Resource Guide for Pediatric Obesity Treatment Services in Massachusetts

Wellness Unit
Massachusetts Department of Public Health
2011
Introduction

Obesity is a major public health problem in the Commonwealth. To address this, the Massachusetts Department of Public Health launched Mass in Motion in January 2009. Mass in Motion promotes wellness – with a particular focus on the importance of healthy eating and physical activity.

With almost one-third of Massachusetts high school and middle school students either overweight or obese, an important Mass in Motion component is a state regulation requiring Body Mass Index (BMI) screening of public school students in grades one, four, seven and 10 through the Body Mass Index Screening Program. The program provides parents with their child’s results, along with educational materials. Parents are encouraged to share their child’s results with their health care provider.

The Resource Guide for Pediatric Overweight Treatment Services in Massachusetts lists comprehensive overweight treatment programs across Massachusetts. All programs in this directory have a multidisciplinary team which includes medical, nutritional and behavioral services for children and families.

The information cited in this guide may not represent all pediatric overweight services available across the state; the guide has information on programs that provide comprehensive weight management services through a health center or hospital and that responded to a request for information by DPH. We have attempted to make this directory as complete as possible but recognize that there may be services that we have missed. In addition to the resources offered by hospitals and health centers, many other independent programs exist to address childhood overweight prevention and control. It is the responsibility of the individuals using this directory to identify the provider/resources most beneficial to them.

Acknowledgements

This directory was developed by the Wellness Unit at the Massachusetts Department of Public Health. Cynthia Taft Bayerl, RD MS LDN Nutrition Coordinator served as project manager. The following staff contributed to the resource guide: Maria Bettencourt, MPH; Cynthia Lamond; Maxene Spolidoro, MS; and Lorraine Uy, and Margaret Lovesky, RD MPH LDN Children’s Hospital Boston, MA.

Disclaimer: Inclusion in this directory does NOT imply endorsement by the Massachusetts Department of Public Health nor has the Department make a judgment on the quality or appropriateness of services provided.

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How to use this resource

Listings in this directory are indexed in three ways:

- By age group served
- By region of the state and city or town
- By program name

Overweight and obesity are complex conditions and require comprehensive treatment. Treatment takes time, understanding and support. Before enrolling the child in a program, as much information as possible should be gathered. Research shows that a weight management program which has providers who can address medical, nutritional and behavioral issues can best help children and their families.

The following guidelines should be considered when evaluating the appropriateness of a formal weight management program for children:

- The program has the overarching goal of helping the whole family make and maintain healthy changes in their eating and physical activity habits.
- The program has a multidisciplinary treatment team including dietitians, exercise physiologists, doctors and either psychiatrists or psychologists on staff.
- The program performs a medical evaluation of the child—including weight, growth and health—before starting the program and at regular intervals throughout the program.
- The program is developmentally appropriate for the age and capabilities of the child.
- The program focuses on behavior changes by teaching the child how to choose a healthy variety of foods and the right size portion and by encouraging daily physical activity.
- The program includes a maintenance component, other supports and referrals.
- The program is culturally appropriate.
- The program focuses on the whole family—not just the overweight child.

Questions to ask:
- What does the weight-management program consist of?
- What are the staff qualifications?
- Does the program carry any risks?
- How much does the program cost?
- What results do participants typically have?

If there is no comprehensive team in your community or close by, we have included criteria to identify a registered dietitian who has been trained and has experience in childhood weight management.
Choosing an Registered Dietitian (RD)

The information below is guidance for when a comprehensive program is either not available near your or when your insurance might not cover a team approach. A qualified RD may also be able to address some parental or caregiver concerns around your child being more physically active or other social and behavioral considerations.

Ask your pediatrician to recommend a Registered Dietitian (RD) who is practicing in your area. A private practice RD can provide specialized counseling techniques to help your child achieve a healthy weight. You can also visit the American Dietetic Association (ADA) website at [www.eatright.org](http://www.eatright.org) to find an RD who’s right for your family.

The criteria listed below will help parents and careproviders identify a Registered Dietitian qualified to provide counseling to your child and your family.

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<th>Required Qualifications</th>
<th>The individual must have the following 2 credentials</th>
<th>Registered Dietitian (RD) or Licensed Dietitian/Nutritionist (LDN)</th>
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<td>Additional Qualifications (Best-to-Have)</td>
<td>Choose an individual that has at least one or more of the following qualifications in addition to the RD and LDN</td>
<td>3 + years experience treating the overweight pediatric population and/or Attended the American Dietetic Association (ADA) Adolescent and Pediatric Weight Management Certificate and/or Attended Motivational Interviewing and/or behavioral management training</td>
</tr>
<tr>
<td>Additional Qualifications (Nice-to-Have)</td>
<td>These qualifications are optional but may enhance their counseling skills</td>
<td>Is a certified ADA Pediatric Specialist and/or Master of Science (MS), Master of Public Health (MPH), or Master of Education (Med) degree</td>
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</table>
Ask your pediatrician or primary care provider if there are programs available with alternative funding to provide coverage for sessions with a Registered Dietitian. You can check the ADA provider website (www.eatright.org) to see which insurance plans a listed RD will accept. It is anticipated that this website will be implemented in 2009-2010.

Parents, if your child is not in the healthy weight range, you should talk with your child’s doctor or nurse. He or she can give you ideas about how to help your child get to a healthy weight. You can learn more about BMI see the MDPH School Health page http://www.mass.gov/dph/fch/schoolhealth.
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**Cape Cod**  
Wellfleet  
Fit Futures / Health Weight Clinic

**Central**  
Worcester  
Nutrition Services

**Greater Boston**  
Allston  
Joseph Smith Community Health Center

**Boston**  
Nutrition and Fitness for Life Clinic

One Step Ahead Program

Optimal Weigh for Life

PRIORITY Center for Youth Wellness

MGH Weight Center

WIN-WIN Program

**Dorchester**  
Healthy Weight Clinic (Codman Square Health Center)

Fitness in the City (Uphams Corner Health Center)

**East Boston**  
Let’s Get Moving

**Jamaica Plan**  
I’m in Charge Program (INC)

**Roxbury**  
Kids Heart and Sole

Fitness in the City (The Dimock Center)

Healthy Weight Clinic and Race around Roxbury
Quincy
Individual and Family Nutrition Counseling

Metrowest
Hopkinton
The Shapedown Program

Natick
The Shapedown Program

North Shore
Lawrence
Greater Lawrence Family Health Center
Healthy Weight Clinic (Greater Lawrence Family Health Center)

Northeast
Lowell
Healthy Weight Initiative
Eating Fresh Living Smart (EFLS)

