

Resources to Prevent and Treat Overweight Youth in Orange County – 8/07

◇ - 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 below) have partnered to create “S-Team,” a medical, educational, maintenance and conditioning program targeting overweight youth. Site located in Anaheim Hills.	X			175+ /yr	Eng Sp	Varies	Private pay, sliding scale, clinical trials
3	Boys and Girls Clubs Multiple clubs serving all areas of Orange County Call 211 / 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.	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/		◆			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.	X	X	X	150+ /yr	Eng, Sp, Viet	No cost CalOptima Medi-Cal only	Medi-Cal

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6	CalOptima Kids (Healthy Families Program) 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	100+ /yr	Eng, Sp, Viet	No cost CalOptima Kids only (Healthy Families Program)	CalOptima Kids (Healthy Families Program)
7	Children's Health Club Huntington Beach Community Clinic (714) 847-4222	◆	◆		◆	0-5 yrs and 0-18 yrs MD referral (Self referrals receive med appt. on site)	Children at risk for obesity 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 obesity-related health issues and a dietitian provides nutrition ed and parent ed regarding feeding issues. Children treated at Clinica Medica de Ella, El Modena Health Ctr. and other medical sites may be referred to the Children's Health Club; special focus on 0-5 yr age group.	X	X	X	250-300/yr	Eng, Sp	No of low cost to those qualified; sliding scale fee	Prop 10, Private pay, grants, donations & other
8	Children's Hospital of Orange County (CHOC) 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	Prop 10
9	City Parks & Recreation / Community Services Contact city staff Call 211 / 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
10	Coaches and Kids Program Rocky's Main Event (949) 955-1262		◇	◇		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 January OC Marathon – for a total of 26.2 miles (distance of marathon). Utilizing Dairy Council nutrition materials. Variety of participating sites in OC.	X	X	X	600+ /yr	Eng, Some Sp	\$35 scholarships possible	Private pay & grants
11	Disney GOALS (714) 956-4625 www.goals.org				◇	6-19 yrs low-income areas	The Growth Opportunities through Athletics, Learning and Service (GOALS) after school program helps provide youth in low-income areas with athletics (including ice, roller and field hockey), learning, community service and job training activities at multiple school and community sites. Sites in Anaheim, Fullerton, Garden Grove, Orange and Placentia.	X			2,500 /yr	Eng	No cost	Donations, grants, partners, other
12	Fitwize 4 Kids www.fitwize4kids.com Rancho Santa Margarita (949) 858-0351 Huntington Beach – coming soon		◆	◆		6 ½ - 15 yrs	Health Club- Ongoing 1-hour sessions. Unlimited use. No scheduling required. Fitwize 4 Kids combines supervised circuit training, cardiovascular activities, and nutrition education. Interactive workshops, exciting games and goal-driven monthly projects reinforce healthy food choices, promote enthusiasm & boost self-esteem.			X	200+ /yr	Eng, Sp	\$79-\$139/mo plus one-time enrollment fee \$75	Private pay

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13	Healthy Eating for Kids Kaiser Permanente Health Care Pavilion (888) 988-2800	◆	◆	◇		5 - 12 yrs	Community education classes open to all Kaiser and non-Kaiser members English – one, 2-hour class for youth and families Classes held in the evening at Pavilion, 200 N. Lewis, Orange, CA 92868	X	X	X	<50 /yr	Eng	\$10	Kaiser
14	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
15	Healthy Weight Peso Saludable Latino Health Access Francisca Leal or Gina Torres (714) 542-7792		◇	◇		6 - 14 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
16	Kid Healthy-Steps to Healthy Living Campaign YMCA of Orange County Jackie Teichmann (714) 914-1203 jteichmann@socal.rr.com		◇	◇		3 rd , 4 th and 5 th grade youth	Nutrition education (Power Play lessons) and physical activity (pedometer) campaign targeting youth at school and after school sites held annually in March and April. Plus 8-wk lesson series in OC Register "Register in Education" section for school and home use.	X	X	X	20,000 / yr	Eng, Sp	No cost for sites serving low-income youth Varied cost for others	Grants, donations, campaign partners
17	Kids & Families Fit by Design YMCA of Orange County Lisa Baumann (714) 585-8451		◇	◆	◇	8 - 12 yrs & 13-17yrs Families-parent & child	6-week program – 1 ½ hour class per week – Nutrition, Fitness, Weight Management; focuses on developing lifelong healthy habits. Offered at YMCA Community Center, 1633 4 th St. #184, Santa Ana. Afternoon & evening classes available. "Are You Fit to Parent" seminars also offered. Cities serve include: Santa Ana, pending in Fullerton and Yorba Linda.	X	X	X	<100 /yr	Eng	\$120 Individual or \$200 Family	Private pay & grant, Accept insurance payments
18	Kids in Charge of Kalories Blue Cross (866) 541-2219 www.bluecrossca.com		◇			Youth Blue Cross patients only	Kids In Charge of Kalories (KICK) is a free program for Blue Cross members who want to help their families learn about eating healthy and the benefits of exercise. The KICK Program will provide phone support, educational materials & other resources. Materials and handouts available to all on the Blue Cross website.	X	X	X	Varies	Eng	No cost	Blue Cross
19	LEAN Start Pending Children & Families Commission OC Arlene Turner / aturner1890@earthlink.net		◇	◇		3-5 yrs	Pilot program pending. Six-week program for parents of preschoolers; emphasis is on healthy lifestyles including nutrition education and physical activity. Developed by William Sears, MD.	X	X	X	TBD	Eng	TBD	Children & Families Commission

