What: This diet program is an aggressive weight-loss program designed for rapid weight loss. It incorporates medical, nutritional and behavioral components. More information: Call the Department of Endocrinology at 216-444-6568.

Bariatric Surgery What: Bariatric surgery may be considered for candidates who are at least 100 pounds over his or her ideal body weight, between the ages of 16 and 70, and if traditional weight-loss programs have failed. More information: Contact the Cleveland Clinic Bariatric and Metabolic Institute (BMI) at 216-445-2224. **University Hospitals of Cleveland Rainbow Babies & Children's Hospital** What: Healthy Kids, Healthy Weight Includes: A team of specialists including physicians, psychologists, and experts in dietetics, exercise physiology, and nursing. More information: Call 216-844-1966 **Shapedown** What: A behavioral-based weight-management program developed by the University of California at San Francisco. Where: the program is now based in San Anselmo, California, with an Internet component. More information: www.shapedown.com

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