Southeast
New Bedford
CAVU’s Healthy Weight Initiative

Stoughton
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Western
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# Baystate Children’s Hospital Pediatric Weight Management

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<th>Contact</th>
<th>Phone</th>
<th>Email</th>
</tr>
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<tbody>
<tr>
<td>3300 Main Street, 4th Flr, Ste 4-C Springfield, MA 01199</td>
<td>Chrystal Wittcopp</td>
<td>(413) 794-0813</td>
<td><a href="mailto:crystal.wittcopp@bhs.org">crystal.wittcopp@bhs.org</a></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
<td>(413) 974-7455</td>
<td></td>
</tr>
<tr>
<td>Fax</td>
<td></td>
<td>(413) 794-7145</td>
<td></td>
</tr>
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**Contact**  
**Title**  
**Phone**  
**Email**

**Hours**  
9:00 am – 5:00 pm

**Closed on Holidays**  

**Facility Type**  
Hospital out-patient  
Other, Springfield YMCA

**Ages Served**  
2 to 14 years

**Goals**  
- Weight maintenance and/or weight loss  
- Improved lab test results  
- Improved nutrition behavior  
- Improved physical activity behavior  
- Improved coping skills to handle psycho-social issues  
- Improved family communication skills  
- Improved goal-setting ability

**Frequency of Sessions**  
- Initial visit, then variable follow-up

**Treatment Type**  
- Individual counseling  
- Group sessions – children/adolescents  
- Group sessions – parents/guardians  
- Family counseling

**Treatment Focus**  
- Cooking/food shopping skills  
- Goal-setting – for child  
- Goal-setting – for whole family  
- Physical activity  
- Behavioral therapy  
- Environmental/cultural factors influencing wt/body image  
- Education regarding nutrition guidelines  
- Barriers assessment
Baystate Children’s Hospital Pediatric Weight Management

(Con’t)

On-site Staff

- Nutritionist/Dietitian
- Pediatrician
- Nurse Practitioner
- Social Worker
- Certified Physical Education Instructor

Accepted Referrals

- Self-referral
- Physician referral
- Other: > 95 percentile for age and sex

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities

- English
- Arabic
- Chinese
- French Creole
- Hindi
- Portuguese
- Russian
- Somali
- Spanish
- Interpreter services available
- Sign language
- Low literacy
- Intellectual & developmental disabilities

Customized Services (Special Dietary Needs)

- Diabetes
- Allergies

Reimbursement Options

- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Fallon
- Harvard Pilgrim
- Harvard Vanguard
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health
- Tufts

Cost (out of pocket)

- Determined by insurance
- YMCA program free
CAVU’s Healthy Weight Initiative
New Bedford Community Health Center

Address 874 Purchase Street
New Bedford, MA 02740

Phone (508) 992-6553
Fax (508) 999-5457

Contact Dr. Nancy Langhans
Title Nurse Practitioner

Hours 9:00 am – 5:00 pm

Ages Served 2 to 14 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Initial visit, then variable follow-up
- Twice a week
- Once a month

Treatment Type
- Individual counseling
- Family counseling

Treatment Focus
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Behavioral therapy
- Environmental/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment
CAVU’s Healthy Weight Initiative
New Bedford Community Health Center

(Con’t)

On-site Staff
- Exercise physiologist
- Nurse Practitioner
- Nutritionist/Dietitian
- Pediatrician

Accepted Referrals
- Self-referral
- Physician referral
- School Nurse referral
- Parent/guardian must attend sessions

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- Spanish
- Portuguese
- Physical disabilities
- Low literacy

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options
- Aetna
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Contact carrier directly
- Free Care/CareNet
- Harvard Pilgrim
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health

Cost (out of pocket)
- Determined by insurance
Eating Fresh Living Smart (EFLS)
UMass Lowell, UMass Medical, Lowell Community Health Center & Boys & Girls Club of Greater Lowell

Address 15-17 Warren Street
Lowell, MA 01852
Phone (978) 322-8525
Fax (978) 322-8553

Contact Elisa Garibaldi
Title EFLS Program Coordinator
Phone (978) 322-8525
Email elisaga@lchealth.org

Hours Tuesday 3:30 pm – 5:30 pm
Thursday 3:30 pm – 5:30 pm

Facility Type Boys and Girls Club of Greater Lowell

Ages Served 6 to 14 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Once a week
- Initial visit, then variable follow-up
- Time limited program

Treatment Type
- Individual counseling
- Group sessions – children/adolescents
- Group sessions – parents/guardians

Treatment Focus
- Cooking/food shopping skills
- Goal-setting – for child
- Physical activity
- Education regarding nutrition guidelines
Eating Fresh Living Smart (EFLS)
UMass Lowell, UMass Medical, Lowell Community Health Center & Boys & Girls Club of Greater Lowell

(Con’t)

On-site Staff
- Health Educator
- Nutritionist/Dietitian

Off-site Staff (by referral)
- Nurse Practitioner
- Pediatrician
- Lowell Community Health Center

Accepted Referrals
- Physician referral
- School nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- Spanish
- Portuguese
- Khmer, Lao
- African American
- Brazilian
- Chinese
- Haitian
- Indian
- Jamaican
- Mexican
- Romanian
- Russian
- Somali

Customized Services (Special Dietary Needs)
- Diabetes

Reimbursement Options
- Free/reduced services

Cost (out of pocket)
- Determined by insurance
Fit Futures/ Healthy Weight Clinic  
Outer Cape Health Services

**Address**  
3130 Route 6  
Wellfleet, MA 02667  
49 Harry Kemp-Way  
Provincetown, MA 02657

**Contact**  
Katy Day  
**Title**  
Program Coordinator

**Phone**  
(508) 240-0208  
**Fax**  
(508) 349-1311

**Email**  
kday@outercape.org

**Hours**  
4:00 pm – 6:00 pm

**Facility Type**  
Community Health Center

**Ages Served**  
6 to 14 years

**Goals**
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved family communication skills
- Improved goal-setting ability
- Weight maintenance and/or weight loss

**Frequency of Sessions**
- Initial visit, then variable follow-up
- Twice a week
- Once a month
- **6 month program**

**Treatment Type**
- Individual counseling
- Family counseling

**Treatment Focus**
- Goal-setting – for child
- Goal-setting – for whole family
- Environmental/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment
Fit Futures/ Healthy Weight Clinic
Outer Cape Health Services

(Con’t)

On-site Staff
- Health Educator
- Nutritionist/Dietitian
- Pediatrician

Accepted Referrals
- Self-referral
- Physician referral
- School Nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
  - Physical disabilities
  - Low literacy
  - Intellectual development disabilities

