

**PROVIDER: Weight Management, Nutrition, and Community Resources**

**Comprehensive Weight Management**

Name	Age	BMI	Content	Referral required	Cost	Location	Days/Times	Enroll/Info
<b>TCH Resources</b>								
<a href="#">Adolescent / Teen WOW</a>	12-18	>95th %ile	Medical, nutrition, and behavioral interventions	Yes	Insurance/Self	Wallace Tower		EPIC* ("referral to Adol Med")/832-822-4887
<a href="#">Bariatric Surgery</a>	15-18	≥40 kg/m <sup>2</sup>	Evaluation and preparation for surgery or alternate treatments	Yes	Insurance/Self	Woodlands		EPIC* ("referral to pediatric surgery")/832-822-4868
<b>Non-TCH Resources</b>								
Weight Management Clinic – Harris Health	1-18	≥85th %ile	Medical, nutrition, and psychology	Yes	Insurance/Self	<a href="#">3925 Fairmont parkway, Pasadena 77504</a>	Monday PM	Families need to be ready to make changes

**Behavior Modification Programs**

Name	Age	BMI	Content	Referral required	Cost	Location	Days/Times	Enroll/Info
<b>Non-TCH Resources</b>								
<a href="#">Weight Watchers</a>	≥13	any	Group behavior modification program	Yes - requires physician approval	Self (\$3-9/wk)	Multiple		For TCHP members, may be covered after case management supervision for at least 3 months (832-828-1197)

**Physical Activity Resources**

Name	Age	BMI	Content	Referral required	Cost	Location	Days/Times	Enroll/Info
<b>TCH Resources</b>								
Physical Assessment Clinic	6-18y	any	Assessment of Physical Conditioning by a Physical Therapist	Yes	Insurance/Self	Wallace Tower	T, 1-4pm	EPIC (PT-evaluate and treat, Main campus, Evaluate and Treat, and Plan of Care to include "Education/Home Exercise Program" and put "Brandon Achane" in Comments")

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**Non-TCH Resources**

Houston Parks and Recreation Instructional Sports Play	6-13y	any	Multiple offerings of sport teams and fitness	No	\$0-30	multiple	multiple	<a href="http://www.houstontx.gov/parks/youthsports.html">http://www.houstontx.gov/parks/youthsports.html</a>
Marathon Kids Running Clubs	pre K-12 grade	any	Running clubs at various schools running for 10-30 minutes	n/a	\$15	multiple		<a href="http://www.marathonkids.org">www.marathonkids.org</a>
Girls on the Run Greater Houston	3 <sup>rd</sup> -8 <sup>th</sup> grade	any	Running clubs at various schools for 10 weeks each Fall/Spring	n/a	\$30-155	multiple	varies; 2x/wk for 90 minutes	<a href="http://gotrgreaterhouston.org/">http://gotrgreaterhouston.org/</a>
BakerRipley	any	any	some offer nutrition and physical fitness classes	n/a	\$150/family/yr	multiple		<a href="https://www.bakerripley.org/services">https://www.bakerripley.org/services</a>
YMCA		any	group and individual fitness options	n/a	varies	multiple		<a href="https://www.ymcahouston.org">https://www.ymcahouston.org</a>
CDC.gov	any	any	guideline for physical activity	n/a	Free			<a href="https://www.cdc.gov/healthyschools/physicalactivity/toolkit/factsheet_pa_guidelines_families.pdf">https://www.cdc.gov/healthyschools/physicalactivity/toolkit/factsheet_pa_guidelines_families.pdf</a>
Healthy children.org (American Academy of Pediatrics)	any	any	online collection of articles on physical fitness for families	n/a	Free			<a href="https://www.healthychildren.org/English/healthy-living/fitness/Pages/default.aspx">https://www.healthychildren.org/English/healthy-living/fitness/Pages/default.aspx</a>

**Camps**

Name	Age	BMI	Content	Referral required?	Cost	Location	Enroll/Info
<b>Non-TCH Resources</b>							
<a href="http://www.uh.edu/education/bounce/">BOUNCE</a>	9-14		4 week summer programs with nutrition, exercise, and counseling	No	varies	varies	<a href="http://www.uh.edu/education/bounce/">http://www.uh.edu/education/bounce/</a>

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**Nutrition Resources**

Name	Age	BMI	Content	Referral required	Cost	Location	Days/Times	Enroll/Info
<b>TCH Resources</b>								
Healthy Lifestyles Group Class	6-18	≥ 85 <sup>th</sup> %ile	1 hour group class with new topic every month	Yes	Insurance/Self	Telemed	Varies	832-227-2628
<b>Non-TCH Resources</b>								
ChopChop Cooking Club	any	n/a	Online cooking resource	No	Free			<a href="http://www.chopchopcookingclub.org">http://www.chopchopcookingclub.org</a>
BrighterBites	any	n/a	Online resource for recipes and helpful tips	No	Free			<a href="https://www.brighterbites.org/tips-tools/">https://www.brighterbites.org/tips-tools/</a>
ChooseMyPlate.gov	any	n/a	Online nutrition and physical activity facts	No	Free			<a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a>
Calories Needed Parent Tips (NHLBI)	any	n/a	Online guideline for number of calories needed by age & gender	No	Free			<a href="https://www.nhlbi.nih.gov/health/educational/wecan/downloads/calreqtips.pdf">https://www.nhlbi.nih.gov/health/educational/wecan/downloads/calreqtips.pdf</a>
Healthy Children.org (American Academy of Pediatrics)	any	n/a	Online articles on nutrition	No	Free			<a href="https://www.healthychildren.org/English/healthy-living/nutrition/Pages/default.asp">https://www.healthychildren.org/English/healthy-living/nutrition/Pages/default.asp</a>
	0-5	<95%	Nutrition, PE, and parenting tips for infants through toddlers	No	Free			<a href="https://www.healthychildren.org/English/healthy-living/growing-healthy/Pages/default.aspx">https://www.healthychildren.org/English/healthy-living/growing-healthy/Pages/default.aspx</a>
SWAY nutrition videos (Stanford University)	any	n/a	Online nutrition video series	No	Free			<a href="https://www.youtube.com/playlist?list=PL61Cx01GKzUmt2vr3Pk5zQAix-1N_JP_R">https://www.youtube.com/playlist?list=PL61Cx01GKzUmt2vr3Pk5zQAix-1N_JP_R</a>