

Resources to Prevent and Treat Overweight Youth in Orange County – 1/09

◇ - Indicates that medical, nutritional, physical activity or behavioral services are offered or readily available to clients, based on info provided by the program.

◆ - A “Professional Staff” designation is awarded to programs that have provided the names of licensed or credentialed staff that meet the following criteria:

Category	Reviewed, Approved, Implemented, Monitored by:	May Be Implemented by:
Medical	Doctor of Medicine (MD), Doctor of Osteopathy (DO) or Certified Pediatric Nurse Practitioner (CPNP)	Physician’s Assistant (PA), Registered Nurse (RN)
Nutrition	Registered Dietitian (RD)	Health Educator, CHES, BS or higher in a nutrition-related field
Physical Activity	BS or higher in Kinesiology, Exercise Physiology, Physical Therapy, Sports Medicine or Exer. Science	Health Educator, CHES, BS or higher in a physical activity-related field
Behavioral	Licensed Psychologist, Licensed Clinical Social Worker (LCSW), Marriage & Family Therapist (MFT)	Psychiatric Nurse, Mental Health Counselor

#	Program / Contact Info	Medical	Nutrition	Phys Act	Behavioral	Age / Referral Criteria	Description	Area			# Served	Lang	Cost	Paid by
								North	Central	South				
1	Action Kids Fitness Center (714) 528-1000 www.actionkidsfitnesscenter.com		◇	◇		5 yrs and older	Fitness centers, located in Placentia and Irvine, offer cardio fitness circuit training, martial arts, dance, summer camps, parties and other activity programs. Nutrition workshops conducted by a Registered Dietitian offered monthly.	X	X	X	100+ /yr	Eng, Sp	Varies \$75/mo w/ discount for siblings	Private pay
2	Bogifit Youth Conditioning Center Tom Montanio (714) 701-9931 www.bogifit.com	◆		◆		9-18 yrs	“Boy Girl Fitness” provides services for youth training. Services include: 1) active/conditioning, 2) weight loss and 3) sport-specific training. Bogifit and PowerPlayMD-OC (see program #30) have partnered to create “S-Team,” a medical, educational, maintenance and conditioning program targeting overweight youth. Site located in Anaheim Hills.	X			200+ /yr	Eng, Sp	Varies	Private pay, sliding scale, clinical trials
3	Boys and Girls Clubs Multiple clubs serving all areas of Orange County Call 2-1-1 / www.211oc.org (888) 600-4357			◇		Varies (1 ½ – 18 yrs depending on site)	The independently operated Boys and Girls Clubs all provide year-round activities and programs that include games, sports, recreation, health/life skills, and academic development. <i>Triple Play</i> program promotes healthy habits; components include mind, body and soul.	X	X	X	Varies	Eng, Some Sp	Low to mod cost, assistance available	Private pay, donations, grants, other
4	California Children’s Services (CCS) Referrals from medical providers sent to CCS Program and Teams. www.ohealthinfo.com/public/ccs/		◆			Birth – 21 yrs CCS eligible condition	Children with some CCS medically eligible physical conditions may receive medical nutrition therapy. Registered Dietitian (RD) services are part of some Specialty Care teams and may be available with referral (DM included). Individual and group classes allowed.	X	X	X	Varies	Eng, other	Case by case	CCS
5	CalOptima (Medi-Cal) CalOptima: Quality Management & Improvement Dept. (714) 246-8500 / (888) 587-8088 healthpromotions@caloptima.org	◆	◆	◆	◇	3-20 yrs CalOptima Medi-Cal members only. Referral needed for RD services	Limited availability. Individualized nutritional counseling with Registered Dietitian (RD) for patients of all ages, when referred by doctor. Individualized counseling with Health Educator, and phone counseling focusing on developing lifelong healthy habits; no referral needed. <i>FIT-tastic</i> program and tool kit available.	X	X	X	350+ /yr	Eng, Sp, Viet	No cost CalOptima Medi-Cal only	Medi-Cal