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Harvard Pilgrim
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Tufts

Cost (out of pocket)
- Determined by insurance
Fitness in the City
The Dimock Center

Address 55 Dimock Street
           Roxbury, MA 02119
Contact Melanie Beach, MS, RD
Phone (617) 442-8800
Fax (617) 442-5840

Title Staff Nutritionist
Phone (617) 442-8800
Email mbeach@dimock.org

Hours 9:00 am – 5:00 pm
Facility Type Community Health Center

Ages Served 2 to 18 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Initial visit, then variable follow-up

Treatment Type
- Individual counseling
- Family counseling

Treatment Focus
- Goal-setting – for child
- Goal-setting – for whole family
- Behavioral therapy
- Environmental/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment

On-site Staff
- Mental Health Clinician
- Nurse Practitioner
- Nutritionist/Dietitian
- Pediatrician
- Social Worker
Fitness in the City
The Dimock Center

(Con’t)

Off-site Staff (by referral)
- Endocrinologist
- Body by Brandi
- Children’s Hospital

Accepted Referrals
- Physician referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- Portuguese
- Spanish
- African American
- Brazilian
- Haitian
- Jamaican
- Mexican
- Low literacy

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Free/reduced services
- Harvard Pilgrim
- Harvard Vanguard
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health
- Tufts

Cost (out of pocket)
- Determined by insurance
Fitness in the City
Uphams Corner Health Center

Address 415 Columbia Road
         Dorchester, MA 02125
Phone  (617) 740-8150
Fax  (617) 470-8070

Contact Brad Gregory
Title Nutritionist

Hours  9:00 am – 5:00 pm
       Wednesday, Thursday 9:00 am – 7:00 pm

Facility Type Community Health Center

Ages Served 6 to 14 years and parents

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Initial visit, then variable follow-up
- Once a month

Treatment Type
- Individual counseling
- Group sessions – children/adolescents
- Family counseling

Treatment Focus
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Education regarding nutrition guidelines
- Barriers assessment
Fitness in the City
Uphams Corner Health Center

(Con’t)

On-site Staff
- Health Educator
- Nurse Practitioner
- Nutritionist/Dietitian
- Pediatrician
- Social Worker

Off-site Staff (by referral)
- Children’s Hospital OWL clinic
- Body by Brandi
- YMCA
- GoKids UMASS Boston

Accepted Referrals
- Self-referral
- Physician referral
- School nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- French Creole
- Portuguese
- Spanish
- African American
- Haitian
- Jamaican
- Cape Verdean

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options
- Free/reduced services
- Determined by insurance
Greater Lawrence Family Health Center
Greater Lawrence Family Health Center

Address  34 Haverhill Street
          Lawrence, MA 01841

Contact  Kiame Mahaniah

Phone    (978) 686-0090

Fax      (978) 686-0090

Phone    (978) 698-6570

Email    kmaraniah@glfhc.org

Hours    Monday-Thursday 8:30 am – 8:30 pm
          Friday-Saturday 9:00 am – 8:30 pm
          Sunday 1:30 pm – 8:30 pm

Facility Type  Community Health Center

Ages Served  2 to 14 years

Goals
- Weight maintenance and/or weight loss
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved goal-setting ability

Frequency of Sessions
- Initial visit, then variable follow-up

Treatment Type
- Individual counseling
- Group sessions – children/adolescents
- Group sessions – parents/guardians

Treatment Focus
- Goal-setting – for child
- Physical activity
- Environ/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment
(Con’t)

On-site Staff
- Nutritionist/Dietitian
- Pediatrician
- Nurse Practitioner
- Social Worker

Accepted Referrals
- Self-referral
- Physician referral
- School nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- Spanish
- Puerto Rican
- Dominican
- Physical Disabilities

Customized Services (Special Dietary Needs)
- Diabetes

Reimbursement Options
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Contact carrier directly
- Fallon
- Free Care/CareNet
- Harvard Pilgrim
- Harvard Vanguard
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health
- Oxford
- Tufts

Cost (out of pocket)
- Determined by insurance
Good Samaritan Medical Center Nutrition Education
Good Samaritan Medical Center

Address  445 Central Street – YMCA
         Stoughton, MA 02072
Phone    (508) 427-2311
Fax      (781) 344-6102
Contact  Peggy Pochay, RD, CDE
Title    Nutrition Educator

Hours    Evening Hours
Facility Type  YMCA
Ages Served  2 to 21 years

Goals
• Weight maintenance and/or weight loss
• Improved lab test results
• Improved nutrition behavior
• Improved physical activity behavior
• Improved self-esteem, self-image, and sense of being
• Improved coping skills to handle psycho-social issues
• Improved family communication skills
• Improved goal-setting ability

Frequency of Sessions
• Initial visit, then variable follow-up

Treatment Type
• Individual counseling

Treatment Focus
• Cooking/food shopping skills
• Goal-setting – for child
• Physical activity
• Behavioral therapy
• Education regarding nutrition guidelines
• Barriers assessment
Good Samaritan Medical Center Nutrition Education
Good Samaritan Medical Center

(Con’t)

On-site Staff
- Nutritionist/Dietitian

Accepted Referrals
- Self-referral
- Physician referral
- School nurse referral
- Parent/guardian must attend sessions

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- Interpreter services available
- Individualized program tailored to family needs

Reimbursement Options | Cost (out of pocket)
-----------------------|-------------------
- Aetna                | Determined by insurance
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Fallon
- Free Care/CareNet
- Harvard Pilgrim
- Harvard Vanguard
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health
- Tufts
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<th><strong>Contact</strong> Nancy Rubert</th>
</tr>
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<tr>
<td><strong>Holyoke Health Center</strong></td>
<td><strong>Title</strong> Case Manager</td>
</tr>
<tr>
<td><strong>Address</strong> 230 Maple Street Holyoke, MA 01040</td>
<td><strong>Phone</strong> (413) 420-2200</td>
</tr>
<tr>
<td><strong>Phone</strong> (713) 420-2200</td>
<td><strong>Fax</strong> (413) 536-8712</td>
</tr>
<tr>
<td><strong>Email</strong> <a href="mailto:nancy.rubert@hhcinc.org">nancy.rubert@hhcinc.org</a></td>
<td><strong>Title</strong> Case Manager</td>
</tr>
<tr>
<td><strong>Hours</strong> 2:30 pm – 5:00 pm</td>
<td><strong>Facility Type</strong> Community Health Center</td>
</tr>
<tr>
<td><strong>Ages Served</strong> 2 to 18 years</td>
<td><strong>Ages Served</strong> 2 to 18 years</td>
</tr>
</tbody>
</table>