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20	The Little Gym www.thelittlegym.com 4 locations in Orange County			◇		Infants to 12 yrs	Gyms, located in Huntington Beach, Mission Viejo, Tustin and Yorba Linda, promote motor skill development through parent/child classes for infants and toddlers. Classes in dance, karate, sports skills and more are available for youth 3 to 12 years of age.	X	X	X	Varies	Eng	Varies	Private pay	
21	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 and By Phone programs. 12 locations in OC.	X	X	X	Varies	Eng, Sp	Varies based on program, free consultation	Private pay	
22	Mission Hospital Niños Saludables Community Health Outreach Catina Copete (949) 364-1400 x4215			◇	◇	8 - 12 yrs Spanish-speaking youth & parents	5-week program, referrals from churches, MDs, school nurses and school-parent liaisons. Classes scheduled in convenient locations: schools, churches, Family Resource Centers.				X	75+/yr	Sp	No cost	Mission Hospital
23	Mission Hospital Ped. Wt. Mgmt. Consults Center for Sports and Wellness (949) 364-9636			◆	◇	0-18 yrs M.D. referral or self-referral	Individualized sessions focusing on lifestyle changes for child and family – with Registered Dietitian.				X	Varies	Eng, Sp	\$75/half hour Insurance billed	Private pay, insurance Medi-Cal CHOC Health Alliance
24	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 Anaheim, Huntington Beach, Laguna Nigel, Newport Beach, Rancho Santa Margarita, Tustin/Irvine.	X	X	X	Varies	Eng	\$175 for 10 wks, includes 1 class + 2 free play each wk	Private pay	
25	Obesity/ Diabetes Type 2 Prevention Program CHOC Reyna Gamboa-Perez (714) 516-4204	◇	◇	◆	◆	8-75 yrs	Family-based program on obesity / diabetes prevention. Interactive classes in Spanish with focus on lifestyle / behavior modification and improved nutrition, and activity habits. Offered in Costa Mesa.				X	120+ /yr	Sp	No cost	Hoag / CHOC Foundations
26	PADRE Foundation at CHOC (714) 532-8330	◇	◆	◇	◇	1 - 18 yrs	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	
27	PE for Me (AAP) www.pe4meonline.com Dr. Michael Weiss (949) 858-1100	◆	◇	◆		High school & Jr. High students	Pediatricians partner with schools to offer for-credit PE class designed for overweight youth. <u>Rancho Santa Margarita</u> -Tesoro High <u>Santa Ana</u> - Santa Ana, Century, Segerstrom, & Saddleback high schools <u>Anaheim</u> – South, Sycamore & Ball junior high schools, Hope High	X	X	X	500+ /yr	Eng	No cost	Grants, School Districts	

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28	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 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 Orange. Presentations available. See BogiFit listing above for info on S-Team program.	X	X	X	350+ /yr	Eng, Sp	1-yr program- \$2,000, access to grants & credit, no cost for CalOptima Healthy Families	Private pay, & insurance CalOptima Kids – Healthy Families Program
29	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
30	Student Run Los Angeles (OC) (818) 997-2451 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	Eng Some Sp	No cost	Donations, other
31	Teen Pass Governor's Challenge 24-Hour Fitness Governor's Council on Physical Fitness & Sports www.calgovcouncil.org/register				◇	High school students	Teens can sign up for the Governor's Challenge and receive a free 30-day pass to use a 24-Hour Fitness facility during off-peak hours. Some qualify for extended 90-day pass.	X	X	X	Varies	Eng	No cost	24 Hr Fitness
32	Weight Watchers www.weightwatchers.com		◇			17 yr & up (Plus youth 10 – 16 yrs w/ MD note & wt goal)	Adult program but children allowed to attend with parents. Program available on-line and at meetings. "Points" Plan or "No Counting" Plan. <5% of WW participants are youth.	X	X	X	Varies	Eng	On-line = initial \$29.95 + \$16.95/mo Mtgs pay on site	Private pay, insurance
33	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 prescription checks for 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	98,500 low-income participants /yr	Eng, Sp, Viet, Other	No cost	USDA

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34	YMCA of Anaheim (714) 635-9622 www.anaheimymca.org			◆		All Ages	Variety of services. Programs include <i>Y Be Healthy</i> , integrated into 35 elementary schools through the Anaheim Achieves after school programs, and the “Healthy Kids from Head to Toe” lecture series in collaboration with Anaheim Memorial Medical Center. Serving Anaheim, Cypress, La Palma and Stanton.	X	X		3,000 youth /day	Eng Some Sp	No and low cost	Private pay, grants & other
35	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 may be available	Private pay
36	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
37	Youth EFNEP UC Cooperative Extension Orange County (714) 708-1614 http://ceorange.ucdavis.edu		◆	◇		4 – 18 yrs low-income	Classes at schools, after-school programs & community sites <u>4-6 yr/Preschool</u> – 9 wk program, <i>Happy, Healthy Me....Moving, Munching & Reading through MyPyramid</i> - interactive lessons on nutrition & physical activity <u>K-3rd/Elementary</u> – 11-wk program, <i>Reading Across MyPyramid</i> - interactive lessons on nutrition & physical act. <u>Intermediate & High School</u> – <i>EatFit</i> – 9 interactive lessons on nutrition & physical activity <u>Pregnant/Parenting Teen</u> – 8-wk program on nutrition, physical activity & life skills.	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 in physical activity, food safety, meal planning, food handling and shopping skills. Taught by UC Coop - OC staff in 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 available.	X	X	X	500 /yr	Eng, Sp	No cost	EFNEP

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Reviewed and endorsed by: California Chapter 4 – American Academy of Pediatrics 8/07

Last Updated: 8-14-07 **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: drobinson@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.