

# Center for Healthy Weight Quick Reference



## PEDIATRIC WEIGHT CONTROL PROGRAM

A group program designed to prevent and treat overweight and obesity in children and adolescents through lifestyle changes.

### Location/Contact

4100 Bohannon Drive, 1st floor  
Menlo Park, CA 94025

Cindy Zedeck, MA-Program Director  
**(650) 725-4424**

View our website:  
[pediatricweightcontrol.lpch.org](http://pediatricweightcontrol.lpch.org)

### Overview

- Family-based, group weight control program for children and adolescents, requiring the participation of at least 1 parent or guardian
- Outpatient
- Groups meet weekly for 6 months (25 sessions)
- 12 families per group led by a parent coach and a child coach

### Focus

Intensive family lifestyle/behavior changes

### Patient Profile

- Children ages 8-12 (groups offered in English and Spanish)
- Adolescents ages 13-15 (groups offered in English)

## PEDIATRIC WEIGHT CLINIC

For overweight and obese children with additional medical or psychological problems and/or requiring surgery.

1174 Castro Street, Suite 250  
Mountain View, CA 94040

Clinic: **(650) 694-0600**  
New Patient Referrals: **1-800-995-5724**

View our website:  
[weightclinic.lpch.org](http://weightclinic.lpch.org)

- Comprehensive medical and psychological evaluation of pediatric weight control issues and obesity
- Individualized clinic
- 1:1 appointments with physician or NP, nutritionist, psychologist, social worker
- Outpatient
- Clinic held once per week
- May also include participation in Weight Control Program

- Understanding of potential causes and complications of obesity
- Medical treatment

- No age requirement
- Overweight and obese children and adolescents



## PEDIATRIC WEIGHT CONTROL PROGRAM

### Requirements

- BMI > 95<sup>th</sup> percentile or 85<sup>th</sup> percentile with a co-morbidity
- No medical cause for weight problem

### Providers

- Thomas Robinson, MD, Medical Director
- Cindy Zedeck, MA, Program Director
- Behavior coaches for parents and children
- Nutritionist guest speakers

### Referral

No physician referral needed. Please ask family to call (650) 725-4424. (English/Spanish)

### Insurance

Not covered by insurance

**Note:** Most families qualify for assistance and/or are eligible for a grant.

## PEDIATRIC WEIGHT CLINIC

- BMI > 95<sup>th</sup> percentile
- Possible medical cause for overweight problem
- Family seeking medical evaluation to determine cause
- Patient/guardian questionnaire completed prior to scheduling

- Physicians (1-2 MDs in clinic)
- Nurse Practitioner
- Psychologist
- Nutritionist
- Social Worker

- Referral from PCP
- NP triages referrals to determine scheduling

- Covered by most insurance plans (coverage varies)
- Insurance authorization may be required prior to clinic visit

## CENTER FOR HEALTHY WEIGHT SERVICES

Packard Children's Center for Healthy Weight is an interdisciplinary program, which addresses childhood obesity from all sides. Individualized treatment plans are designed to fit each patient's lifestyle and needs. For more information about this comprehensive program, visit [centerforhealthyweight.lpch.org](http://centerforhealthyweight.lpch.org)