**Goals**
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved family communication skills
- Improved goal-setting ability

**Frequency of Sessions**
- Initial visit, then variable follow-up
- Time limited program

**Treatment Type**
- Individual counseling
- Family counseling

**Treatment Focus**
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Environmental/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
Healthy Future Clinic  
Holyoke Health Center

(Con’t)

On-site Staff
- Health Educator
- Nutritionist/Dietitian
- Pediatrician
- Case Manager

Accepted Referrals
- Self-referral
- Physician referral
- Parent/guardian must attend sessions
- Must be a patient of Holyoke Health Center

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- Spanish
- Latino, primarily Puerto Rican
- Most staff is bilingual
- Low literacy

Reimbursement Options
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health
# Healthy Weight Clinic
Codman Square Health Center

<table>
<thead>
<tr>
<th>Address</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>637 Washington Street Dorchester, MA 02124</td>
<td>Sabrina Gilliard</td>
</tr>
<tr>
<td></td>
<td>Title</td>
</tr>
<tr>
<td></td>
<td>Case Manager</td>
</tr>
<tr>
<td>Phone</td>
<td>Email</td>
</tr>
<tr>
<td>(617) 825-9660</td>
<td><a href="mailto:sabrina.gilliard@codman.org">sabrina.gilliard@codman.org</a></td>
</tr>
<tr>
<td>Fax</td>
<td></td>
</tr>
<tr>
<td>(617) 822-8222</td>
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</tr>
</tbody>
</table>

**Hours**
4:00 pm – 6:00 pm Monday only

**Facility Type**
Community Health Center

**Ages Served**
2 to 14 years

**Goals**
- Weight maintenance and/or weight loss
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved family communication skills
- Improved goal-setting ability

**Frequency of Sessions**
- Initial visit, then variable follow-up

**Treatment Type**
- Individual counseling
- Family counseling
- Parent/guardian must attend sessions

**Treatment Focus**
- Goal-setting – for whole family
- Physical activity
- Environ/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment
Health Weight Clinic
Codman Square Health Center

(Con’t)

On-site Staff
- Health Educator
- Nutritionist/Dietitian
- Family Physician

Off-site Staff (by referral)
- Healthworks
- YMCA’s
- DotWell Youth Groups

Accepted Referrals
- Physician referral
- Self-referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- Jamaican
- African American
- Brazilian
- Mexican
- Intellectual & developmental disabilities
- Chinese
- Romanian
- Haitian
- Russian
- Indian
- Somali

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options
- Aetna
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Fallon
- Free Care/CareNet
- Harvard Pilgrim
- Harvard Vanguard
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth
- Neighborhood Health Plan
- Network Health
- Tufts
Healthy Weight Clinic
Greater Lawrence Family Health Center-CAVU Foundation

Address 34 Haverhill Street
Lawrence, MA 01841
Phone (978) 686-0090
Contact Evan Teplow, MD
Phone (978) 686-0090
Email evanteplow@glfhc.org

Hours Tuesday 3:00 pm – 5:00 pm

Facility Type Community Health Center

Ages Served 2 to 14 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Initial visit, then variable follow-up
- Once a month

Treatment Type
- Individual counseling
- Group sessions – children/adolescents
- Group sessions – parents/guardians
- Parent/guardian must attend sessions

Treatment Focus
- Goal-setting – for child
- Cooking/food shopping skills
- Goal-setting – for whole family
- Physical activity
- Environ/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment
Healthy Weight Clinic
Greater Lawrence Family Health Center-CAVU Foundation

(Con’t)

On-site Staff
- Nutritionist/Dietitian
- Family Physician

Accepted Referrals
- Self-referral
- Physician referral
- School nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- Spanish
- Latin American/Hispanic Community
- Low literacy
- Intellectual and developmental disabilities

Customized Services (Special Dietary Needs)
- Diabetes

Reimbursement Options
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Fallon
- Free Care/CareNet
- Harvard Pilgrim
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health

Cost (out of pocket)
- Determined by insurance
Healthy Weight Clinic and Race around Roxbury
Whittier Street Health Center

**Address** 1125 Tremont Street
Roxbury, MA 02120

**Contact** Halima Mohammed, MPH
**Title** Director of QA and PI

**Phone** (617) 989-3046

**Fax** (617) 989-3247

**Email** halima.mahammed@wshc.org

**Hours**
Monday-Friday 8:30 am – 8:00 pm
Saturday 8:30 am – 5:00 pm

**Facility Type** Community Health Center

**Ages Served** 2 to 14 years

**Goals**
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

**Frequency of Sessions**
- Initial visit, then variable follow-up
- Once a month
- Race around Roxbury is five days a week

**Treatment Type**
- Individual counseling
- Group sessions – children/adolescents
- Family counseling

**Treatment Focus**
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Behavioral therapy
- Environmental/cultural factors influencing wt/body image
- Barriers assessment
Healthy Weight Clinic and Race around Roxbury
Whittier Street Health Center

(Con’t)

On-site Staff
- Exercise Physiologist
- Health Educator
- Mental Health Clinician
- Social Worker
- Nurse Practitioner
- Pediatrician

Off-site Staff (by referral)
- Body by Brandi

Accepted Referrals
- Self-referral
- Physician referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- Somali
- Spanish
- African American
- Haitian
- Jamaican
- Mexican
- Brazilian
- Arts Therapy is integrated in program
- Low literacy

Customized Services (Special Dietary Needs)
- Diabetes

Reimbursement Options
- Determined by insurance
- Determined by insurance

Cost (out of pocket)
Healthy Weight Initiative
Lowell Community Health Center

Address 597 Merrimack Street
Lowell, MA 01854

Contact Laura Bonacore

Phone (978) 937-9700
Fax (978) 453-3289

Title Pediatric Nurse Practitioner

Email laurabo@lchealth.org

Hours 2:00 pm – 5:00 pm

Facility Type Community Health Center

Ages Served 2 to 14 years

Goals
- Weight maintenance and/or weight loss
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Initial visit, then variable follow-up

Treatment Type
- Individual counseling

Treatment Focus
- Goal-setting – for child
- Goal-setting – for whole family
- Education regarding nutrition guidelines

On-site Staff
- Nurse Practitioner
- Nutritionist/Dietitian
- Social Worker

Off-site Staff (by referral)
- UMASS Lowell
Healthy Weight Initiative
Lowell Community Health Center

(Con’t)

