

Childhood Obesity Weight Management Referral List

Beaumont Healthy Kids Program

Beaumont Weight Control Center

4949 Coolidge Highway, Royal Oak, MI 48073

Phone: 248-655-5900 / 888-899-4600

Description: Children can build a foundation for a lifetime of healthy habits by learning how to eat a balanced diet and be physically active. The Healthy Kids Program teaches children and their parents how to improve their health with nutrition, exercise and behavior changes. The Healthy Kids Program is a 12-session program for children ages three to 18 and takes a family approach to living a healthy lifestyle. Private sessions with a psychologist, dietitian and exercise physiologist, as well as fun family activity sessions, benefit the entire family. The child gains the support he or she needs to maintain a healthy lifestyle from childhood throughout adulthood.

<http://www.beaumontchildrenshospital.com/weight-loss>

Health Alliance Plan – Weight Management

HAP HMO Clients (800) 422-4641 Alliance Clients (888) 999- 4347

E-mail: weightwise@hap.org

Description: The HAP Weight Wise Program is a dietitian-led program that includes educational sessions, a healthy cookbook, educational materials, e-mails, reunion sessions and other opportunities for on-going support. HAP Weight Wise events are currently offered to women, couples, seniors, and families. The HAP Weight Wise Program received a *Michigan Steps Up* award in 2005.

<http://www.hap.org/health/programs/weightmanagement.php>

Helen DeVos Children's Hospital Healthy Weight Center

330 Barclay NE Suite 303, Grand Rapids, MI 49503

Phone: 616-391-7999

Description: The Helen DeVos Children's Hospital Healthy Weight Center is a comprehensive program for children and adolescents ages 5 to 17. One of 25 children's hospitals in the nation working together to provide best practice medical treatment, nutrition information, education, exercise and clinical research to help children attain and maintain optimal weight. All patients and a parent/or guardian are asked to attend two initial assessment visits that will include: physician examination, body composition testing, lab work, nutrition assessment, physiological assessment, social work assessment and physical activity assessment.

<http://www.helendevoschildrens.org/healthyweightcenter>

Henry Ford Health System Pediatrics Let's Get Healthy!

Phone:(313) 874-6653

Let's Get Healthy! offers guidance, insights and education from a team of dedicated Henry Ford experts from multiple disciplines, including a pediatrician, nutritionist, behavioral health therapist and athletic trainer. Working together, these committed individuals collaborate with parents and their child to offer specific individualized solutions. The Let's Get Healthy! team shares a passion for reaching children using engaging messages that reshape thinking on food, nutrition and exercise. With an emphasis on behavior modification, participants develop a healthy lifestyle by increasing their knowledge of proper nutrition and exercise.

<http://www.henryford.com/letsgethealthy>

Henry Ford Weight Management Program

Henry Ford Health System

13355 E. 10 Mile Rd, Warren, MI 48089

Phone: 800-HENRYFORD

Description: The Weight Management Program is a medically-supervised program tailored to each patient's goals and needs. The program includes internet management program, nutrition consults with registered dietitians, online and group support programs, and personal exercise consults with exercise physiologists. Before enrolling in the program one would need a referral from a doctor. A four month commitment is necessary for this program.

Also offered are preventive and education programs beyond the initial four-month period.

<http://www.henryford.com/body.cfm?id=46426>

Medical Network One / Michigan Institute for Health Advancement Kids and Teens Program

4986 N. Adams Rd, Rochester, MI 48306

Phone: 866- 648-3265

Description: Kids and Teens Program is a lifestyle solution for children and their families that empowers them to use basic and easy to understand skills about how to eat and live a healthier life. Participants are taught about the basic food groups, correct portion size, feelings that affect eating, healthy restaurant eating, meal planning and setting goals. The programs provides individualized long term goals and a continuing plan to follow upon completion of the program.

<http://www3.mednetone.net/HealthPrograms/KidsandTeensLifestyleProgram/tabid/63/Default.aspx>

St John Providence Outpatient Nutrition Management Services Program

St John Providence Health System

16001 W. 9 Mile Rd., Southfield, Michigan 48075

Phone: 248-849-3903

Description: St John Providence's Outpatient Nutrition Management Services program in Southfield, Novi and Livonia is staffed by registered dietitians who offer one-to-one counseling and special programs to better meet client and community needs. Their services include body fat analysis, computerized or individual nutrition counseling, and community education, including classes on teen weight control.

<http://www.stjohnprovidence.org/providence/specialties/nutrition/>

St Joseph Mercy Health System Shapedown Program

Shapedown® for Kids is a national weight management program for families. Parents and children (ages 6-18) work together as a team with a social worker, registered dietitian, and exercise specialist in a 10 week weight management program to learn how healthy eating, an active lifestyle and effective communication promote weight loss and family unity. The Shapedown program offers group and individual counseling:

Unique Program Strengths

- Stresses healthy eating rather than dieting
- Activity involves the entire family
- Allows parents to learn positive modeling techniques
- Emphasizes improvement in the child's overall self-esteem
- Taught in a group setting so parents and children gain support from others
- Offers ongoing long-term follow-up

Shapedown is offered at the following locations

St Joseph Mercy Health System Ann Arbor 734-712-5800 #2 <http://www.stjoesannarbor.org/shapedown>

St Joseph Mercy Health System Oakland (248) 858-2556 <http://www.stjoesoakland.org/Weight-LossPrograms>

**University of Michigan Pediatric Comprehensive Weight Management Center
MPOWER Michigan Pediatric Outpatient Weight Evaluation and Reduction Programs**

1500 E. Medical Center Drive, 1924 Taubman Center, Ann Arbor, MI 48109-0318

Phone: 734-615-3829

Email: peds-mpower@med.umich.edu

Description: The University of Michigan C.S. Mott Children's Hospital Pediatric Comprehensive Weight Management Center has a team of experienced providers (physicians, dietitian, psychologist, social worker, exercise physiologist and physician assistant) dedicated to the evaluation and treatment of obese adolescents (ages 12-18) through the MPOWER program and youth (aged 7-11) through the MPOWER Juniors Program. These intensive 6-month programs utilize a comprehensive approach to help families face the challenge of achieving sustained weight loss.

<http://www.uofmhealth.org/medical-services/ped-weight-management>

<http://www.med.umich.edu/mpower/clinical/mpowerjr/index.shtml>

MHealthy

University of Michigan Health System Community Health Services

2850 S. Industrial, Suite 600, Ann Arbor, MI 48104-6773

Phone: 734-975-3024

E-mail: mfit-weight-management@med.umich.edu

Description: MHealthy (previously MFit) offers wellness and health risk reduction services for U-M faculty & staff, dependents, and retirees, as well as for the general public and Michigan businesses. To help empower participants to manage their health for life, the program focuses on five lifetime strategies for success: a healthy environment, a can-do attitude, being physically active, making educated food choices, and tracking behavior changes.

<http://hr.umich.edu/mhealthy/>

LOCAL PROGRAMS:

Check with local schools for programs such as Girls on the Run.

Check with local parks and recreation departments for information on local exercise programs, local trail ways/parks, and also farmers markets.

Other community resources can be found at your local health department, YMCA, and hospital.