

## how to access the weight management screening clinic

(For children 2 to 17 years with a Body Mass Index  $\geq$  95 percent for age and gender)

For complete instructions on referring your patient please call the Children's Mercy Hospital Contact Center at (816) 234-3700 or 1 (800) 800-7300. Laboratory testing will be required for your patient to schedule an appointment. Forms are available at our Web site: [www.childrensmercy.org/WeightManagement](http://www.childrensmercy.org/WeightManagement)



## weight management clinics

FOR OBESE CHILDREN & TEENS (2 TO 17 YEARS)

### FOR MORE INFORMATION CONTACT:

Weight Management Program  
Children's Mercy Hospitals and Clinics  
2401 Gillham Road  
Kansas City, Missouri 64108  
Phone: (816) 234-9246  
Fax: (816) 234-9294

[www.childrensmercy.org/WeightManagement](http://www.childrensmercy.org/WeightManagement)

### Other resources for weight management at Children's Mercy include the following clinics:

**Nutrition Clinic**  
816-234-3468

**Insulin Resistance Syndrome Clinic**  
in the Section of Pediatric Endocrinology  
816-234-1660



Children's Mercy is an equal opportunity/affirmative action employer and a United Way agency.

## WEIGHT MANAGEMENT SCREENING CLINIC

### *The purpose of this clinic is to:*

- Evaluate your child/teen's current health related to his/her weight
- Make recommendations such as: referral to Nutrition Services, other specialists in the hospital, or to an intensive weight loss program
- Communicate with your child/teen's primary care provider about the visit and recommendations

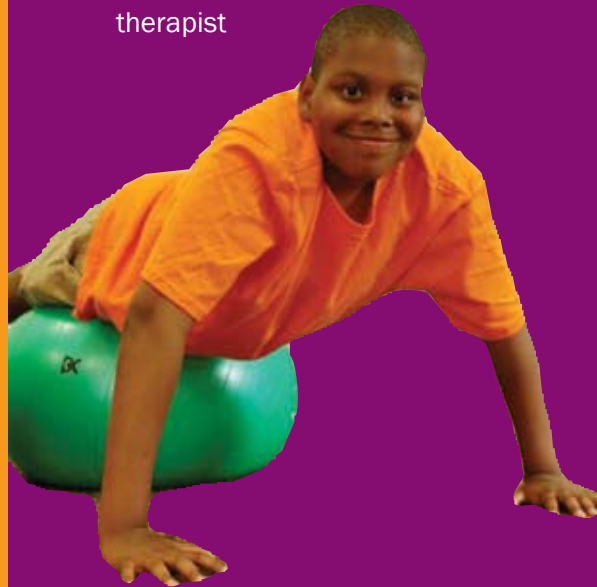
This clinic is **not** designed to provide ongoing treatment or intervention.

The Weight Management Screening Clinic is attended by a pediatric nurse practitioner, Nutrition Services staff member and social worker.

## THE PHIT KIDS PROMOTING HEALTH IN TEENS & KIDS CLINIC AND PROGRAM

### PHIT Clinic

- For families of children ages 2 to 17 years, referred from within the Children's Mercy Hospital system
- Clinic is attended by a pediatrician or pediatric nurse practitioner, registered dietitian, social worker and physical therapist



### PHIT Program

- Includes evening education for motivated families with children ages 9 to 17 years
- The sessions are weekly for up to six months and then monthly for 18 months
- Classes last two hours and include physical activity and healthy lifestyle education



## WEIGHT MANAGEMENT SPECIAL NEEDS CLINIC (Coming Soon)

*For children and teens with autism spectrum disorders, Down Syndrome, developmental disabilities, and other special health care needs*

### *The purpose of this clinic is to:*

- Evaluate your child/teen's health related to his/her weight with consideration of his/her special needs
- Recommend an individualized plan of care to help your child/teen achieve a healthy weight
- Provide ongoing care for your child/teen's weight management

Clinic is attended by a pediatric psychologist, pediatric nurse practitioner, registered dietitian, and feeding therapist