

Resources for Prevention and Treatment of Overweight Youth – 9/06

Program	Medical	Nutrition	Phys Act	Behavioral	Contact Info	Age / Referral Criteria	Description	Area	# Served	Lang	Cost	Paid by
24-Hour Fitness Teen Pass – Governor’s Challenge			X		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.	OC	Varies	Eng	Free	24 Hr Fitness
Active Kids! (CSUF-St. Jude-City of Fullerton)		X	X		Dr. Lenny Wiersma Department of Kinesiology (714) 278-3806 LWiersma@fullerton.edu	6 - 12 yrs	After-school physical activity and nutrition education program targeting underserved, at-risk youth in West Fullerton. Meets two afternoons a week in Richman Park in Fullerton from 3:00-4:00 pm.	Fullerton	~35	Eng	Free	CDC Grant
California Children’s Services (CCS)		X			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.	OC	Varies	Eng, other	Case by case	CCS
CalOptima (Medi-Cal)	X	X		X	CalOptima: Quality Management & Improvement Dept. 714-246-8500/(888) 587-8088 healthpromotions@caloptima.org	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.	OC	150+/yr	Eng, Sp, Viet	No cost Cal Optima Medi-Cal only	Medi-Cal
CalOptima Kids (Healthy Families Program)	X	X	X	X	CalOptima Kids (Healthy Families Program) Customer Service 800-530-2899	7-12 yrs. 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.	OC	100+/yr	Eng, Sp, Viet	No cost Cal Optima Kids only (Healthy Families Program)	CalOptima Kids (Healthy Families Program)
Children’s Hospital of Orange County (CHOC)		X			CHOC 714/532-8455	0 - 5 yrs CHOC MD referral only	Individual counseling. Initial plus follow-up visits with Registered Dietitian (RD), translation services available. CHOC Health Alliance patients only.	OC	Pending	Eng	No cost CHOC Health Alliance only	CHOC Health Alliance
City Parks & Recreation / Community Services			X		Contact city staff	Resident of city	Variety of sports and physical activity classes and programs.	OC	Varies	Eng	Varies – mod to low cost	Private pay
Coaches and Kids Program		X	X		Rocky’s Main Event (949) 955-1262	Youth 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).	OC Participating sites	2,000+/ yr	Eng, Some Sp	\$25 scholarships possible	Private pay & grants

Program	Medical	Nutrition	Phys Act	Behavioral	Contact Info	Age / Referral Criteria	Description	Area	# Served	Lang	Cost	Paid by
Healthy Eating for Families	X	X	X		Kaiser Permanente Health Care Pavilion (888) 988-2800	8 - 12 yrs	Community education classes open to all Kaiser and non-Kaiser members English – two, 2-hour classes for youth and families Spanish – one, 3-hour class for youth and families Classes held at Pavilion, 200 N. Lewis, Orange, CA 92868	OC	<50	Eng, Sp	\$10	Kaiser
Healthy Families Eating Smart and Being Active		X			UC Cooperative Extension (714) 708-1614	Low income adults	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.	OC	800+/yr	Eng, Sp	Free	UDSA-EFNEP
Healthy Weight Peso Saludable	X	X	X	X	Latino Health Access Francisca Leal or Gina Torres 714-542-7792	Kids & Parents 6 - 14 yrs	6-week program with nutrition education class and 2-hrs of physical activity twice weekly. Limited space.	Santa Ana	150/yr	Sp	Free	Grants, donations, contracts
Kid Healthy-Steps to Healthy Living Campaign		X	X		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.	OC	18,000+ / yr	Eng, Sp	Free	Grants, donations, campaign partners
Kids Fit by Design		X	X	X	YMCA of Orange County Lisa Baumann (714) 585-8451	Kids & Parents 8 - 12 yrs & 13 - 17yrs	6-week program -1 ½ Hour Class per week Nutrition Fitness Weight Management focuses on developing lifelong healthy habits Offered After school on School sites for Kids only Evening Classes for Kids & Parents together Train the Trainer available.	Villa Park &, Serrano Elem Schools	<100	Eng	\$120/ind \$200/family scholarships possible	Private pay & grant
Kids in Charge of Calories					Blue Cross (866) 541-2219	Blue Cross patients only 6 - 12 yrs	Unavailable					Blue Cross
Learn at Home		X			UC Cooperative Extension (714) 708-1614	Low income adults	Nutrition education correspondence course, 12 lessons available.	OC	600/yr	Eng, Sp	Free	EFNEP
Lindora Weight Loss	X	X			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.	OC 12 locations	Varies	Eng Sp	Varies based on program, free consultation	Private pay
Mission Hosp Niños Saludables		X	X		Community Health Outreach Catina Copete (949) 364-1400 x4215	Spanish-speaking parents & youth 8 - 12 yrs	5-week program, referrals from churches, MDs, school nurses and school-parent liaisons. Classes scheduled in convenient locations: schools, churches, Family Resource Centers.	South OC	75+/yr	Sp	Free	Mission Hospital

