

Resources to Prevent and Treat Overweight Youth in Orange County – 4/10

◇ - 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 center located in Placentia offers 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		100+ /yr	Eng, Sp	Varies \$75/mo w/ discount for siblings	Private pay
2	AltaMed Health Services Wellness Center - Pediatric & Adolescent Obesity Program Director: Alberto Gedissman, MD <i>previously known as PowerPlayMD-OC</i> (714) 919-0280 www.leankids.net/www.altamed.org	◆	◆	◆	◆	2–18 yrs	1-yr comprehensive weight management program includes: Initial 10-week program – 2-3 hour sessions, usually on Saturdays or after-hours. Covers medical, nutritional, behavioral and fitness components. Maintenance Program – Reinforces concepts taught Offices in Santa Ana, Orange, Anaheim, Garden Grove and Huntington Beach.	X	X	X	500+ /yr	Eng, Sp	1-yr program- \$2,500, access to grants, credit, no cost for Alta Med members	Private pay, insurance, and Alta Med/Medi-Cal
3	Boys & Girls Clubs Multiple clubs serving all areas of Orange County Call 2-1-1			◇		Varies (1 ½ –18 yrs depending on site)	The independently operated Boys & 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.ochealthinfo.com/public/ccs/		◆			0–21 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) Customer Service (714) 246-8500 / (888) 587-8088 healthpromotions@caloptima.org	◆	◆	◇	◇	3– 20 yrs CalOptima Medi-Cal members only	With referral from doctor, patients of all ages may receive nutritional counseling and individual or phone counseling with a Health Educator focusing on developing lifelong healthy habits. <i>FIT-tastic</i> train-the-trainer program and tool kit available.	X	X	X	700+ /yr	Eng, Sp, Viet, Farsi	No cost CalOptima Medi-Cal only	Medi-Cal

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6	CalOptima (Healthy Families Program) Customer Service (800) 530-2899	◆	◇	◇	◇	1–18yrs CalOptima members only. MD referral required	Limited availability. 6-10 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	850+ /yr	Eng, Sp, Viet	No cost CalOptima only (Healthy Families Program)	CalOptima (Healthy Families Program)
7	Children & Youth Services (CYS) County of Orange Health Care Agency Behavioral Health Services (714) 834-5015 www.ochealthinfo.com/behavioral/children.htm				◆	0–18 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
8	Children’s Hospital of Orange County (CHOC) Fit-tastic (714) 532-8337		◆	◇	◇	6–12 yrs CHOC primary care patients only	6-week <u>group</u> weight management program (2-hour weekly sessions) that include nutrition classes and physical activity. The program focuses on behavior modification and education to facilitate life-long healthy habits and improve body mass index scores.	X	X	X	30+/yr	Eng, Sp	No cost CalOptima Medi-Cal & Healthy Families	CHOC & HealthCare Foundation of OC
9	Children’s Hospital of Orange County (CHOC) New You Clinic (714) 532-8337	◆	◆	◇	◇	6–18 yrs CHOC primary care patients only	6 monthly 1-hr <u>individual</u> sessions that include: 1) comprehensive medial exam by a pediatrician (physical exam, labs, assessment of diabetes and other obesity-related comorbidities), and 2) nutritional assessment and education provided by a Registered Dietitian (RD). Physical activity recommendations and resources are given. Continual progress assessment by MD and RD.	X	X	X	90+/yr	Eng, Sp	No cost for CalOptima Medi-Cal, \$10 co-pay for Healthy Families	Medi-Cal, CalOptima, Healthy Families, HealthCare Foundation of OC
10	Children’s Hospital of Orange County (CHOC) Nutrition Counseling Monika Ressel, MS, RD (714) 532-8337	◆	◆			0–5 yrs CHOC primary care patients only	Individual nutritional counseling available only to CHOC Primary Care Clinic patients with doctor’s referral. Initial plus follow-up visits with Registered Dietitian (RD), translation services available.	X	X	X	400/yr	Eng, Sp	No cost CHOC Primary Care Clinic only	Children & Families Commission
11	Children’s Wellness Program COCCC, Children & Families Commission of OC and 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 and RD educate 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, Irvine, La Habra and Santa Ana.	X	X		250-300/yr	Eng, Sp	No or low cost to those qualified; sliding scale fee	Children & Families Commission of OC, Hoag, grants, donations & other
12	City Parks & Recreation / Community Services Contact city staff Call 2-1-1			◇		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