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6	CalOptima Kids (Healthy Families Program) Customer Service (800) 530-2899	◆	◆	◆	◆	4-18yrs CalOptima Kids members only. Referral required	Limited availability. 6-8 week comprehensive obesity intervention program; one 2-hour class each week. Program provided after hours, weekday evenings, for CalOptima Kids children and their parents. Program addresses nutrition counseling/healthy eating practices, exercise/physical fitness and psychosocial related issues.	X	X	X	750+ /yr	Eng, Sp, Viet	No cost CalOptima Kids only (Healthy Families Program)	CalOptima Kids (Healthy Families Program)
7	Camino Health Center Medical Nutritional Counseling (949) 240-2272		◆			0-18 years and parents Referral req. Must be CHC patient	Medical nutrition counseling for obese children with or without diabetes. Will include whole family if needed.			X	Began 10/08	Eng, Sp	No cost to uninsured; CalOptima	CalOptima Mission Hospital
8	Children & Youth Services (CYS) County of Orange Health Care Agency Behavioral Health Services (714) 834-5015 www.ochealthinfo.com/behavioral/children.htm				◆	Birth-18 yrs	Children with serious emotional disturbances are offered evaluation, therapy, medication and crisis intervention.	X	X	X	12,000 /yr	Eng, Sp, Viet, other	No cost for Medi-Cal, Healthy Families & Spec Ed, Sliding Scale	Medi-Cal, Healthy Families, Spec Ed- AB3632, Other
9	Children's Hospital of Orange County (CHOC) New You Clinic Monika Ressel, MS, RD (714) 532-8337	◆	◆		◇	0 - 5 yrs CHOC MD referral only	Individual counseling. Initial plus follow-up visits with Registered Dietitian (RD), translation services available. CHOC Primary Care Clinic patients only.	X	X	X	400/yr	Eng, Sp	No cost - CHOC Primary Care Clinic only	Children & Families Commission
10	Children's Wellness Program Coalition of Community Clinics & Friends of Children - IHA (949) 379-9901	◆	◆		◆	0-5 yrs and siblings up to 18 yrs MD referral (Self referrals receive med appt. on site)	Children at risk for obesity, diabetes or failure to thrive can be referred to a multidisciplinary team that provides screening, treatment, care plans, and referrals to specialists for further services. A pediatrician educates the family regarding health-related issues and support staff provide nutrition ed and parent ed regarding feeding and SES issues. Classes offered in Costa Mesa, Fullerton, Huntington Beach, Santa Ana and La Habra.	X	X		250-300/yr	Eng, Sp	No or low cost to those qualified; sliding scale fee	Children & Families Commission, Hoag, grants, private pay, donations & other
11	City Parks & Recreation / Community Services Contact city staff Call 2-1-1 / www.211oc.org (888) 600-4357				◇	All Ages Resident of city	Variety of sports and physical activity classes and programs.	X	X	X	Varies	Eng	Low to moderate cost	Private pay
12	Coaches and Kids Program Rocky's Main Event (714) 473-2848 Kids Run the OC www.ocmarathon.com/kidstraining.php				◇	5 - 12 yrs	OC Marathon training program to help introduce youth to running. 9-wk program with short runs that culminate in 1.2 mile run at OC Marathon in May – for a total of 26.2 miles (distance of marathon). Variety of participating sites in OC.	X	X	X	1,000+ /yr	Eng, Some Sp	\$35 scholarships possible	Private pay & grants