Accepted Referrals
- Self-referral
- Physician referral
- School nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English  Developed only with assistance from interpreter
- Portuguese  Physical & Intellectual & developmental disabilities
- Spanish  Group home
- Autism  Low literacy

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options
- Free/reduced services
## I’m in Charge Program (INC)
Martha Eliot Health Center

<table>
<thead>
<tr>
<th><strong>Address</strong></th>
<th>75 Bickford Street</th>
<th><strong>Contact</strong></th>
<th>Priscilla Rosero</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Jamaica Plain, MA 02130</td>
<td><strong>Title</strong></td>
<td>Registered Nurse</td>
</tr>
<tr>
<td><strong>Phone</strong></td>
<td>(617) 971-2100</td>
<td><strong>Phone</strong></td>
<td>(617) 971-2100</td>
</tr>
<tr>
<td><strong>Fax</strong></td>
<td>(617) 983-5102</td>
<td><strong>Email</strong></td>
<td><a href="mailto:Priscilla.rosero@childrens.harvard.edu">Priscilla.rosero@childrens.harvard.edu</a></td>
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<tr>
<th><strong>Hours</strong></th>
<th>Monday 8:30 am – 5:00 pm</th>
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<tr>
<td></td>
<td>Wednesday 10:00 am – 5:00 pm</td>
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<td></td>
<td>Thursday 9:30 am – 5:00 pm</td>
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<td></td>
<td>Friday 8:30 am – 12:00 pm</td>
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<td><strong>Weekend hours</strong></td>
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<th><strong>Facility Type</strong></th>
<th>Community Health Center</th>
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<table>
<thead>
<tr>
<th><strong>Ages Served</strong></th>
<th>2 to 14 years</th>
</tr>
</thead>
</table>

### Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

### Frequency of Sessions
- Initial visit, then variable follow-up

### Treatment Type
- Individual counseling
- Goal-setting – for child
- Goal-setting – for whole family
- Family counseling

### Treatment Focus
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Behavioral therapy
- Environmental/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment
I’m in Charge Program (INC)
Martha Eliot Health Center

(Con’t)

On-site Staff
- Mental Health Clinician
- Nurse Practitioner
- Nutritionist/Dietitian
- Registered Nurse

Off-site Staff (by referral)
- Fitness in the City
- Body by Brandi
- YMCA’s
- GoKids Boston

Accepted Referrals
- Self-referral
- Physician referral
- School Nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- Spanish
- Jamaican
- African American
- Brazilian
- Mexican
- Interpreters available
- Intellectual & developmental disabilities
- Low literacy

Reimbursement Options
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Fallon
- Harvard Pilgrim
- Harvard Vanguard
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health
- Oxford
- Tufts

Cost (out of pocket)
- Determined by insurance
- Less then $50
**Individual and Family Nutrition Counseling**
Manet Community Health Center

**Address**
110 West Squantum St.
North Quincy, MA 02171

**Contact**
Jacalyn Newman, LDN, LSW, CNS, RDT

**Phone**
(857) 403-0799

**Fax**
(617) 774-1905

**Title**
Director of Nutrition

**Phone**
(857)403-0799

**Email**
jnewman@manetchc.org

**Hours**
9:00 am – 5:00 pm

**Facility Type**
Community Health Center
4 sites in Quincy
1 site in Hull

**Ages Served**
2 to 14 years

**Goals**
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

**Frequency of Sessions**
- Initial visit, then variable follow-up

**Treatment Type**
- Individual counseling
- Family counseling

**Treatment Focus**
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Environmental/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment
Individual and Family Nutrition Counseling
Manet Community Health Center

(Con’t)

On-site Staff
- Nutritionist/Dietitian
- Nurse Practitioner
- Family Physician

Accepted Referrals
- Self-referral
- Physician referral
- School nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- Arabic
- Chinese
- English
- Spanish
- Autism
- Interpreter services available
- Physical & Intellectual & developmental disabilities
- Group home
- Low literacy
- Special needs should be disclosed

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options | Cost (out of pocket)
----------------------|------------------
- Contact carrier directly | Determined by insurance
Joseph Smith Community Health Center

**Address**  
287 Western Avenue  
Allston, MA 02134

**Contact**  
Rena Oudan

**Title**  
Registered Dietitian

**Phone**  
(617) 208-1626  
(617) 208-1660

**Fax**  
(317) 783-5514  
roudan@jmschc.org

**Hours**  
Monday 1:00 pm – 8:00 pm  
Tuesday & Thursday 8:30 am – 4:00 pm  
Friday 1:00 pm – 4:00 pm  
2nd Saturday each month 8:30 am – 12:00 pm

**Facility Type**  
Community Health Center

**Ages Served**  
2 to 14 years

**Goals**
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

**Frequency of Sessions**
- Initial visit, then variable follow-up

**Treatment Type**
- Individual counseling
- Group sessions – children/adolescents
- Family counseling

**Treatment Focus**
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Environmental/cultural factors influencing wt/body image
- Barriers assessment
Joseph Smith Community Health Center

(Con't)

On-site Staff
- Health Educator
- Mental Health Clinician
- Nurse Practitioner
- Nutritionist/Dietitian
- Social Worker
- Family Physicians

Accepted Referrals
- Self-referral
- Physician referral
- School nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
  - Arabic
  - Chinese
  - English
  - French Creole
  - Spanish
  - Portuguese
  - Russian
  - Brazilian
  - Mexican
  - Physical Disabilities
  - Group home
  - Low literacy
  - Intellectual & developmental disabilities

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options
- Aetna
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Contact carrier directly
- Fallon
- Free Care/CareNet
- Harvard Pilgrim
- Harvard Vanguard
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health
- Tufts
- Sliding scale available or health safety net

Cost (out of pocket)
- Determined by insurance
Kids Heart and Sole
Roxbury Comprehensive Community Health Center

Address 435 Warren Street
Roxbury, MA 02119
Contact Chris Theberge
Title Nutritionist
Phone (617) 442-7400 x2326
Fax (617) 442-1409
Email ctheberge@roxcomp.com

Hours Monday-Friday 9:00 am – 7:00 pm
Facility Type Community Health Center
Ages Served 3 to 18 years

Goals
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved family communication skills
- Improved goal-setting ability
- Weight maintenance and/or weight loss

Frequency of Sessions
- Initial visit, then variable follow-up
- Time limited program

Treatment Type
- Individual counseling
- Group sessions – children/adolescents
- Group sessions – parents/guardians

Treatment Focus
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Education regarding nutrition guidelines
- Barriers assessment
Kids Heart and Sole
Roxbury Comprehensive Community Health Center

(Con’t)