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13	Fit Girls & Families Program Girls Inc. of OC (949) 646-7181 www.girlsinc-oc.org		◇	◇	◇	9–18 yrs girls	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.	X	X	X	200+ /yr	Eng	No cost	Grants
14	Fitwize 4 Kids www.fitwize4kids.com Huntington Beach (714) 848-5437 Fitwize4kidshb@yahoo.com		◇	◇		3–15 yrs Toddler program available	Fitwize 4 Kids combines supervised 45-minute circuit training, cardiovascular activities and nutrition education. Interactive workshops, games and goal-driven projects reinforce healthy food choices, promote enthusiasm and boost self-esteem. A variety of group classes offered. Different membership options available. Open 7 days a wk.		X		Varies	Eng, Sp	Varies	Private pay
15	Friends of Children Health Center (562) 690-0400 www.4childhealth.org	◆				0–18 yrs & parents	Individualized medical nutrition counseling for obese and overweight children. Will include whole family if needed. Education will follow the low-literacy “ <i>What To Do For Heavy Kids</i> ” book, Eng/Sp, www.iha4health.org .	X	X	X	Varies	Eng, Sp, other	Varies No cost for CalOptima Medi-Cal, \$10 co-pay for Healthy Families	CalOptima Direct & select managed care plans, Healthy Families, private pay, sliding scale, grants
16	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
17	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
18	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 and dietitians partner with schools to offer screening assessments, nutrition education and physical activity training to help promote a healthy lifestyle that can be carried into adulthood. Over 80 classes are held in over 75 schools – check the website for a full listing of school sites.	X	X	X	2,400+ /yr	Eng, Sp	No cost	St. Joseph Health System, Grants, School Districts

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19	Healthy Lifestyles Program Vida Sana St. Jude Neighborhood Health Ctr. (714) 446-5100	◆	◇			2–18 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, Sp	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		250/yr	Sp	No cost	Grants, donations, contracts
21	Hoag Memorial Hospital Presbyterian Outpatient Nutrition Therapy (949) 764-8321 mmatulich@hoaghospital.org			◆		All ages	Medical nutrition counseling for obese children of all ages. Initial and follow-up visits provided by a Registered Dietitian (RD). Encourage family members/significant others to be present to promote positive lifestyle changes.	X	X	X	Varies	Eng, some Sp	Varies	Private pay, insurance
22	KICK: Kids in Charge of Calories Anthem Blue Cross (866) 541-2219 www.kickprogram.com		◇	◇		Youth Anthem Blue Cross patients only	<i>KICK</i> materials can be downloaded or 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
23	Kid Healthy- Steps to Healthy Living Campaign www.mykidhealthy.org Jackie Teichmann (714) 914-1203 Jackie@mykidhealthy.org		◇	◇		K–6 th grade youth	Nutrition education (Power Play! 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	13,000 / yr	Eng, Sp	No cost for sites serving low-income youth Varied cost for others	Grants, donations, campaign partners
24	Kids Run the OC www.ocmarathon.com/races/kids-run-the-oc.aspx or email kidsruntheoc@ocmarathon.com			◇		5–12 yrs	OC Marathon training program to help introduce youth to running. 10-wk program with short runs that culminate in 1.0 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	\$25 scholarships possible	Private pay & grants
25	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
26	Lindora Weight Loss 1(800) LINDORA www.lindora.com	◆	◇			7 yrs and older	Individualized programs available to promote healthy living. Learn to lose weight and “Lean for Life” way of life. Clinical and online programs available. Clinic programs are medically supervised. “bodyPRIDE” book for teens. Must be 14 years or older to participate in online program.	X	X	X	Varies	Eng, Sp	Varies based on program	Private pay, insurance