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13	Disney GOALS (714) 956-4625 www.goals.org	◇	◇	◇		6-19 yrs low-income areas	The Growth Opportunities through Athletics, Learning & Service (GOALS) after school program helps provide youth in low-income areas with athletics (including ice, roller & field hockey, tennis, soccer & special fitness programs), learning, community service & job training activities at multiple school and community sites. Sites in Anaheim, Fullerton and Placentia.	X			2,500 /yr	Eng, Sp	No cost	Donations, grants, partners, other
14	Fit Girls & Families Program Girls Inc. of OC (949) 646-7181 www.girlsinc-oc.org		◇	◇	◇	9-18 yrs girls & families	<u>Girls</u> – 16-wk program with weekly 1-hr classes that provide girls with information on nutrition, physical activity, self-esteem, body image and health habits. Offered at sites in Costa Mesa, Huntington Beach, Garden Grove, Santa Ana, Aliso Viejo and Orange. <u>Parents</u> – 8-wk UC Coop Extn “Eating Smart and Being Active” classes available (see program #39).	X	X	X	200+ /yr	Eng	No cost	Grants
15	Fitwize 4 Kids www.fitwize4kids.com Huntington Beach (714) 848-5437 huntingtonbeach@fitwize4kids.com		◇	◇		6 ½ - 15 yrs Toddler program available	Healthy Lifestyle Center for Kids - Daily 1-hour sessions with different membership options. Open 7 days/wk. No scheduling required. Fitwize 4 Kids combines supervised circuit training, cardiovascular activities & nutrition education. Interactive workshops, games & goal-driven projects reinforce healthy food choices, promote enthusiasm & boost self-esteem. A variety of group classes offered.			X	200+ /yr	Eng, Sp	Varies - Starts at \$99/mo with discount for siblings Discounts for low-income families	Private pay
16	Get Up and Get Moving Anthem Blue Cross (866) 541-2219 www.bluecrossca.com		◇	◇		4-11 yrs Anthem Blue Cross patients only	<i>Get Up and Get Moving</i> materials will be mailed to patients upon their request to help families learn about eating healthy and the benefits of exercise.	X	X	X	Varies	Eng, Sp	No cost	Anthem Blue Cross
17	Healthy for Life / PE4ME St. Joseph Health System/AAP www.pe4meonline.com Dr. Michael Weiss Tracy Bryars, RD, CDE (714) 446-7086	◆	◆	◆	◇	3-18 yrs (Preschool, elementary, middle and high school)	Pediatricians partner with schools to offer physical assessments, nutrition education and physical activity programs to help promote a healthy lifestyle that can be carried into adulthood. Over 50 classes are held in 47 schools – check the website for a full listing of school sites.	X	X	X	2,000+ /yr	Eng, Sp	No cost	St. Joseph Health System, Grants, School Districts
18	Governor’s Challenge Teen Pass to 24-Hour Fitness Governor’s Council on Physical Fitness & Sports www.calgovcouncil.org			◇		High school students	High school students qualify for a free 30-day pass to 24-Hour Fitness when they sign up for the Governor’s Challenge and receive a free 90-day pass when they complete the Challenge. To qualify for the 24-Hour Fitness incentives, high school students need to sign up online at www.calgovcouncil.org/challenge/students .	X	X	X	Varies	Eng, Some Sp	No cost	24-Hour Fitness