On-site Staff
- Health Educator
- Mental Health Clinician
- Nurse Practitioner
- Nutritionist/Dietitian
- Pediatrician
- Social Worker

Off-site Staff (by referral)
- Children’s Hospital – Fitness in the City Program

Accepted Referrals
- Self-referral
- Physician referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- Spanish
- French Creole
- African American
- Portuguese

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options
- Determined by insurance

Cost (out of pocket)
- Determined by insurance
Let’s Get Moving
East Boston Neighborhood Health Center

Address 10 Gove Street
          East Boston, MA 02128
Phone (617) 569-5800

Contact Kathleen Field
Title Program Director
Phone (617) 568-4655
Email fieldk@ebnhc.org

Hours 8:30 am – 4:30 pm
Evening Hours
Weekend Hours

Facility Type Community Health Center

Ages Served 2 to 14 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Initial visit, then variable follow-up

Treatment Type
- Group sessions – children/adolescents
- Group sessions – parents/guardians

Treatment Focus
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Behavioral therapy
- Education regarding nutrition guidelines
- Barriers assessment
Let’s Get Moving
East Boston Neighborhood Health Center

(Con’t)

On-site Staff
- Nutritionist/Dietitian
- Pediatrician
- Nurse Practitioner

Off-site Staff (by referral)
- Health Core Members

Accepted Referrals
- Self-referral
- Physician referral
- Only accepts children from the Health Center

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- Brazilian
- Low literacy
- Portuguese
- Mexican
- Spanish

Cost (out of pocket)
- $10 or free if necessary
MGH Weight Center
Massachusetts General Hospital

Address  50 Staniford Street
          Boston, MA 02114
Phone    (617) 726-0373
Fax      (617) 724-2535
Contact  Trish Mullen
Title    Evaluation Coordinator

Hours    Monday-Friday 8:00 am – 4:00 pm
Facility Type  Hospital in-patient and out-patient
Ages Served  2 to 21 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability
- A comprehensive weight loss surgery program is available for adolescents meeting medical and psycho/social criteria

Frequency of Sessions
- Initial visit, then variable follow-up

Treatment Type
- Individual counseling
- Family counseling
- Weight loss surgery, if indicated

Treatment Focus
- Comprehensive medical evaluation
- Goal-setting – for child
- Goal-setting – for whole family
- Behavioral therapy
- Environmental/cultural factors influencing wt/body image
- Comprehensive nutrition education
- Barriers assessment
- Weight loss surgery, with pre and post-operative care and support
(Con’t)

**On-site Staff**
- Pediatric Gastroenterologist
- Pediatric Endocrinologist
- Nutritionist/ Registered Dietitian
- Mental Health Clinician

**Off-site Staff** (by referral)
- Physical Therapy
- Physical activity/exercise program
- Behavioral programs

**Accepted Referrals**
- Physician referral

**Customized Services (Special Dietary Needs)**
- Diabetes
- Allergies
- Intellectual & developmental disabilities
- Autism
- Physical disabilities
- Group home
- Low literacy

**Reimbursement Options**

<table>
<thead>
<tr>
<th>Insurance Provider</th>
<th>Cost (out of pocket)</th>
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<tbody>
<tr>
<td>Aetna</td>
<td>Determined by insurance</td>
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<tr>
<td>Blue Cross/Blue Shield</td>
<td></td>
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<tr>
<td>Harvard Pilgrim</td>
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<tr>
<td>MassHealth PCC Plan</td>
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<tr>
<td>Medicaid (Unaffiliated MassHealth)</td>
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<tr>
<td>Neighborhood Health Plan</td>
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<tr>
<td>Network Health</td>
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<tr>
<td>Tufts</td>
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</tr>
</tbody>
</table>
Nutrition and Fitness for Life Clinic
Boston Medical Center

Address 850 Harrison Yawkey Ave ACC5
Boston, MA 02118

Phone (617) 414-6876
Fax (617) 414-3644

Contact Kathy Gorman, MS, RD, LDN
Title Clinical Dietetian & Program Co

Monday, Tuesday, Friday 1:00 pm – 5:00 pm
Wednesday 2:00 pm – 6:00 pm
Thursday monthly cooking class 5:00 pm

Facility Type Hospital out-patient

Ages Served 6 months to 18 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability
- To foster positive feeding dynamics

Frequency of Sessions
- Initial visit, then variable follow-up

Treatment Type
- Individual counseling
- Parent/guardian must attend sessions
- Family counseling

Treatment Focus
- Cooking/food shopping skills
- Goal-setting - for child and family
- Behavioral therapy
- Environ/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment
- Evaluation of feeding dynamics
Nutrition and Fitness for Life Clinic
Boston Medical Center

(Con’t)

On-site Staff
▪ Nutritionist/Dietitian
▪ Pediatrician
▪ Social Worker

Off-site Staff (by referral)
▪ Physical therapist
▪ YMCA’s
▪ Body by Brandi
▪ GO KIDS UMASS Boston

Accepted Referrals
▪ Physician referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
▪ English  ▪ African American  ▪ Low literacy
▪ Spanish  ▪ Haitian  ▪ Intellectual & developmental disabilities
▪ French  ▪ Latino

Customized Services (Special Dietary Needs)
▪ Diabetes
▪ Allergies

Reimbursement Options    Cost (out of pocket)
▪ Blue Cross/Blue Shield  ▪ Determined by insurance
▪ BMC HealthNet Plan
▪ Contact carrier directly ▪ < $50.00
▪ Free Care/CareNet
▪ Harvard Pilgrim
▪ MassHealth PCC Plan
▪ Medicaid (Unaffiliated MassHealth)
▪ Neighborhood Health Plan
▪ Tufts
Nutrition Services
Edward M. Kennedy Community Health Center

Address 19 Tacoma Street  
Worcester, MA 01605  
Contact Sue Schlotterbeck

Phone (508) 852-1805  
Fax (508) 853-8593  
Title Director of Cultural & Linguistic Services

Email sue.schlotterbeck@kennedychc.org

Phone (508) 854-2122

Hours 9:00 am – 5:00 pm  
Evenings 5:00 pm – 7:00 pm  
Saturday 8:30 am – 12:00 pm

Facility Type Community Health Center

Ages Served 2 to 14 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Initial visit, then variable follow-up
- Once a month

Treatment Type
- Individual counseling

Treatment Focus
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Education regarding nutrition guidelines
- Barriers assessment
Nutrition Services
Edward M. Kennedy Community Health Center

(Con't)

On-site Staff
- Health Educator
- Nutritionist/Dietitian
- Mental Health Clinician
- Nurse Practitioner
- Pediatrician
- Social Worker
- Family Medicine Physicians