Program	Medical	Nutrition	Phys Act	Behavioral	Contact Info	Age / Referral Criteria	Description	Area	# Served	Lang	Cost	Paid by
Mission Hosp – Ped. Wt. Mgmt. Program		X	X		Center for Sports and Wellness (949) 364-9636	School Age to 18 yrs	Individualized sessions focusing on lifestyle changes for child and family – with R.D. and/or exercise specialist.	South OC	60/yr	Eng, Sp	\$259 w/ partial scholarships possible	Private pay, insurance
PADRE Foundation		X			PADRE Foundation (714) 532-8330	1 - 18 yrs	Classes in Spanish for children/families with diabetes mellitus type 1; youth with type 2 may attend when space permits. Focus is on Carb Counting. Classes held quarterly.	CHOC-Orange	100/yr	Eng, Sp	Free	PADRE Foundation
PE for Me (AAP)	X	X	X		Participating school sites 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>Irvine</u> – Irvine High, <u>Santa Ana</u> - Santa Ana, Century, Segerstrom, & Saddleback high schools, <u>Anaheim</u> – South, Sycamore & Ball junior high schools, Hope High	RSM Irvine Santa Ana Anaheim	350+/yr	Eng	Free	Grants, School Districts
PowerPlay MD-OC	X	X	X	X	(877) LEAN KIDS (877) 532-6543 (714) 919-0280 www.leankids.net Fax (714) 288-8970	4 - 19 yrs in developmentally 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.	OC	80+	Eng, Sp	Varies	Private pay, insurance
Student Run Los Angeles (OC)			X		SRLA (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.	OC	2,200/yr	Eng	Free	N/A
Weight Watchers		X			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.	OC	Varies	Eng	On-line = initial \$29.95 + \$16.95/mo Mtgs pay on site	Private pay, insurance
WIC (Supplemental Nutrition Program for Women, Infants and Children)		X			Camino Health Centers – (949) 488-7688 Health Care Agency – (714) 834-8333 Planned Parenthood –(714) 973-2411 PHFE – (888) 942-2229	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.	OC	98,500+ low-income participants	Eng, Sp, Viet, Korean	Free	USDA
YMCA of Anaheim			X		(714) 635-9622 www.anaheimymca.org	All	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.	Anaheim, Cypress, La Palma & Stanton	5,000 youth per day	Eng	Free & low-cost	Private pay, grants & other

Program	Medical	Nutrition	Phys Act	Behavioral	Contact Info	Age / Referral Criteria	Description	Area	# Served	Lang	Cost	Paid by
YMCA of Orange			X		(714) 633-9622 www.ymcaoforange.org	All	Variety of services. Health programs - Youth sports program, parent/child programs, fitness integrated into 3 after school programs. BMX track at Orange site.	Orange, Anaheim Hills, El Modena, Santiago Canyon & Villa Park	3,000+ families /yr	Eng, Sp	Varies, some financial assistance may be available.	Private pay
YMCA of Orange County			X		(714) 549-9622 www.ymcaoc.org	All	Variety of services at nine branches. Fitness facilities at Newport Bch, Fullerton, Mission Viejo and Laguna Nigel. Programs offered at fitness facilities and 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.	Newport Bch, Fullerton, Mission Viejo & Laguna Nigel, San Clemente, Huntington Bch, Yorba Linda & Tustin.	80,000+ /yr	Eng, Sp	Free & low cost financial assistance available	Private pay, grants donations & other
Youth EFNEP		X	X		UC Cooperative Extension (714) 708-1614	4 – 18 yrs from low-income families	Classes at schools, after-school programs and community agencies <u>4-6 yr/Preschool</u> – 8-wk program, <i>Happy, Healthy Me...Moving, Munching & Reading through MyPyramid</i> <u>K-3rd/Elementary</u> – 8-wk program, <i>Reading Across MyPyramid Intermediate</i> – <i>EatFit</i> – 9 interactive lessons on nutrition and activity <u>Pregnant/Parenting Teen</u> – 8-wk program on nutrition, activity & life skills.	OC	7,500/yr	Eng, Sp	Free	USDA, Univ of Cal Coop Extension

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

Partial funding support from The California Endowment – Healthy Eating, Active Communities grant.

Reviewed by: California Chapter 4 – American Academy of Pediatrics

Last Updated: 9-8-06

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

