






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



Region	Program	What Is It?	Who Do I Call?
 <p><b>Multiple Locations</b></p>	<p><b>Find a Dietitian</b> American Dietetic Association (ADA)</p>	<p>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.</p>	<p><a href="http://www.eatright.org/finddiet.html">www.eatright.org/finddiet.html</a> 800.366-1655</p>
	<p><b>Scripps Whittier Diabetes Program</b></p>	<p>Individual counseling appointments for weight loss and weight maintenance. Costs vary with insurance coverage or \$156/hour.</p>	<p>Alisa Minear, MS, RD, CDE 858.626-5691  Cindy Swann, MS, RD 858.626-5674</p>
	<p><b>SPARK</b> (Sports, Play, and Active Recreation for Kids)</p>	<p>Physical education program (curricula, training, and follow-up) for schools (pre-K-8), after school programs, early childhood programs, and agencies. Prices based upon need.</p>	<p>Paul Rosengard 619.293-7990 x206</p>
 <p><b>North Inland</b></p>	<p><b>Alimenta tu Salud</b> North County Health Services</p>	<p>Physical activity and nutrition classes for youth conducted at your site. Costs \$30/hour plus additional materials.</p>	<p>Wendy Hileman, MPH, MSW 619.466-4386</p>
	<p><b>Smart Weigh for Kids</b> Sharp Mission Park Medical Group, Vista</p>	<p>Classes for parents/caregivers of overweight Latino children. Physical activity/behavior change classes for children ages 6-14.</p>	<p>Jaime Carrillo 760.736-6740</p>
	<p><b>Smart Weigh for Teens</b> Sharp Mission Park Medical Group, Vista</p>	<p>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.</p>	<p>Jackie Cohen, RD 760.806-5881</p>
	<p><b>SHAPEDOWN</b></p>	<p>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.</p>	<p>Jackie Cohen, RD 760. 806-5881</p>
	<p><b>Alimenta tu Salud</b> North County Health Services</p>	<p>A 10-week counseling program for overweight children and their families. Costs vary for full program and 1-yr follow up. May be covered by insurance.</p>	<p>Kathy James, DNSc, NP 858.259-4676</p>
<p><b>Alimenta tu Salud</b> North County Health Services</p>	<p>Classes for parents/caregivers of overweight Latino children. Physical activity/behavior modification classes for children ages 6-14.</p>	<p>Jaime Carrillo 760.736-6740</p>	





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



Region	Program	What Is It?	Who Do I Call?
<p style="text-align: center;"><b>North Coastal</b></p>	<p><b>Healthy Kids Club, Healthy Kids 2005</b> Joy of Sports Foundation</p>	<p>An after-school program at Del Rio Elementary School in Oceanside. Includes summer camp and nutrition and physical education. For elementary age students who show obesity-related problems or potential problems</p>	<p>Andrew Oser 760.730-7861</p> <p>Kathryn Smith 760.730-7861</p>
<p style="text-align: center;"><b>Central/ North Central</b></p>	<p><b>Weigh To Go Kids!</b> Children's Center for Nutrition</p> <p><b>Weight and Wellness Center</b> Children's Hospital</p>	<p>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.</p> <p>Comprehensive multidisciplinary program for evaluation and treatment of childhood overweight.</p>	<p>Jackie Cohen, RD 858.794-4035</p> <p>Debbie Childs-Alston 858.966-1700 x5357</p>
<p style="text-align: center;"><b>Central/ North Central, Con't</b></p>	<p><b>Scripps Outpatient Services</b> Scripps Clinic La Jolla</p> <p><b>SHAPEDOWN</b></p> <p><b>Camp La Jolla</b> UCSD</p> <p><b>Los Niños Sanos</b> Family Health Centers of San Diego</p>	<p>Individual counseling for overweight children. Referral from a physician required for insurance coverage. Cost varies with insurance coverage.</p> <p>A 10-week counseling program for overweight children and their families. May be covered by insurance. Sliding scale fee.</p> <p>Weight loss summer camp including exercise, diet, and nutrition education. Costs range from \$3000-\$7000 depending on the length of the camp.</p> <p>Free classes for parents/caregivers of children 3-10 years who are overweight or at risk. There are 4 classes with nutrition and physical activity education, healthy cooking demonstrations, physical activity programs, and prizes given to children and caregivers.</p>	<p>Alisa Minear, RD 858.794-1242</p> <p>Ellen Stuart 858.454-3239</p> <p>800.825-8746</p> <p>Amy Murphy 619.515-2300 x2507</p>



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

 <b>East</b>	<p><b>Nutrition and Weight Control Program</b> Kaiser Permanente</p>	<p>A 6-week weight control program for Kaiser children and their parents. The program is offered five times a year. Can be referred by a primary care provider or self refer. Costs vary with insurance coverage.</p>	<p>Bobette Sherman, RD 619.641-2000</p>
 <b>South</b>	<p><b>Center for Health Promotion</b> Paradise Valley Hospital</p>	<p>Individual nutrition counseling with a registered dietitian (at the Center for Health Promotion). Counseling available from a nurse regarding nutrition for diabetics (at Paradise Valley Hospital). English only; bring a translator if needed. These programs are free of cost.</p>	<p>619.470-4346</p>
	<p><b>Scripps Otay Family Health Center</b></p>	<p>Individual counseling with a registered dietitian for children and adults. Educational programs for diabetics, Project Dulce and Sweet Success, are also available. Costs vary depending on insurance, sliding scale or payments available.</p>	<p>Mila de Los Reyes, RD 619.425-1780</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](http://www.eatright.org/finddiet.html). Also, the nurse at your child's school may provide additional information.

