

# Pediatric Weight Management and Healthy Lifestyle Resources

Updated January 2017

## Local Treatment Programs

### **ACT!**

Nutrition and fitness program for kids 8-11 and 12-14 and their parents at several YMCAs in King County, Snohomish County and Olympia. A weekly 3 month group program with 6 weeks of follow-up. YMCA does have scholarships.

<http://www.seattlemca.org/Pages/ACT.aspx>

### **Seattle Children's Child and Adolescent Wellness Clinics**

The Child Wellness Clinic sees children ages 2-11 and the Adolescent Wellness Clinic cares for youth ages 12-21. Both clinics are located at the Seattle campus. Focus is on individual and family behavior and lifestyle change related to overweight. See online for more information.

Child Wellness Clinic: <http://www.seattlechildrens.org/clinics-programs/child-wellness/>

Adolescent Wellness Clinic: <http://www.seattlechildrens.org/clinics-programs/adolescent-wellness/>

### **Virginia Mason**

Nutrition and Fitness for Life

FREE weekly group meetings (6 weeks) with health educators for Virginia Mason patients ages 5-18.

<https://www.virginiamason.org/home/body.cfm?id=1360>

### **Odessa Brown Children's Clinic**

Fit 4 You, for Odessa Brown patients. Instructors lead swimming lessons and cooking classes for patients ages 4-18.

206-987-7223

<http://www.seattlechildrens.org/contact/odessa-brown/programs-partnerships/#fit>

### **Pierce County – Multi-Care Center for Healthy Living Programs**

Provides community programs and services, including nutrition education, weight management, and cooking classes.

253-301-5095

<https://www.multicare.org/cfh/>

### **Mary Bridge Pediatric Weight and Wellness Program**

Free program for parents and children that follows a family wellness model to support healthy lifestyle choices. For ages 6-11 and 12-17 with both weekly and monthly meetings.

<https://www.multicare.org/mary-bridge-pediatric-weight-wellness/>

### **SHIFT project**

Research-based treatment program at Seattle Children's Research Institute (also at clinics in Bellevue, Everett, and Federal Way) for 7-11 year olds and parents/caregivers; 20 weekly sessions.

<http://www.shiftstudy.org/>

## Local Fitness and Activity Programs

### **Austin Foundation**

A free fitness program at local middle schools and community centers.

<http://youthandfitness.org/>

### **YMCA of Greater Seattle**

<http://www.seattleyymca.org/Pages/Welcome.aspx>

### **YMCA of Snohomish County**

<http://ymca-snoco.org/>

### **Seattle Parks & Recreation**

<http://www.seattle.gov/PARKS/>

### **King County Parks**

<http://www.kingcounty.gov/services/parks-recreation/parks.aspx>

### **Girls on the Run**

After-school physical activity program for 10-12 weeks for girls in 3<sup>rd</sup>-8<sup>th</sup> grade

<http://www.girlsrun.org/>

### **Cascade Bicycle Club - Families**

<https://www.cascade.org/families>

### **Bike Works**

Youth biking programs, “Earn-a-Bike” program, and more

<http://bikeworks.org/youth-programs/>

### **The Washington Chapter of the American Academy of Pediatrics - Obesity**

Active play ideas for different age groups

<http://wcaap.org/parents/obesity/#section2099446044>

## Local Nutrition Information and Activities

### **Swedish Medical Center**

Nutrition Care Clinic – Individualized counseling related to nutrition and weight management

<http://www.swedish.org/services/nutrition-care>

### **Seattle Children's Nutrition and Fitness Resources**

Videos, flyers, and articles about nutrition and fitness for children and adolescents of all ages  
<http://www.seattlechildrens.org/safety-wellness/nutrition-fitness/>

### **Seattle Children's Obesity Education and Resources for Families**

Health tips, healthy eating and active living information, and list of community organizations that offer physical activities for children  
<http://www.seattlechildrens.org/about/community-benefit/obesity-program/education-for-families/>

### **Washington State Dairy Council**

Nutrition education resources  
<http://nutrition.eatsmart.org/>

### **Food\$ense CHANGE**

Food \$ense CHANGE improves the nutrition of limited income children and their families by teaching a nutrition curriculum enhanced by gardening, cooking and other hands-on activities. CHANGE instructors also act as a support system and resource for teachers as they incorporate nutrition education into their daily classroom work.  
<http://extension.wsu.edu/king/food-sense/>

### **Seattle & King County Nutrition and Health**

Nutrition and health services, guidelines, and tips for families and people of all ages  
<http://www.kingcounty.gov/healthservices/health/nutrition.aspx>

### **Operation Frontline Seattle**

Community-based nutrition, cooking, shopping, and healthy lifestyle classes for those on a budget  
<https://www.solid-ground.org/our-impact/hunger-nutrition/nutrition-education/#community>

### **King County Overweight Prevention Initiative**

Local and national resources, articles, and programs supported by Public Health Seattle & King County  
<http://www.kingcounty.gov/healthservices/health/ehs/healthyplaces/food.aspx>

### **University of Washington Center for Public Health Nutrition**

Resources, information, and research related to public health nutrition  
<http://depts.washington.edu/uwcphn/>

## **Health Care Practice Development**

### **Washington State Department of Health Healthiest Next Generation Initiative**

Initiative for the collaboration of communities, businesses, and government to improve children's health – what these organizations are doing and related resources  
<http://www.doh.wa.gov/healthiestnextgen>

## Advocacy

**National Coalition for Promoting Physical Activity**

<http://www.ncppa.org/>

**Childhood Obesity Prevention Coalition**

<http://copcwa.org/>

## Schools

**Coordinated School Health in WA State (see district by district policies)**

<http://www.k12.wa.us/CoordinatedSchoolHealth/default.aspx>

**Action for Healthy Kids**

<http://www.actionforhealthykids.org/>

## National Resources

**American Academy of Pediatrics**

<http://aap.org/obesity/>

**Centers for Disease Control**

<http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/index.htm>

**Let's Move**

<http://www.letsmove.gov/>

**National Institutes of Health**

<http://www.nlm.nih.gov/medlineplus/obesityinchildren.html>

**NIH We Can!**

<http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/index.htm>

**Stop Obesity Alliance**

<http://stopobesityalliance.org/wp-content/themes/stopobesityalliance/pdfs/stopobesityalliance-weighin.pdf>