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19	Healthy Lifestyles Program Vida Sana St. Jude Neighborhood Health Ctr. (714) 446-5100	◆	◇			5 - 18 yrs & families St. Jude Com Clinic clients only	Comprehensive family-centered health and lifestyle intervention offered at the St. Jude Clinic, 731 S. Highland Ave., Fullerton. One-on-one counseling with multiple learning activities based on needs and developmental level. Program identifies health status & lifestyle habits of each family member and assists with changes in the areas of nutrition and exercise. Coordination with Fullerton schools, community centers and Parks & Recreation programs.	X			Varies	Eng	No cost to St. Jude Clinics' clients	St. Jude Med Center, donations, grants
20	Healthy Weight Peso Saludable Latino Health Access Francisca Leal or Gina Torres (714) 542-7792		◇	◇		6 - 18 yrs youth & parents	8-week program with nutrition education classes and 2-hrs of physical activity twice weekly. Limited space. One-year maintenance program available includes support, home visits and exercise classes. Site in Santa Ana.		X		150/yr	Sp	No cost	Grants, donations, contracts
21	Kid Healthy-Steps to Healthy Living Campaign Jackie Teichmann (714) 914-1203 Jackie@mykidhealthy.org		◇	◇		K – 6 th grade youth	Nutrition education (Power Play & Dairy Council lessons) and physical activity (pedometer) campaign targeting youth at school and after school sites held year round with media events in March and April. Youth log steps and fruit/vegetable intake for four weeks.	X	X	X	18,000 / yr	Eng, Sp	No cost for sites serving low-income youth Varied cost for others	Grants, donations, campaign partners
22	Kids Fit by Design St. Jude Medical Center / YMCA of Orange County Sherry Little (714) 446-7086		◇	◆	◇	8 - 13 yrs children & parents, St Jude Heritage pts only	12-week program – 1 ½ hour class per week – Nutrition, Fitness, Weight Management; focuses on developing lifelong healthy habits. Offered at St. Jude Centers for Rehabilitation and Wellness, Brea. Saturday classes only. MD referral required. Pilot research study.	X			<50 /yr	Eng	\$60 per family	St. Jude Medical Center & grant
23	KP Kids - Kaiser Permanente Health Care Pavilion (888) 988-2800	◆	◆	◇		5 - 12 yrs	A dynamic 6-wk program for kids and parents combining learning, fun physical games, and snack preparation. Classes begin 1/09 at Pavilion, 200 N. Lewis, Orange CA, 92868	X	X	X	<50 /yr	Eng	\$60	Kaiser, Private pay
24	LEAN Start Children & Families Commission OC Arlene Turner / aturner1890@earthlink.net		◇	◇		Parents & caregivers of 3-5 yrs	6-week program for parents of preschoolers, emphasis is on healthy lifestyles including nutrition education and physical activity. Developed by William Sears, MD/LEAN Co. Offered at select Boys & Girls Clubs and other sites throughout the county.	X	X	X	TBD	Eng, Sp, Viet, Kor	No cost	Children & Families Commission
25	The Little Gym www.thelittlegym.com 3 locations in Orange County			◇		4 months to 12 yrs	Gyms, located in Huntington Beach, San Clemente and Tustin, promote motor skill development through parent/child classes for infants and toddlers. Classes in dance, karate, cheerleading, sports skills and more are available for youth 3 to 12 years of age.	X	X	X	Varies	Eng	Varies	Private pay
26	Lindora Weight Loss 1(800) LINDORA www.lindora.com	◆	◇			7 yrs and older	Individual medically supervised Lean for Life program - mod pro/low CHO/low fat, daily visits for patients, MD and RN/LVN. "BodyPride" book for teens, as well as Lindora Online program. 12 locations in OC.	X	X	X	Varies	Eng, Sp	Varies based on program, free consultation	Private pay

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27	Mission Hospital Niños Saludables Community Health Outreach Catina Copete (949) 364-4215		◇	◇		0-18 yrs & parents, Spanish-speaking	Multiple programs for parents and children to learn about nutrition and physical activity in order to prevent or reduce already existing obesity and its consequences through classes, participating in physical activities and home visits. Also refer to other programs. Classes held throughout south OC. Self referral or referral from other sources accepted.			X	250+/ yr	Sp	No cost	Mission Hospital
28	Mission Hospital Pediatric Wt. Mgmt. Medical Nutrition Counseling Center for Sports and Wellness (949) 364-9636		◆			0-18 yrs M.D referral or self-referral	Individualized sessions with Registered Dietitian focusing on lifestyle changes for child and family. Once a month cholesterol clinics for high risk children.	X	X	X	700+	Eng, Sp	\$74/half hour Insurance billed	Private pay, insurance, Medi-Cal, CHOC Health Alliance
29	MY GYM Children's Fitness Center www.my-gym.com 6 locations in Orange County			◇		6 wks to 13 yrs	MY GYM offers weekly age-appropriate classes that incorporate music, dance, games and more. Classes focus on improving strength, balance, coordination, agility, flexibility and self-esteem. Sites in Huntington Beach, Laguna Niguel, Newport Beach, Rancho Santa Margarita, Tustin/Irvine and Yorba Linda.	X	X	X	Varies	Eng	Varies, 8 & 10 wk sessions, includes 1 class + 2 free play each wk	Private pay
30	PADRE Foundation (714) 532-8330	◇	◆	◇	◇	1 - 18 yrs	Pediatric Adolescent Diabetes Research and Education (PADRE) Foundation English classes offered every month for children/families with diabetes type 1 and type 2. Spanish classes offered every other month. Focus is on carb-counting and life skills.	X	X	X	2,700+ /yr	Eng, Sp	No cost	PADRE Foundation
31	PODER Prevención de Obesidad y Diabetes vía Educación y Recursos CHOC - Reyna Gamboa-Perez (714) 516-4204	◇	◆	◆		8-75 yrs	Family-based program on obesity / diabetes prevention taught by Certified Diabetes Educators. Interactive classes in Spanish with focus on lifestyle / behavior modification and improved nutrition, and activity habits. Offered in Costa Mesa. Director: Patricia Hawk (714) 532-7961.			X	120+ /yr	Sp	No cost	Hoag / CHOC Foundations
32	PowerPlay MD-OC (877) LEAN KIDS (877) 532-6543 (714) 919-0280 www.leankids.net Fax (714) 288-8970	◆	◆	◆	◆	4 - 19 yrs divided into appropriate groups	1-yr comprehensive weight management program includes: Initial Program – 2-3 hour sessions, usually on Saturdays or after-hours, for 8 weeks. Covers nutritional, behavioral and fitness components. Maintenance Program – Reinforce concepts taught, sports teams Collaboration with Cal State Univ. Fullerton and Chapman Univ. on research and evaluation. Office in Santa Ana. Presentations available. See BogiFit (program #2) for info on S-Team program.	X	X	X	350+ /yr	Eng, Sp	1-yr program-\$2,500, access to grants & credit, no cost for CalOptima members	Private pay, & insurance CalOptima Kids – Healthy Families and Medi-Cal Programs
33	St. Joseph Ballet Company 1810 N. Main St., Santa Ana (714) 541-8314 www.saintjosephballet.org			◆		9-19 yrs low-income areas	Integrates year-round dance training with academic activities and family services.			X	400+ /yr	Eng, Sp	No or low cost	Donations, grants, other

