



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.

This publication was supported by CDC Cooperative Agreement Number 5U58/DP001400. Its contents are solely the responsibility of the Massachusetts Department of Public Health and do not necessarily represent the official views of the CDC.

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 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.

Required Qualifications	The individual must have the following 2 credentials	Registered Dietitian (RD) or Licensed Dietitian/Nutritionist (LDN)
Additional Qualifications (Best-to-Have)	Choose an individual that has at least one or more of the following qualifications in addition to the RD and LDN	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
Additional Qualifications (Nice-to-Have)	These qualifications are optional but may enhance their counseling skills	Is a certified ADA Pediatric Specialist and/or Master of Science (MS), Master of Public Health (MPH), or Master of Education (Med) degree

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.

It's important to not only find a qualified Registered Dietitian (RD) but a RD that is an all around a "good fit" for your family who will design a personalized program meeting your child's needs and the needs of your family. This should include finding an RD who speaks your language or who has access to an interpreter if needed; has an office within a reasonable commuting distance from your community and accepts insurance coverage and or has reasonable rates if insurance coverage is limited.

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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Baystate Children's Hospital Pediatric Weight Management

Address	3300 Main Street, 4th Flr, Ste 4-C Springfield, MA 01199	Contact	Chrystal Wittcopp
Phone	(413) 794-0813	Title	Medical Director
Fax	(413) 794-7145	Phone	(413) 974-7455
		Email	crystal.wittcopp@bhs.org

Hours 9:00 am – 5:00 pm

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	Contact	Dr. Nancy Langhans
Phone	(508) 992-6553	Title	Nurse Practitioner
Fax	(508) 999-5457	Phone	(508) 992-6553
		Email	nlanghans@gnbchc.org

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	Contact	Elisa Garibaldi
Phone	(978) 322-8525	Title	EFLS Program Coordinator
Fax	(978) 322-8553	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 | ▪ Brazilian | ▪ Mexican |
| ▪ Spanish | ▪ Chinese | ▪ Romanian |
| ▪ Portuguese | ▪ Haitian | ▪ Russian |
| ▪ Khmer, Lao | ▪ Indian | ▪ Somalian |
| ▪ African American | ▪ Jamaican | |

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 Email kday@outercape.org
Phone	(508) 349-3131		
Fax	(508) 349-1311		

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	Title	Staff Nutritionist
Fax	(617) 442-5840	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	Contact	Brad Gregory
Phone	(617) 740-8150	Title	Nutritionist
Fax	(617) 470-8070	Phone	(617) 740-8150

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 | ▪ Spanish | ▪ Jamaican |
| ▪ French Creole | ▪ African American | ▪ Cape Verdean |
| ▪ Portuguese | ▪ Haitian | |

Customized Services (Special Dietary Needs)

- Diabetes
- Allergies

Reimbursement Options

- Free/reduced services

Cost (out of pocket)

- 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	Title	Associate Medical Director
Fax	(978) 687-2106	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

Greater Lawrence Family Health Center
Greater Lawrence Family Health Center

(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	Contact	Peggy Pochay, RD, CDE
Phone	(508) 427-2311	Title	Nutrition Educator
Fax	(781) 344-6102	Phone	(508) 427-2311
		Email	margaret.pochay@caritaschristi.org

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

- 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

Cost (out of pocket)

- Determined by insurance

Healthy Future Clinic
Holyoke Health Center

Address	230 Maple Street Holyoke, MA 01040	Contact	Nancy Rubert
Phone	(713) 420-2200	Title	Case Manager
Fax	(413) 536-8712	Phone	(413) 420-2200
		Email	nancy.rubert@hhcinc.org

Hours 2:30 pm – 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 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

Address 637 Washington Street
Dorchester, MA 02124
Phone (617) 825-9660
Fax (617) 822-8222

Contact Sabrina Gilliard
Title Case Manager
Email sabrina.gilliard@codman.org

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
- Somalian

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	Contact	Evan Teplow, MD
Phone	(978) 686-0090	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
Phone	(617) 989-3046	Title	Director of QA and PI
Fax	(617) 989-3247	Phone	(617) 989-3046
		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

Cost (out of pocket)

- Determined by insurance

Healthy Weight Initiative

Lowell Community Health Center

Address	597 Merrimack Street Lowell, MA 01854	Contact	Laura Bonacore
Phone	(978) 937-9700	Title	Pediatric Nurse Practitioner
Fax	(978) 453-3289	Phone	(978) 746-7785
		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
- Portuguese
- Spanish
- Autism
- Developed only with assistance from interpreter
- Physical & Intellectual & developmental disabilities
- Group home
- Low literacy

Customized Services (Special Dietary Needs)

- Diabetes
- Allergies

Reimbursement Options

- Free/reduced services

I'm in Charge Program (INC)

Martha Eliot Health Center

Address	75 Bickford Street Jamaica Plain, MA 02130	Contact	Priscilla Rosero
Phone	(617) 971-2100	Title	Registered Nurse
Fax	(617) 983-5102	Phone	(617) 971-2100
		Email	Priscilla.rosero@childrens.harvard.edu

Hours Monday 8:30 am – 5:00 pm
Wednesday 10:00 am – 5:00 pm
Thursday 9:30 am – 5:00 pm
Friday 8:30 am – 12:00 pm 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