Off-site Staff (by referral)
- YMCA
- YMCA’s Boys and Girls on the Go

Accepted Referrals
- Self-referral
- Physician referral
- Patients must have their PCP at health center

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- Interpreter services available
- Physical Disabilities
- Portuguese
- Intellectual & Developmental disabilities
- Spanish
- Autism
- Low literacy

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options
- Blue Cross/Blue Shield
- Neighborhood Health Plan
- BMC HealthNet Plan
- Contact carrier directly
- Fallon
- Free Care/CareNet
- Harvard Pilgrim
- Medicaid (Unaffiliated MassHealth)
- MassHealth PCC Plan
- Network Health
- Tufts

Cost (out of pocket)
- Determined by insurance
One Step Ahead Program
Children's Hospital Primary Care Center (CPHCC)
TLC Group

Address 300 Longwood Avenue
Boston, MA 02115
Contact Alison Cell-Mowatt
Title Program Coordinator

Phone (617) 355-0992
Fax (617) 919-3199

Hours Wednesday 8:00 am – 12:00 pm and 4:30 pm – 6:00 pm

Facility Type Hospital out-patient

Ages Served 2 to 14 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Initial visit, then variable follow-up
- Time limited program

Treatment Type
- Individual counseling (Parent/guardian must attend sessions)
- Group sessions – children/adolescents
- Group sessions – parents/guardians
- Family counseling

Treatment Focus
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Behavioral therapy
- Environ/cultural factors influencing wt/body image
- Comprehensive nutrition education
- Comprehensive medical evaluation
- Barriers assessment
One Step Ahead Program  
Children's Hospital Primary Care Center (CPHCC)

(Con't)

On-site Staff
- Health Educator
- Mental health clinician
- Nurse Practitioner
- Nutritionist/Dietitian
- Pediatrician
- Case manager
- Physical Activities Resource Specialist

Accepted Referrals
- Physician referral
- Child must be a patient of the Children's Hospital Primary Care Center to access this program

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English Tailored to family needs
- Spanish Culturally appropriate recommendations as needed
- Portuguese Interpreter assistance
- Low literacy Intellectual and developmental disabilities
- Physical disabilities

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies

Reimbursement Options  
Cost (out of pocket)
- Harvard Vanguard Determined by insurance
- Neighborhood Health Plan $<50.00
- Blue Cross/Blue Shield
- Harvard Pilgrim
- Tufts
## Optimal Weight for Life
### Children’s Hospital Boston

<table>
<thead>
<tr>
<th><strong>Address</strong></th>
<th>300 Longwood Avenue</th>
<th><strong>Contact</strong></th>
<th>Janna Long</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Boston, MA 02115</td>
<td><strong>Title</strong></td>
<td>Registered Dietitian</td>
</tr>
<tr>
<td><strong>Phone</strong></td>
<td>(617) 355-5159</td>
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<tr>
<td><strong>Fax</strong></td>
<td>(617) 730-0467</td>
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<tr>
<td><strong>Website</strong></td>
<td><a href="http://www.children'shospital.org/0wl">www.children'shospital.org/owl</a></td>
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### Hours
- Wednesday: 8:00 am – 1:00 pm
- Thursday: 8:00 am – 4:30 pm
- Friday: 8:00 am – 1:00 pm

### Facility Type
- Hospital out-patient

### Ages Served
- 2 to 21 years

### Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

### Frequency of Sessions
- Initial visit, then variable follow-up

### Treatment Type
- Individual counseling
- Parent/guardian must attend sessions

### Treatment Focus
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Behavioral therapy
- Environ/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment
(Con’t)

**On-site Staff**
- Endocrinologist
- Mental health clinician
- Nurse Practitioner
- Nutritionist/Dietitian
- Pediatrician

**Accepted Referrals**
- Physician referral

**Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities**
- English
- Spanish
- Tailored to family needs

**Customized Services (Special Dietary Needs)**
- Diabetes

**Reimbursement Options**
- Harvard Vanguard
- Neighborhood Health Plan
- Blue Cross/Blue Shield
- Harvard Pilgrim
- Tufts

**Cost (out of pocket)**
- Determined by insurance
- $50 – 100
Out-patient Nutrition Counseling & Families Making Changes
North Adams Regional Hospital

Address 71 Hospital Avenue
North Adams, MA 01247
Contact Kristen Irace, RD, LDN
Title Clinician Nutrition Manager
Phone (413) 664-5267
Fax (413) 664-5034
Email kirace@nbhealth.org

Hours 8:00 am – 4:00 pm
Some evening hours

Ages Served 2 to 14 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior

Frequency of Sessions
- Initial visit, then variable follow-up
- Time limited program
- Once a month

Treatment Type
- Individual counseling
- Family counseling

Treatment Focus
- Goal-setting – for child
- Goal-setting – for whole family
- Education regarding nutrition guidelines

On-site Staff
- Nutritionist/Dietitian

Accepted Referrals
- Physician referral

Customized Services (Special Dietary Needs)
- Diabetes

Reimbursement Options
- Contact carrier directly
- Determined by insurance
PRIORITY Center for Youth Wellness
Floating Hospital for Children at Tufts Medical Center

Address 800 Washington Street, Box 7052 Boston, MA 02111
Phone (617) 636-3381
Fax (617) 636-8943

Contact Micki Diegel
Title Program Administrator
Phone (617) 636-3381
Email mdiegel@tuftsmedicalcenter.org

Facility Type Hospital out-patient
Ages Served 11 to 18 years

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Initial visit, then variable follow-up
- Time limited program

Treatment Type
- Group sessions – children/adolescents
- Group sessions – parents/guardians
- Parent/guardian must attend sessions

Treatment Focus
- Goal-setting – for child
- Physical activity
- Behavioral therapy
- Environ/cultural factors influencing wt/body image
- Education regarding nutrition guidelines
- Barriers assessment
(Con’t)

**On-site Staff**
- Nutritionist/Dietitian
- Pediatrician
- Mental Health Clinician

**Off-site Staff (by referral)**
- Wang YMCA

**Accepted Referrals**
- Self-referral

**Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities**
- Interpreter services available

**Reimbursement Options**
- Aetna
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Fallon
- Harvard Pilgrim
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health
- Tufts
- Other: *Cigna, United Health Care, USHC, TriCase, Unicar*

**Cost (out of pocket)**
- Determined by insurance
The Shapedown Program
The Nutrition Education and Wellness Service

Address 169 East Main Street
Hopkinton, MA 01748

Contact Katherine Fernald, MS, RD, LDN
Title Program Director

Phone (508) 655-8727
Fax (508) 655-1270

Phone (617) 686-3332
Email klfernald@yahoo.com

Hours 8:00 am – 5:00 pm
Evening hours vary

Facility Type Private Practice

Ages Served 2 to 14 years and parents

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Once a week
- Initial visit, then variable follow-up
- Time limited program
- Once a month