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34	Student Run Los Angeles (OC) (818) 654-1620 www.srla.org			◇		Middle & high school students	After school mentoring and physical fitness program for at-risk and all youth in the Greater Los Angeles area (including Orange County). Prepares youth to run the Los Angeles Marathon. 90% of the students successfully finish the marathon. Training is September – June, 3-4 days per week before and after school, weekends.	X	X	X	400+ /yr in OC	Eng, Some Sp	No cost	Donations, other
35	Take Off Pound Sensibly (TOPS) Karen Tinlin – OC Coordinator (714) 533-2670 www.tops.org			◇	◇	7 yrs & up	Affordable nonprofit weight-loss support and wellness education organization. Weekly meetings with accountability, recognition for success and peer support. Garden Grove chapter for youth 11-18 yrs.	X	X	X	900 (each chapter varies)	Eng, (Sp guide book)	\$26 annual membership fee + nominal chapter dues to cover mtg expenses	Private pay, insurance
36	Weight Watchers www.weightwatchers.com			◇		17 yr & up (Plus youth 10 – 16 yrs w/ MD note & wt goal)	Adult program but children usually allowed to attend with parents. Program available online and at meetings. Two healthy eating plans – Flex plan – POINTS tracking and Core plan – without counting and tracking. <5% of WW participants are youth.	X	X	X	Varies	Eng	Online = initial fee + \$16.95/mo Mtgs pay on site	Private pay, insurance
37	Western Youth Services (949) 855-1556 www.westernyouthservices.org				◆	0-21 yrs Medi-Cal 0-18 yrs & parents at community sites	<u>Western Youth Services – 6 sites</u> Provides mental health services to Orange County clients who have Medi-Cal coverage or have been referred by the County of Orange or by their school for AB 3632/Chapter 26.5 services. <u>Services at FRC & community centers – 7 sites</u> Provides counseling to children and families related to circumstances such as domestic violence, victimization, extreme stress and poverty. Children in the foster care system can qualify for some services.	X	X	X	~10,000 / year	Eng, Sp Some Viet	No cost	Medi-Cal FaCT, donations, grants
38	WIC (Supplemental Nutrition Program for Women, Infants and Children)			◆		0 - 5 yrs, low-income	General nutrition education focusing on healthy eating and active living as well as checks for specific supplemental nutritious foods. Program serves low-income pregnant, postpartum and breastfeeding women and children birth to age 5 years. Camino Health Centers – (949) 488-7688 Health Care Agency – (714) 834-8333 Planned Parenthood – (714) 973-2411 PHFE – (888) 942-2229	X	X	X	107,595 low-income participants /yr	Eng, Sp, Viet, Other	No cost	USDA
39	YMCA of Anaheim (714) 635-9622 www.anaheimymca.org			◇	◇	All Ages	Variety of services. <i>Y Be Healthy</i> promotes physical fitness and nutrition at 46 schools through the Anaheim Achieves after school program. Programs also include youth sports activities and fitness classes, annual events (<i>Fit-n-Fun Family Day</i> and <i>Healthy Kids Day</i>) and more. Serving Anaheim, Cypress, La Palma and Stanton.	X	X		5,000 youth /day	Eng, Some Sp	No and low cost	Private pay, grants & other

