

Children's HealthSM Weight Management Support Programs

In the most effective behavior-based programs, families spend 26 hours or more over 3 to 6 months working with specialists on diet, physical activity and behavioral change. However, such programs—even when available—are very difficult for many families to use. Providers who refer families to less intense programs can emphasize 1) the value in attending all sessions and making recommended lifestyle changes and 2) the ongoing help and encouragement that will come from the primary care provider over the years.

1. Medical Home Weight Management Visit

A focused overweight/obesity encounter at the PCP office ensures comprehensive assessment of weight severity, co-morbidity risk, behavioral health needs, and family motivation. After the initial visit, families can continue weight management visits with the PCP and/or use other programs. Whether or not patients use other programs, annual PCP visits are times to re-assess weight status, co-morbidities and motivation, all of which can change over time.

2. Nutrition Clinic Weight Management

Registered dietitians will provide nutrition assessment and counseling for a variety of obesity-related diagnoses. This clinic helps provide family support for healthy eating habits. Four sessions over 4-8 months, one-on-one, address healthy food choices and adopting a healthy lifestyle.

3. Get Up & Go

Children's Health offers "Get Up & Go" in partnership with the YMCA of Dallas. This 10-week weight management program is for children and their parents to attend once per week, 90 minutes each session. Designed by our physicians and registered dietitians to meet the needs of overweight, obese and/or pre-diabetes children, this age-appropriate program create awareness and understanding of how lifestyle choices affect health.

4. COACH (Center for Obesity and Its Consequences on Health)

A multidisciplinary clinic for children with complications from obesity or severe obesity. The team consists of physicians, advanced practice practitioners (NP or PA), registered dietitians, psychologists and social workers.

- Comprehensive assessment of medical co-morbidities and psychosocial screen
- Individualized nutrition and physical activity guidance
- Return visits are scheduled in 3-6 months, and more frequently when under evaluation for bariatric surgery or in other select situations.

5. Bariatric Surgery Program

Teens interested in weight loss surgery are evaluated by the bariatric team, led by a pediatric surgeon with extensive experience in adolescent weight loss surgery, alongside a registered dietitian, psychologist and PA.

For questions, please call Provider Relations at 214-456-9933.



	1. Medical Home Weight Management Visit	2. Nutrition Clinic Weight Management	3. Get Up & Go	4. COACH (Center for Obesity And its Consequences on Health)	5. Bariatric Surgery Program
Who	All ages, all BMIs. Office or provider may set criteria.	All ages, all BMI levels, all medical and behavioral conditions	Children 2-5, 6-11, 12-14, and 15-18 with a BMI \geq 85th percentile AND ability to participate in physical activity AND primary care provider approval	<ul style="list-style-type: none"> • Children 6-17 years with obesity (BMI \geq 95th percentile) and metabolic co-morbidities: <ol style="list-style-type: none"> 1. Hgb a1c \geq 6.0% 2. Triglyceride \geq 500 mg/dl or LDL \geq 160 mg/dl 3. Combination of ALT $>$ 44 mg/dl x 2 in 3-6 months and hgb a1c \geq 6.0% • Teens \geq 14 years with BMI \geq 40 kg/m² who are exploring bariatric surgery 	Youth 14 years and older with: <ol style="list-style-type: none"> 1. BMI \geq 40 kg/m² or BMI \geq 35 kg/m² and a serious obesity-related co-morbidity, such as type 2 diabetes or uncontrolled hypertension 2. Mature enough to give assent AND with good family support 3. After 6 months of structured behavior-based weight loss efforts
When and Where	Primary care office during usual office hours	Specialty Center Monday – Friday, 8:30 a.m. – 4 p.m.	One of 17+ YMCA-affiliated locations in DFW; time depends on location and is typically on a weekday at 6:30 p.m. or on Saturday morning. Offered throughout the year.	Specialty Center weekday appointments, 8 a.m. - 4 p.m.	Weekday appointments at the Specialty Center
Coverage	Abnormal weight gain and co-morbidities (eg hypertriglyceridemia) as primary diagnosis are covered by Texas Medicaid. Commercial coverage varies with benefit plan.	Covered by Medicaid and CHIP; commercial insurance coverage is variable.	Free	Insurance coverage for visits	Insurance may provide coverage. Bariatric team communicates with insurance company to get determination
Referral/Contact	N/A	Physician Referral Required <ul style="list-style-type: none"> • By EPIC: Search "Referral to Nutrition" • By fax: Access a referral form at childrens.com/for-healthcare-professionals/referring-provider-tools/referral-forms. "Clinical Nutrition" Questions? 214-456-8950	Physician Referral Required <ul style="list-style-type: none"> • By EPIC: Search "Get Up & Go" • By Fax: Access a referral form at childrens.com/keeping-families-healthy/programs/ymp/gyg/for-providers-only tab to find links to referral form Questions? 214-456-6312	Physician Referral Required <ul style="list-style-type: none"> • By EPIC: Search "COACH" • By fax: Access a referral form at childrens.com/quick-links/refer-a-patient/general-surgery/referral-form (link for Children's Medical Center Dallas) Questions? 214-456-5964	• By Epic: Search "Bariatric" <ul style="list-style-type: none"> • By fax: Access a referral form at childrens.com/for-healthcare-providers/quick-links/refer-a-patient/general-surgery/referral-form (link for Children's Medical Center Dallas) Questions? 214-456-8658 (general surgery number)
Other	CHPG offices can use EPIC tools: <ul style="list-style-type: none"> • Screening/Questions "Weight management" • Provider: <ul style="list-style-type: none"> - Smartset "Obesity" (diagnoses, orders referrals, etc.) - Healthy Lifestyle plan Other offices: Texas Pediatric Society obesity toolkit https://txpeds.org/texas-pediatric-society-obesity-toolkit	Spanish interpretation is available; first session may be a group session if patient is \geq 10 years old.	Siblings and family members are encouraged to attend. Each session includes nutrition education, a healthy snack, a fun physical activity/games for the child and parent. Spanish programs are scheduled based on demand.	No exclusions based on physical disability or behavioral or developmental conditions Spanish interpretation available.	The COACH program works with the surgery team to evaluate patients and oversee care before and after surgery. Patients interested in surgery can start in bariatric surgery program or COACH.