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27	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
28	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
29	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	No cost for Medi-Cal, \$74/half hour Insurance billed	Private pay, insurance, Medi-Cal, CHOC Health Alliance
30	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
31	PADRE Foundation (714) 532-8330 www.padrefoundation.org	◆	◆	◆	◆	1-18 yrs	Pediatric Adolescent Diabetes Research and Education (PADRE) Foundation. English and Spanish classes offered every month for children/families with diabetes type 1 and type 2. Focus is on diabetes disease management, carb-counting and life skills.	X	X	X	2,700+ /yr	Eng, Sp	No cost	PADRE Foundation
32	PODER Prevención de Obesidad y Diabetes vía Educación y Recursos Costa Mesa - Reyna Gamboa-Perez (714) 516-4204 Garden Grove – Diana Osorio (714) 741-3343	◆	◇	◆		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 & activity habits. Offered in Costa Mesa and Garden Grove. Director: Patricia Hawk (714) 532-7961.			X	120+ /yr	Sp	No cost	Hoag / CHOC/ HFOC Foundations
33	Take Off Pounds 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.	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

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34	We Can! (For Kids and Parents) St. Jude Medical Center (800) 870-7537, x3		◆	◇	◆	6–12 yrs children & parents	4-week program – 1 ½ hour class per week – A family approach focused on developing lifelong healthy habits including nutrition, physical activity/play and weight management. Offered at St. Jude Centers for Rehabilitation and Wellness, Brea.	X			<50 /yr	Eng	\$60	St. Jude Medical Center
35	We Can! Ways to Enhance Children’s Activity and Nutrition St. Joseph Heritage Healthcare Center for Health Promotion Santa Ana (714) 628-3242		◆	◇	◆	8–13 yrs	10-week program designed to help children maintain a healthy lifestyle. At least one parent/guardian needs to be present for each session. Program incorporates nutrition and fun ways to increase physical activity, including a grocery store trip with meal and snack ideas. Taught by Registered Dietitians, Health Educators and Licensed Social Workers. Follow-up sessions at 3, 6, 9 & 12 months.		X		Varies	Eng	\$200 for entire family - discounts available	Private pay
36	Weight Watchers www.weightwatchers.com		◇			18 yr & up	Program available online and at meetings. Online program not available to those <18 years of age. Adult program but children may be allowed to attend meetings with parents. The Momentum Program focuses on helping members adopt a healthier way to live. <5% of WW participants are youth.	X	X	X	Varies	Eng	Mtgs pay on site. Various membership options. Pay-as-you go ~\$12/wk	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	104,622 low-income participants /yr	Eng, Sp, Viet, Other	No cost	USDA
39	The Wooden Floor (previously known as St. Joseph Ballet) 1810 N. Main St., Santa Ana (714) 541-8314 www.thewoodenfloor.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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40	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, some financial assistance available	Private pay, grants & other
41	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, grants, & donations
42	YMCA of Orange County (714) 549-9622 www.ymcaoc.org			◇		All Ages	Variety of sports and fitness programs through four health and wellness facilities (Fullerton, Laguna Nigel, Mission Viejo and Newport Beach) and community locations throughout OC. Programs include basketball, soccer, volleyball, martial arts, dance, after school sports, noon-time sports, swim lessons, swim team and water polo.	X	X	X	50,000 /yr	Eng, Sp	No and low cost, financial assistance available	Private pay, donations, grants & other
43	Youth EFNEP (Expanded Food and Nutrition Education Program) OC – UC Cooperative Extension Guadalupe Cabrera (714) 708-1610 glcabrera@ucdavis.edu		◆	◇		4–18 yrs low-income	Nutrition and physical activity researched-based curricula for schools, after school programs & community sites. Youth EFNEP has curricula tailored to meet the needs of school children from preschool to high school. The curricula are aligned with the California Department of Education content standards. The Youth EFNEP staff provides training to teachers, youth organizations and community agencies. Training is free and there is no cost to implement the program at respective sites.	X	X	X	5,000 /yr	Eng, Sp	No cost	USDA
	Adult EFNEP		◆			Adults low-income	Eating Smart and Being Active. 8-week interactive, hands-on nutrition education research-based curriculum with emphasis on nutrition information, physical activity, food safety, meal planning and shopping skills, with a food demonstration. Taught by OC-UC Coop Extension staff at schools and community sites.	X	X	X	600+ /yr	Eng, Sp	No cost	UDSA

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 4/10 version

Last Updated: 4-12-10 **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.