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40	YMCA of Orange (714) 633-9622 www.ymcaoforange.org			◇		All Ages	Variety of services. Health programs, youth sports program, parent/child programs, fitness integrated into 3 after school programs. BMX track at Orange site. Serving Orange, Anaheim Hills, El Modena, Santiago Canyon, and Villa Park.	X	X		3,000+ families /yr	Eng, Sp	No and low cost, some financial assistance available	Private pay
41	YMCA of Orange County (714) 549-9622 www.ymcaoc.org			◇		All Ages	Variety of services at nine branches. Fitness facilities at Newport Bch, Fullerton, Mission Viejo and Laguna Nigel. Programs offered at fitness facilities in San Clemente, Huntington Beach, Yorba Linda and Tustin sites. Programs include youth sports, teen dances, parent/child programs, plus fitness integrated in noontime and after school programs at school sites in Fullerton, San Juan Cap, Aliso Viejo, San Clemente, Costa Mesa, Mission Viejo and Santa Ana.	X	X	X	80,000 /yr	Eng, Sp	No and low cost, financial assistance available	Private pay, grants donations & other
42	Youth EFNEP (Expanded Food and Nutrition Education Program) UC Cooperative Extension Orange County (714) 708-1610 http://ceorange.ucdavis.edu Guadalupe Cabrera glcabrera@ucdavis.edu		◆	◇		4 – 18 yrs low-income	Classes at schools, after-school programs & community sites <u>4-6 yr/Preschool</u> – <i>Happy, Healthy Me...Moving, Munching & Reading through MyPyramid</i> - interactive lessons on nutrition, literacy & physical activity <u>K-2nd/Elementary</u> – <i>Eating Healthy from Farm to Fork</i> – three nutrition education curricula that make the connection between local food systems and garden-based learning <u>K-3rd/Elementary</u> – <i>Reading Across MyPyramid</i> - interactive nutrition & literacy curricula. <u>Intermediate & High School</u> – <i>EatFit</i> – interactive lessons designed to improve dietary and physical activity behaviors, linked with Cal Dept of Ed content standards. Available for sites interested in offering these programs.	X	X	X	8,000 /yr	Eng, Sp, Viet	No cost	USDA, Univ of Cal Coop Extension
	Eating Smart and Being Active		◆			Adults low-income	8-week interactive, hands-on nutrition education curriculum with emphasis on nutrition information, physical activity, food safety, meal planning, food handling and shopping skills, with a food demonstration. Taught by UC Coop - OC staff in schools and community sites.	X	X	X	600+ /yr	Eng, Sp	Free classes Food extra	UDSA-EFNEP Food pd by class sponsor
	Learn at Home		◆			Adults low-income	Nutrition education correspondence course, 12 lessons – being revised, temporarily unavailable.	X	X	X		Eng, Sp	No cost	EFNEP

Compiled by: Orange County Nutrition & Physical Activity Collaborative (NuPAC), Children & Weight Management Workgroup.

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Reviewed and endorsed by: California Chapter 4 – American Academy of Pediatrics 12/08

Last Updated: 12-5-08 **Send updates and corrections to:** Dawn Robinson, County of Orange Health Care Agency – Nutrition Services, 1725 W. 17th St., Santa Ana, CA 92706, Phone: (714) 834-7984, Fax: (714) 834-8028, Email: drobenson@ochca.com



Disclaimer: The workgroup developed the list to help identify resources in Orange County that might aid in the prevention and treatment of overweight youth. The workgroup does not endorse the programs listed or verify that the information provided by the programs is accurate. Those using the list accept full responsibility and under no circumstances, including but not limited to negligence, shall the workgroup, CA4-AAP, nor any affiliate be liable for direct, indirect, special or consequential damages that result from the use of this list.