Treatment Type
- Individual counseling
- Group sessions – children/adolescents
- Group sessions – parents/guardians

Treatment Focus
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Behavioral therapy
- Education regarding nutrition guidelines
- Barriers assessment
The Shapedown Program
The Nutrition Education and Wellness Service

(Con’t)

On-site Staff
- Mental Health Clinician
- Nutritionist/Dietitian

Accepted Referrals
- Self-referral
- Physician referral
- School nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- Spanish
- French
- African
- Brazilian
- Cambodian
- Chinese
- Sign Language
- Haitian
- Indian
- Jamaican
- American
- Mexican
- Romanian
- Russian
- autism
- Physical disabilities
- Group home
- Low literacy
- Intellectual & developmental disabilities

Customized Services (Special Dietary Needs)
- Diabetes
- Allergies
- Vegetarianism
- Medical nutritional issues

Reimbursement Options
- Aetna
- Blue Cross/Blue Shield
- Contact carrier directly
- Harvard Vanguard
- Network Health
- Tufts
- Commonwealth Care in process of approval

Cost (out of pocket)
- Determined by insurance
The Shapedown Program
The Nutrition Education and Wellness Center

Address
67 Union Street, Suite 107
Natick, MA 01760
46 Pearl Street
Cambridge, MA 02139

Contact
Katherine Fernald, MS, RD, LDN
Title
Program Director
Phone
(617) 686-3332
Email
klfernald@yahoo.com

Phone
(508) 655-8727
(617) 686-3332 (Cambridge)

Fax
(508) 655-1270

Hours
8:00 am – 5:00 pm
Evening hours vary

Facility Type
Private Practice

Ages Served
2 to 14 years and parents

Goals
- Weight maintenance and/or weight loss
- Improved lab test results
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Improved coping skills to handle psycho-social issues
- Improved family communication skills
- Improved goal-setting ability

Frequency of Sessions
- Once a week
- Initial visit, then variable follow-up
- Time limited program
- Once a month

Treatment Focus
- Cooking/food shopping skills
- Goal-setting – for child
- Goal-setting – for whole family
- Physical activity
- Behavioral therapy
- Education regarding nutrition guidelines
- Barriers assessment
The Shapedown Program
The Nutrition Education and Wellness Center

(Con’t)

On-site Staff
• Mental Health Clinician
• Nutritionist/Dietitian

Accepted Referrals
• Self-referral
• Physician referral
• School nurse referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
• English
• Spanish
• French
• African
• Brazilian
• Cambodian
• Chinese
• Sign Language
• Haitian
• Indian
• Jamaican
• American
• Mexican
• Romanian
• Russian
• autism
• Physical disabilities
• Group home
• Low literacy
• Intellectual & developmental disabilities

Customized Services (Special Dietary Needs)
• Diabetes
• Allergies
• Vegetarianism
• Medical nutritional issues

Reimbursement Options
• Aetna
• Blue Cross/Blue Shield
• Harvard Pilgrim
• Harvard Vanguard
• Network Health
• Tufts
• Commonwealth Care

Cost (out of pocket)
• Determined by insurance
WIN-WIN Program
South End Community Health Center

Address 1601 Washington Street  Contact Lela Silverstein
Boston, MA 02118  Title Nutritionist
Phone (617) 425-2000  Phone (617) 425-2000
Fax (617) 425-2080  Email lsilverstein@sechc.org

Hours 9:00 am – 5:00 pm  Evening hours/weekend hours
Thursday 5:00 pm – 8:00 pm  Saturday 9:00 am – 12:00 pm

Facility Type Community Health Center
Physical activity programs in local gyms

Ages Served 7 to 16 years

Goals
- Improved nutrition behavior
- Improved physical activity behavior
- Improved self-esteem, self-image, and sense of being
- Weight maintenance and/or weight loss

Frequency of Sessions
- Initial visit, then variable follow-up

Treatment Type
- Individual counseling

Treatment Focus
- Cooking/food shopping skills
- Physical activity
- Education regarding nutrition guidelines

On-site Staff
- Health Educator
- Nurse Practitioner
- Nutritionist/Dietitian
- Pediatrician
- Other: Program Coordinator, Americore volunteer
WIN-WIN Program
South End Community Health Center

(Con’t)

Off-site Staff (by referral)
- Body by Brandi
- YMCA’s
- Josiah Quincy Community School
- Northeastern University

Accepted Referrals
- Self-referral
- Physician referral

Care plans can be provided in several languages and with attention given to cultural preferences; also to individuals with specific needs or abilities
- English
- Spanish
- African American
- Dominican
- Puerto Rican
- Central & South American
- Low literacy

Reimbursement Options
- Aetna Harvard
- Blue Cross/Blue Shield
- BMC HealthNet Plan
- Free Care/CareNet
- Harvard Vanguard
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Tufts

Cost (out of pocket)
- Determined by insurance
**Resource Guide for Pediatric Overweight Treatment Services in Massachusetts**

**Evaluation**

We are interested in hearing about your experience using the resource guide. Please take a few minutes to send us your feedback!

The Massachusetts Overweight Control and Prevention Obesity Initiative is continually working to improve the *Resource Guide for Pediatric Overweight Treatment Services*. Your feedback is important to us. We would like your feedback on how helpful the guide was to you and any suggestions which you have to make it even better. Please take a few minutes to answer the questions below. If you have any questions regarding the survey or the Resource Guide, please contact Cynthia Taft Bayerl, RD MS LDN at cynthia.bayerl@state.ma.us or 617-624-5439.

<table>
<thead>
<tr>
<th>Are you a Provider: ___ Yes ___No</th>
<th>Parent ___Yes ___No</th>
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<th>Do you feel that the information about each treatment facility was useful and appropriate?</th>
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<tr>
<th>Did you find an accessible resource for your child using this guide?</th>
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<tr>
<th>What is your overall rating of this Resource Guide?</th>
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<th>Was the information clear and easy to read?</th>
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</tbody>
</table>

What could make this Resource Guide more user-friendly? Please describe.

Once you have completed the survey, it can be mailed or faxed ((617) 624-5439) to:

Cynthia Taft Bayerl, MS RD, LDN
Bureau of Community Health Access and Promotion
Massachusetts Department of Public Health
250 Washington St. 4th floor Boston, MA 02108
Fax number: (617) 624-5075