



Lurie Children's at Northwestern Medicine Central DuPage Hospital

Wellness and Weight Management Program



Northwestern Medicine Central DuPage Hospital
25 North Winfield Road
Winfield, Illinois 60190
630.933.1600

TTY for the hearing impaired 630.933.4833

nm.org



Comprehensive services

Personalized treatment

A dedicated team of pediatric weight management professionals will work with you and your child to create a personalized plan to assist weight loss, improve health and overcome obstacles that keep your family from living life to the fullest.


What to expect

During the first appointment, the physician or advanced practice nurse will complete a thorough medical review and evaluation, which may include lab work and a Body Mass Index (BMI) measurement. BMI is the number calculated from height and weight measurements to assess whether an individual has a healthy weight for his or her height. We also screen for nutritional deficiencies and advise vitamin supplements as needed.

A registered dietitian will complete a thorough nutrition assessment and review the individual's diet and physical activity history through motivational interviewing techniques. Using a patient- and family-centered approach, initial goals for behavior change will be identified. We will work with your child's primary care provider to obtain any necessary referrals for concerns that need specialty care.

A social worker is available to help families better manage stress, initiate behavior change and address mental health issues. They also identify additional needs and connect families to resources.

* Ann & Robert H. Lurie Children's Hospital of Chicago at Northwestern Medicine Central DuPage Hospital is a collaborative program between Northwestern Memorial HealthCare and Lurie Children's and its affiliated physician groups. The physicians participating in this program are neither agents nor employees of Northwestern Medicine Central DuPage Hospital.

A young boy and girl are running on a grassy field. The boy is on the left, wearing a light blue polo shirt and dark pants. The girl is on the right, wearing a light pink shirt and blue jeans. A soccer ball is on the grass in the foreground. The background is a blurred outdoor setting with trees and a fence.

The Pediatric Wellness and Weight Management Program of Ann & Robert H. Lurie Children's Hospital of Chicago at Northwestern Medicine Central DuPage Hospital* provides compassionate and comprehensive family-based care for children and teenagers who are overweight or obese and want to achieve a healthier lifestyle.

Children look to their families to model healthy eating and physical activity, so we make sure that parents and family members are deeply involved in the care we provide to patients.



The Wellness and Weight Management Program delivers positive, family-based care focusing on changes within the entire household to promote health. We assist the primary care physician in identifying medical, nutritional and behavioral issues that may be barriers to lifestyle change. The care team will provide education and resources to help all patients improve health habits, such as choosing the right foods and exercise.

During the program, patients and their families learn to:

Develop good exercise habits and incorporate activity into their daily routine

Reduce sedentary behaviors

Identify and avoid high-calorie, low-nutrient foods, which include sugar, sweets and sweetened beverages

Make smart food shopping, cooking and restaurant meal choices

Focus on positive, healthy lifestyle changes versus quick fixes and fad diets

We encourage your family to follow a healthy, balanced diet, which includes:

Eating more fruits and vegetables

Drinking low-fat or non-fat milk

Limiting sugars and sweets

Avoiding sugar-sweetened beverages

Choosing whole grains

Choosing lean proteins

Suggested Resources

Supertracker

Tool to track meals and activity, set goals and find recipes and ideas

www.choosemyplate.gov

EatRight

Learn about family exercise, food preparation and tips from the Academy of Nutrition

www.eatright.org

National Heart, Lung, and Blood Institute

Giving Young Hearts Strong Starts guidebook

<https://www.nlm.nih.gov/conditions-and-care-areas/pediatrics/pediatric-wellness-and-weight-management>



Help your child

Getting Started

First appointment: You can choose the Chicago or Winfield location. During the first visit, a physician or advanced practice nurse will complete a thorough medical review and evaluation. A registered dietitian will meet with you and your child to discuss nutrition and activity. Goals will be set and any appropriate referrals will be made. Initial visits may last one to two hours; please plan accordingly.

Follow-up visits: Your willingness to adhere to recommendations provided by the Wellness and Weight Management team largely determine the outcome. Frequency and duration of follow-up with the team is suggested by the physician or advanced practice nurse on a case-by-case basis.

Insurance coverage: Check to see if your health insurance covers the treatment. Different carriers have different coverage policies.

Schedule an appointment: Get the care, guidance and support that can help change your child’s outlook—and his or her life.

To schedule an appointment, please call 1.800.KIDS.DOC (1.800.543.7362). TTY for the hearing impaired 630.933.4833.

Lurie Children’s at Northwestern Medicine Central DuPage Hospital Wellness and Weight Management Outpatient Program for Overweight and Obese Children

Eligible Patients	Children ages 6 months to 19 years
Care Team	Physician, advanced practice nurse, social worker and registered dietitian
Location(s)	Lurie Children’s Outpatient Center, Outpatient Pediatric Clinic B, First Floor, at Central DuPage Hospital, Winfield Lurie Children’s Outpatient Center in Lincoln Park, Chicago

The Care Team*



Helen Binns, MD, MPH
Director, Wellness and Weight Management Program Director, Center on Obesity Management and Prevention
Ann & Robert H. Lurie Children’s Hospital of Chicago



Gina Gilchrist, RDN, LD
Clinical Dietitian Certificate of Training in Childhood and Adolescent Weight Management and Motivational Interviewing
Northwestern Medicine Central DuPage Hospital

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