




Resources to PREVENT Childhood Overweight in San Diego County Coalition on Children and Weight San Diego



Region	Program	What Is It?	Who Do I Call?
 Multiple Locations	Find a Dietitian American Dietetic Association (ADA)	A nation-wide referral service that links consumers and health professionals to registered dietitians. Listings based upon zip code, or by city and state. Search online anytime. For phone referrals, call from 9 am to 5 pm, Central time. Free to find the dietitian; fees for the dietitian vary.	www.eatright.org/finddiet.html 800.366-1655
	Before and After School Programs San Diego County Office of Education	Provide school-aged children with recreation and academic opportunities before and after school. Offered free of charge Monday through Friday.	Barb Meloy 619.718-6671
	Dairy Council of California	Provides FREE programs and resource materials to educators and health professionals in California. School programs connect to core curriculum, making it easier for teachers to teach nutrition education and meet California state standards.	1-888-868-3133 www.dairycouncilofca.org
	San Diego Regional 5-a-Day Campaign	Provides materials, curriculum, and promotional items to organizations targeting low-income 9-11 year-old students and Latino adults. Specific educational components are available for a variety of outreach events including schools, community youth organizations, farmer's markets, retail stores, festivals, and flea markets.	Julie Sammons (619) 681-0659 jsammons@ucsd.edu www.sd5aday.org
	Children and Weight: What Parents Can Do Sharp Center for Health Promotion	In one class, parents learn how to provide the quality nutrition required for their child's optimal growth and health. Free to Sharp Health Plan members, or \$20 per couple.	Paula Burich, RN 858.627-5347 Register at: 1-800-827-4277
	SPARK (Sports, Play, and Active Recreation for Kids)	Physical education program (curricula, training, and follow-up) for schools (pre-K-8), after school programs, early childhood programs, and agencies.	Paul Rosengard 619.293-7990
	Youth Tennis San Diego	After school tennis lessons for elementary to high school students. Scholarships available or \$30 per 6-week session.	Kerry Blum 619.221-9000
	Family Nutrition Program University of California Cooperative Extension County of San Diego	Nutrition Education classes for low-income families with children, food stamp recipients, and youth (pre-K to grade 12) from limited resource families.	Christine McNamara 858.694-2863






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 North Inland	Alimenta tu Salud North County Health Services	Classes for parents/caregivers of overweight Latino children. Physical activity/behavior change classes for children ages 6-14.	Jaime Carrillo 760.736-6740
	Smart Weigh for Kids Sharp Mission Park Medical Group, Vista	A 6-week class designed for kids between the ages of 8-14 combining nutrition education and exercise. Fun activities and games are used to deliver nutrition messages. Taught by a registered dietitian. Parents included. Cost is \$175 for 6-week session.	Jackie Cohen, RD 760.806-5881
	Smart Weigh for Teens Sharp Mission Park Medical Group, Vista	A 4-session class designed for teens between the ages of 15-17. Parents attend the first and last session only. Focus is learning proper portion sizes, tips on dining out, healthy school lunch and snack ideas, and reading food labels. Taught by a registered dietitian. Cost is \$100 for 4-week session.	Jackie Cohen, RD 760. 806-5881
	Habitos Sanos Vista Community Clinic	A program focusing on the nutrition and physical activity of children ages 2-5. Free to low-income Hispanic families. For home visits, must be patients of Vista Community Clinic.	Agustin Heredia 760.407-1220 #101
 North Coastal	Alimenta tu Salud North County Health Services	Classes for parents/caregivers of overweight Latino children. Physical activity/behavior change classes for children ages 6-14.	Jaime Carrillo 760.736-6740
	Healthy Kids Club, Healthy Kids 2005 Joy of Sports Foundation	An after-school program at Del Rio Elementary School in Oceanside. Includes summer camp and nutrition/physical activity education. For elementary age students who show obesity-related problems or potential problems.	Andrew Oser 760.730-7861 Kathryn Smith 760.730-7861
	Weight Management Group Children's Hospital	Spanish and English nutrition classes include one initial visit and three nutrition classes for children ages 6-18 and their parents. Physician referral or \$20 per session.	Shannon Cochran, 858.576-1700 x5016 Sandra Salcedo (Spanish) 858.576-1700 x4676
 Central/ North Central	Weigh To Go Kids! Children's Center for Nutrition	An 8-week program with classes taught by an RD and child psychologist. Meet 2 hours weekly for nutrition education and exercise. Especially for overweight children between 9-14 years. Costs \$295 per 8-week session.	Jackie Cohen, RD 858.794-4035
	Los Niños Sanos (Childhood Obesity) Logan Heights Family Resource Center	Nutrition/education classes for parents. Free for families with children up to 12 years of age. Each session is 6 classes that focus on weight and obesity prevention.	Desiree Flores 619.515-2406



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 <p style="text-align: center;">Central/ North Central</p>	<p>Maintaining Children Healthy North Park Resource Center</p>	<p>Nutrition/education classes for parents in Spanish. Free for families with children up to 5 years of age. Each session is 6 classes that focus on weight and obesity prevention. Cooking Demonstrations.</p>	<p>Monica or Cynthia 619.515-2556</p>
	<p>Stay Fit Club Kalusugan Community Services</p>	<p>Classes for Filipino/Asian teens and parents at Sweetwater and Montgomery high schools teaching healthful eating and physical activity.</p>	<p>619.656-1983</p>
	<p>Track Cycling Classes San Diego Velodrome Association</p>	<p>Free track cycling classes for youth, ages 10-18. The group meets every Thursday from May through October at 3:30-5 pm at the San Diego Velodrome in Balboa Park. Parent/guardian needs to sign release at first visit. No experience needed riding a track bike, but need to know how to ride a bike. Track bikes provided. Closed Oct 23 through April.</p>	<p>Tony Olsen 619.295-8756 www.sdvelodrome.com</p>
 <p style="text-align: center;">East</p>	<p>Nutrition Network News Cajon Valley Union School District</p>	<p>Promotes healthy eating and physical activity within the school environment. Uses nutritional principles from 5 a Day and implements SPARK.</p>	<p>Robin Pelletier 619.260-5540 www.nutritionnetworknews.org</p>
	<p>Health for the Latino Family Spring Valley Family Resource Center</p>	<p>Nutrition/education classes for parents. Free for families with children up to 5 years of age or \$5 per class. Each session is 10 classes, 4 of these are nutrition classes that focus on weight and obesity prevention. Free babysitting.</p>	<p>Rosie Lopez or Andrea Muratett 619.515-2463</p>
 <p style="text-align: center;">South</p>	<p>Health Education San Ysidro Health Center</p>	<p>Individual health education for children, including weight control education. Free of cost. Appointments Monday-Friday from 8 am to 5 pm.</p>	<p>Diana Luquin 619.428-4463 x6513</p>

Contact San Diego YMCA's, Parks and Recreation centers, and Boys and Girls Clubs for physical activity opportunities. WIC centers and local dietitians can provide nutritional counseling and information. To find a dietitian near you call 1-800-366-1655 or visit www.eatright.org/finddiet.html. Also, the nurse at your child's school may provide additional information.