- 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
- African American
- Interpreters available
- Spanish
- Brazilian
- Intellectual & developmental disabilities
- Jamaican
- Mexican
- 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 than \$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	Title	Director of Nutrition
Fax	(617) 774-1905	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

- Contact carrier directly

Cost (out of pocket)

- Determined by insurance

Joseph Smith Community Health Center

Address	287 Western Avenue Allston, MA 02134	Contact	Rena Oudan
Phone	(617) 208-1626	Title	Registered Dietitian
Fax	(317) 783-5514	Phone	(617) 208-1660
		Email	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
Phone	(617) 442-7400 x2326	Title	Nutritionist
Fax	(617) 442-1409	Phone	(617) 442-7400 x2326
		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
- Portuguese
- Spanish
- Brazilian
- Mexican
- Low literacy

Cost (out of pocket)

- \$10 or free if necessary

MGH Weight Center
Massachusetts General Hospital

Address	50 Staniford Street Boston, MA 02114	Contact	Trish Mullen
Phone	(617) 726-0373	Title	Evaluation Coordinator
Fax	(617) 724-2535	Phone	(617) 725-0373
		Email	weightcenter@partners.org

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

MGH Weight Center
Massachusetts General Hospital

(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

- Aetna
- Blue Cross/Blue Shield
- Harvard Pilgrim
- MassHealth PCC Plan
- Medicaid (Unaffiliated MassHealth)
- Neighborhood Health Plan
- Network Health
- Tufts

Cost (out of pocket)

- Determined by insurance

Nutrition and Fitness for Life Clinic

Boston Medical Center

Address	850 Harrison Yawkey Ave ACC5 Boston, MA 02118	Contact	Kathy Gorman, MS, RD, LDN
Phone	(617) 414-6876	Title	Clinical Dietitian & Program Co
Fax	(617) 414-3644	Phone	(617) 414-4557
		Email	kathy.gorman@bmcc.org

Hours 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
- Spanish
- French
- African American
- Haitian
- Latino
- Low literacy
- Intellectual & developmental disabilities

Customized Services (Special Dietary Needs)

- Diabetes
- Allergies

Reimbursement Options

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

Cost (out of pocket)

- Determined by insurance
- < \$50.00

Nutrition Services

Edward M. Kennedy Community Health Center

Address	19 Tacoma Street Worcester, MA 01605	Contact	Sue Schlotterbeck
Phone	(508) 852-1805	Title	Director of Cultural & Linguistic Services
Fax	(508) 853-8593	Phone	(508) 854-2122
		Email	sue.schlotterbeck@kennedychc.org

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
- Portuguese
- Spanish
- Low literacy
- Physical Disabilities
- Intellectual & Developmental disabilities
- Autism

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

Contact Alison Cell-Mowatt
Title Program Coordinator

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
- Spanish
- Portuguese
- Low literacy
- Tailored to family needs
- Culturally appropriate recommendations as needed
- Interpreter assistance
- Intellectual and developmental disabilities
- Physical disabilities

Customized Services (Special Dietary Needs)

- Diabetes
- Allergies

Reimbursement Options

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

Cost (out of pocket)

- Determined by insurance
- < \$50.00

Optimal Weight for Life

Children's Hospital Boston

Address 300 Longwood Avenue
Boston, MA 02115

Phone (617) 355-5159

Fax (617) 730-0467

Website www.children'shospital.org/Owl

Contact Janna Long
Title Registered Dietitian

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

Optimal Weight for Life

Children's Hospital Boston

(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
Phone	(413) 664-5267	Title	Clinician Nutrition Manager
Fax	(413) 664-5034	Phone	(413) 664-5266
		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

Cost (out of pocket)

- 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	Contact	Micki Diegel
Phone	(617) 636-3381	Title	Program Administrator
Fax	(617) 636-8943	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

PRIORITY Center for Youth Wellness
Floating Hospital for Children at Tufts Medical Center

(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 Shakedown Program

The Nutrition Education and Wellness Service

Address	169 East Main Street Hopkinton, MA 01748	Contact	Katherine Fernald, MS, RD, LDN
Phone	(508) 655-8727	Title	Program Director
Fax	(508) 655-1270	Phone	(617) 686-3332
		Email	klferald@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 Shakedown 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 Shakedown 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
Phone	(508) 655-8727 (617) 686-3332 (Cambridge)	Title	Program Director
Fax	(508) 655-1270	Phone	(617) 686-3332
		Email	klferald@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 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 Shakedown 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 Boston, MA 02118	Contact	Lela Silverstein
Phone	(617) 425-2000	Title	Nutritionist
Fax	(617) 425-2080	Phone	(617) 425-2000
		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.

Are you a Provider: ___ Yes ___No Parent ___Yes ___No Other (please specify)					
Was this Resource Guide easy to use?	1 easy	2	3	4	5 difficult
Do you feel that the information about each treatment facility was useful and appropriate?	Y	N			
Did you find an accessible resource for your child using this guide?	Y	N			
What is your overall rating of this Resource Guide?	1 poor	2	3 fair	4	5 Very good
Was the information clear and easy to read?	1 easy	2	3	4	5 difficult
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