

## **WEIGHT MANAGEMENT RESOURCES FOR CHILDREN & FAMILIES**

### **In Rhode Island & Vicinity**



This list was developed to help families find available resources in their communities for improving children's eating habits or fitness. The list was organized by the staff of *KIDS ON THE MOVE, RI (KOTM, RI)* in the Division of Pediatric Gastroenterology, Nutrition, & Liver Diseases at Hasbro Children's Hospital. This is not a complete listing or an endorsement, as many of these programs have not been directly evaluated by KOTM, RI staff. Your feedback on these or other programs is welcome.

## **RESOURCES FOR CHILDREN & TEENS**

### **HOSPITAL-BASED PROGRAMS**

#### **Hasbro Children's Hospital, Providence, RI: *Kids on the Move, RI (KOTM, RI)***

- Group weight management program for children ages 8-17 yrs & their parents
- The team includes a pediatrician, behavioral psychologist, dietitian, & exercise specialist

Phone: 401-444-8306 option # 6

website under construction: <http://www.lifespan.org/hch/services/gi/kotm>

#### **Hasbro Children's Hospital, Providence, RI: *Insulin Resistance Clinic***

- For overweight **children & teens** with insulin resistance
- Referral from your child's doctor required
- The team includes an endocrinologist, dietitian & exercise physiologist

Phone: 401-444-5504

**Kent Hospital, Warwick, RI: *Kids Choose to be Healthy***

- Program for children ages 6-10 yrs & their parents
- Spanish interpreters available
- Sessions offered at various locations in RI

Phone: 401-737-7010 x 1237 Ms. Pam Hill

<http://www.kenthospital.org>

**The Miriam Hospital, Providence, RI: *Kids CAN/Child HELP***

- Research study for parents of children ages 4-9 yrs at risk of overweight or obesity, includes treatment

Phone: 401-793-8951 Ms. Kathrin Osterholt

<http://www.weightresearch.org>

**Memorial Hospital of Rhode Island, Pawtucket, RI: *Nutrition Education Center***

- Group program for children ages 8-13 yrs
- Spanish interpreters available

Phone: 401-729-2574

<http://www.mhriweb.org> (click on Services, then Nutrition)

**The Westerly Hospital, Westerly, RI: *Nutrition & Weight Management Center***

- Individual nutrition counseling for children & teens

Phone: 401-348-3342

<http://www.westerlyhospital.org>

**Children's Hospital Medical Center, Boston, MA: *Optimal Weight for Life (OWL)***

- Evaluation & treatment of overweight children & young adults
- Ages 4-23 yrs

Phone: 617-355-5159

<http://www.childrenshospital.org/owl>

**Boston Medical Center, Boston, MA: *Nutrition & Fitness for Life Program (NFL Program)***

- Individual & group weight management for children & their families

Phone: 617-414-6876

<http://www.bmc.org/pediatrics/services/Specialty/Nutrition/index.html>

## COMMUNITY-BASED PROGRAMS & FITNESS CENTERS

### *Healthy Inspirations*

- One-on-one coaching for weight loss, exercise, & lifestyle
- For **older teens, ≥ age 15 yrs, & adults**. Younger ages (12-14 yrs) require physician supervision.
- National program with various locations in RI

Phone: Cranston: 401-275-5558, Middletown: 401-841-0077

Wakefield: 401-783-1661, Westerly: 401-596-5669

<http://www.healthyinspirations.us>

### *Weight Watchers*

- Weekly group meetings on healthy eating & lifestyle
- Starts at age **10 yrs & older**; children require a doctor's note with daily caloric intake recommendation
- "Flex plan", an individualized point system, is best for children/teens
- Call or visit website for nearest location

Phone: 1-800-651-6000

<http://weightwatchers.com>

YMCA - You can contact your local YMCA to find information on nutrition and/or fitness programs offered for children. Below is an example of what one YMCA offers:

#### **East Side/Mt. Hope YMCA, Providence, RI**

- Summer: *Discovery Camp* for ages **6-12 yrs** with full & half day options. In the afternoon, a "Kids Fitness" Program is offered which includes, swimming, stress management, yoga, meditation, & journaling
- Programs may include Spanish speakers

Phone: 401-521-0155

#### **Care New England Wellness Centers, East Providence & Warwick, RI:**

##### *Healthy Steps Nutrition & Weight Management Program*

- For **adolescents, adults, and seniors** seeking weight loss & health improvement
- Personalized nutrition & exercise services
- As an alternative to the Healthy Steps Program, you may meet individually with a registered dietitian

Phone: East Providence: 401-434-7784, Warwick: 401-732-3066

<http://www.cnewellnesscenter.org>

***Healthtrax, East Providence & Warwick, RI***

- Offers **youth** fitness programs
  - Healthtrax shares the Care New England Center facilities
- Phone: East Providence: 401-434-3600, Warwick: 401-732-2413

***Gym Jam, Cranston, RI***

- Fitness Center for the **whole family**, children starting at age **7** yrs
- Phone: 401-943-0091  
<http://gymjam.tripod.com>

***Camp Kingsmont, Amherst, MA***

- Summer program for children ages **7-18** yrs
- Phone: 413-528-8474  
<http://www.campkingsmont.com>

**NUTRITIONISTS IN PRIVATE PRACTICE**

***Pamela Coward, M.Ed, RD, Tiverton, RI***

- Individualized nutrition counseling & assistance in all activities regarding food choices, from supermarket to refrigerator contents
- Phone: 401-935-4188  
E-mail: [pamelarcoward@yahoo.com](mailto:pamelarcoward@yahoo.com)

***Karen Gladney, MS, RD, Barrington, RI***

- Individualized nutrition counseling
- Phone: 401-246-0582

***Emily Gedney, RD, Bristol, RI***

- First Step Health Education & Wellness Center
  - Individualized nutrition counseling
  - Cooking classes & other programs available
- Phone: 401-396-9331

***Pamela Rand, RD, LDN, CDOE, Narragansett, RI***

- Food, Nutrition & Yoga Therapy
- Phone: 401-295-4003

You may be able to find other nutritionists in your community by calling your health insurance company or checking online at [www.eatright.org](http://www.eatright.org) - click on Find a Nutrition Professional in your area.

## INTERNET WEIGHT MANAGEMENT INFORMATION

*American Dietetic Association.* <http://www.eatright.org>

*Weight-control Information Network (WIN).*

[http://win.niddk.nih.gov/publications/take\\_charge.htm](http://win.niddk.nih.gov/publications/take_charge.htm)

*Shape up America Program.* <http://www.shapeup.org>

*Dole 5-a-Day.* <http://www.dole5aday.com>

*Center for Disease Control and Prevention-sponsored website.*

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

*Kids Health.* <http://www.kidshealth.org>

*We Can!* <http://wecan.nhlbi.nih.gov>

*Bam.* <http://www.bam.gov>

*VERBnow.* <http://www.VERBnow.com>

## RESOURCES FOR ADULTS

**The Miriam Hospital/Weight Control and Diabetes Research Center,  
Providence, RI: *Healthy Habits***

- 18-month program for healthy men or women, ages 21 - 65 yrs, who are overweight, eat a lot of junk/snack foods and who want to lose weight. Weight loss medication will not be used.

Phone: 401-793-8940

<http://www.weightresearch.org>

**The Newport Hospital, Newport, RI: *Enough is Enough***

- 7 week educational program addressing nutrition & physical activity
- Teaches self-care with nurturance & limit setting

Phone: 401-845-1592