

Overweight/Obesity Management Services at CCHMC

Center for Better Health and Nutrition (CBHN) and the HealthWorks! program

The CBHN will evaluate and treat a broad array of children and teens who are overweight or obese. The program features: Medical evaluation and treatment, dietitian services, exercise physiologists, a psychologist, social service support and a group exercise program. Participation in HealthWorks!, CBHN's weight management program, is available to families following the initial CBHN medical visit. Referral criteria are a patient with a body mass index of greater than 85th percentile for age or nutritionally at risk for obesity with rapid weight gain. The program will see children and teens of all ages and those This service is intended for weight/lifestyle management of patients with all types of co-morbidities with the exception of those being referred with known endocrine issues such as diabetes, hypothyroidism, polycystic ovarian syndrome, hypothalamic obesity or known glucose intolerance. Evening hours are available. The increased number of CBHN clinics at the main hospital and satellites, in addition to our weekly rapid evening access clinics ensures families can be seen promptly for an initial CBHN medical visit. In addition, the CBHN has a dedicated clinic for young children (birth through 5 years of age) with severe obesity or rapid weight gain. This clinic at the Clifton Campus is staffed by Nancy Crimmins, MD, an endocrinologist with a specific interest in this age group. Each child is evaluated for syndromic and endocrine causes of obesity and age-appropriate dietary plans are developed in coordination with a dietician with expertise in this age group.

CBHN Sites available:

Clifton
Eastgate
Harrison (Green Township starting Spring 2013)
Liberty
Northern Kentucky

Contact Information

Phone 513-636-4305

Fax 513-636-2459

The Surgical Weight Loss Program for Teens at Cincinnati Children's offers comprehensive evaluation and multidisciplinary care for adolescents seeking weight loss surgery. Our program combines the expertise of highly trained minimally invasive surgeons with experts in nutrition, pediatrics, endocrinology, cardiology, adolescent medicine, psychology, social work, nursing, and clinical and basic research. We are the first and largest dedicated adolescent program in the United States, and we lead the nation in NIH-funded studies to better understand the outcomes of adolescent weight loss surgery. Weight loss surgery should be considered for adolescents with BMI \geq 40 kg/m², weight-related medical, physical or functional comorbidities and failed conventional weight loss attempts. Those patients with a BMI \geq 35 kg/m² with serious conditions including diabetes mellitus type 2, moderate to severe obstructive sleep apnea, severe nonalcoholic steatohepatitis and pseudotumor cerebri should also be considered for referral.



Laparoscopic procedures offered by our program include the roux-en-y gastric bypass and the sleeve gastrectomy.

The Surgical Weight Loss Program for Teens team helps teens and their families adopt the behavioral and lifestyle changes that are needed for lifelong successful weight management. They also offer guidance and counseling after surgery by scheduling regular post-operative consultation visits, support group meetings and annual SWLPT events.

• Contact Us

513-636-4453 or 513-636-9215 Toll Free: 800-344-2462, ext. 4453

Fax: 513-636-7657

The Division of Endocrinology now has a clinic for obese children with known endocrine disorders. Children with a BMI greater than 95th percentile for age with the following issues will benefit from the expertise offered at this clinic:

Hypothyroid is m

Hypothalamic dysfunction

Polycystic Ovarian Syndrome

Type 1 or Type 2 Diabetes

Known to have glucose intolerance by an oral glucose tolerance test

This clinic is offered at the Clifton Campus

Contact Information

513-636-4744