



**KAISER
PERMANENTE**

Santa Clara Pediatric Weight Management Program



The Pediatric Weight Management Program is a medically managed, long-term approach to weight loss and weight management. The program combines diet and nutrition education, exercise and behavior change. Families meet as a group with a team of clinicians, which include a physician, dietician, physical therapist, behavioral specialists and the team coordinator. By taking a comprehensive approach to the prevention and treatment of obesity, families learn the habits necessary for a healthy lifestyle.

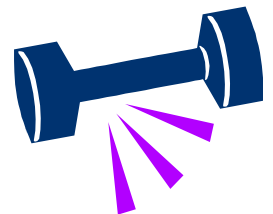
For the first 12 weeks of the program, the participants are on a low calorie, high protein diet of 800-1200 calories. Thereafter we transition the program participants to a Balanced Diet of 1200-1500 calories and help them learn to continue living a healthy lifestyle long-term.

Nuts and Bolts

- **Class size:** 20-25 participants and their parents/guardians.
- **Duration:** Meetings are held every Tuesday from 5-7 PM for 20 weeks.
- **Sessions:**
 - Spring - February through June
 - Fall – August through December
- **Orientation/Informational Meeting:** Held 1 month prior to class start for all interested families. Attendance is mandatory in order to be considered for program eligibility.
- **Intake appointment:** Appointments scheduled for the week after the Orientation Meeting. The purpose is to screen patients for program eligibility. Attendance is mandatory in order to be considered for program eligibility.

Eligibility Criteria

- **Greater than the 95 percentile BMI.**
- **Age 7-15 years** of age.
- The child must be very **motivated to lose weight.**
- The parents must be very **motivated to participate.**
- Both the **child and the parent** must be committed and willing to **attend EVERY class** for 20 weeks.
- **\$300 fee** for the class (non-refundable).



Referrals

We are very excited to have the opportunity to provide such a comprehensive program for our members. If you are interested in participating in this program, please schedule an appointment with your child's Pediatrician who will make a referral for the program. Please remember that a referral does not automatically guarantee you a spot in the next session. Each session we have a long list of patients interested in the program but we cannot accept everyone, due to limited space available. If you have any further questions, please call the **Program Coordinator, Janine DiGiacomo at (408) 851-1144.**