



San Diego Childhood Overweight Resource Guide

PROGRAM	WHAT IS OFFERED	CONTACT	COST	LANGUAGES
MULTIPLE LOCATIONS				
Find a Dietitian American Dietetic Association (ADA)	A nation-wide referral service that links consumers and health professionals to registered dietitians.	www.eatright.org/finddiet.html 1-800-366-1655	Free to locate dietitians in the nation; fees for the dietitian vary.	English Spanish
Before and After School Programs San Diego County Office of Education	Provide school-aged children with recreation and academic opportunities before and after school. Offered Monday through Friday.	Tia Quinn 619-682-5260	Free	English Spanish
Children and Weight: What Parents Can Do Sharp Center for Health Promotion	In one class, parents learn how to provide the quality nutrition required for their child's optimal growth and health.	Paula Burich, RN 858-627-5347 Register at: 1-800-827-4277	Free to Sharp Health Plan members, or \$20 per couple	English
KP Kids (Kaiser Permanente Kids In Dynamic Shape)	For children ages 5-12. Six sessions on nutrition, exercise, and family behavior change. Includes interactive group learning, games, gifts, prizes, and more	(619) 589-3237	\$95 KP members \$135 non-members	English Spanish
Family or Teen Healthy Eating Classes Kaiser Permanente	For children ages 5-17. Introduction to age appropriate healthy eating for families or teens.	(619) 589-3237	Free	English Spanish
Youth Tennis San Diego	After school tennis lessons for elementary to high school students.	Conan Lorenzo 619-221-9000 x311	Scholarships available or \$30 per 6-week session at participating schools. \$75-350 for private lessons.	English Spanish
Operation FitKids American Council on Exercise	Website provides free educational materials for children and parents about healthy lifestyles, free e-newsletter.	Deirdre Kleske 858-576-6532 direct line www.acefitness.org	Free	English
The Whittier Institute for Diabetes/Project Dulce Childhood Obesity and Diabetes Prevention Projects	Provide a series of diabetes prevention classes for families. Focus is on raising awareness of diabetes prevention strategies, developing skills to practice good nutrition and regular physical activity. Target is elementary school-aged children, women with gestational diabetes and mothers of children (0-5yrs. old).	Leticia Lleba, MPH Manager, Prevention and Community Outreach (858) 626-5638 lleba.leticia@scrippshealth.org	Free	English Spanish
Scripps Whittier Diabetes and Nutrition Program	Individual counseling appointments for weight loss and weight maintenance.	Alisa Minear, MS, RD, CDE 858-626-5672	Insurance varies or \$156/hr	English Spanish
LA Weight Loss Centers	Individualized program on nutrition education and diet control.	www.laweightloss.com 1-800-331-4035	\$9.99/week ½ money back when goal attained	English Spanish
Pre-School Peace Patrol	A mobile service offering life skills coaching for today's children, on-site kitchen analysis, meal planning, local grocery store tours, family meetings, and much more!	Adelaide L. Zindler www.pedsplay.com MyCoach@pedsplay.com 760-789-3404	Cost varies with service, no insurance accepted	English
NORTH				
Family Nutrition Program/Alimenta tu Salud North County Health Services	A comprehensive program, which includes ongoing medical and nutritional intervention for overweight children ages (2-18). Includes health education classes, and Medical Nutrition Therapy by a registered dietitian for patients of North County Health Services.	Nuria Solano 760-736-8710	Free to Community Health Group Members	English Spanish
Habitos Sanos Vista Community Clinic	A program focusing on case management and home visits to children from the ages of 0-5yrs with a BMI above 95%tile.	Eloisa Orozco 760-407-1220 x101	Free to low-income Hispanic families	English Spanish
Nutrition & Metabolic Research Center Scripps Clinic Del Mar	Provides weight management services concerning obesity, diabetes, eating disorders, cholesterol problems, thyroid problems and hypertension. Registered Dietitians are also available for nutritional consultation.	858-794-1250 www.scrippsclinic.com	Costs vary, some insurance accepted	English
SHAPEDOWN	A 10-week counseling program and 1-year follow-up for overweight children and their families.	Kathy James, DNSc, NP 858-259-4676	Costs vary, insurance accepted	English
SOUTH				
Health Education San Ysidro Health Center	Individual health education for children, including weight control education.	Diana Luquin 619-428-4463 x6513	Free	English Spanish
Center for Health Promotion Paradise Valley Hospital	Individual nutrition or diabetes counseling with a dietitian or nurse. Healthy Living class for families facing obesity.	619-470-4346	Varies, No insurance accepted Classes are free	English Spanish



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CENTRAL/NORTH CENTRAL				
Weight Management Group Children's Hospital	Nutrition classes include one initial visit and three nutrition classes for children ages 6-18 and their parents.	Lisa Nelson, RD 858.576-1700 x5016 Sandra Salzedo (Spanish) 858-576-1700 x4676	Physician referral or \$50 per session, accepts Medical, CCS	English Spanish
Nutrition Classes Logan Heights Family Resource Center	Nutrition/education classes for parents. Each session is 10 classes that focus on weight and obesity prevention. Referral to health education for diabetes, asthma, obesity, chronic disease.	Lazett Saragoza Desiree Flores 619-515-2406	Free for families with children up to 5 years of age.	English Spanish
Nutrition Classes North Park Resource Center	Weight management classes for parents. Nutrition classes w/ label reading, store visits, cooking demo. Each session is approximately 6 classes.	Monica or Cynthia 619-515-2556	Free for families with children up to 5 years of age. \$20 for court order.	English Spanish
Track Cycling Classes San Diego Velodrome Association	Track cycling classes for youth, ages 10-18. Thursdays May through October at 3:30-5 pm, San Diego Velodrome in Balboa Park. Parent needs to sign release at first visit. Need to know how to ride a bike. Track bikes provided.	Tony Olsen 619-295-8756 www.sdvelodrome.com	Free	English
Julia's STARS Encanto Recreation Center	Classes for children on healthy food preparation. Emphasis on 5 A Day, the Food Pyramid, and cooking without salt, sugar and low fat. A full meal is prepared with the children's help.	Julia LeBlanc 619-262-6419	Free	English Materials available in Spanish
Weight and Wellness Center Children's Hospital	Comprehensive multidisciplinary program for evaluation and treatment of childhood overweight.	Jodie Danemark 858-576-1700 x5374	Costs vary w/need, accepts insurance.	English Spanish
Scripps Outpatient Services Scripps Clinic La Jolla	Individual counseling for overweight children. Referral from a physician required for insurance coverage. Cost varies with insurance coverage.	Alisa Minear, RD 858-794-1242	\$156/hr, accepts insurance, plans vary.	English
SHAPEDOWN	A 10-week counseling program for overweight children and their families.	Ellen Stuart 858-454-3239	Sliding scale fee, insurance accepted	English
Camp La Jolla UCSD	4 to 9-week weight loss summer camp including meals, activities, and nutrition education. June through August.	800-825-8746	\$5995-\$8995 clients bill own insurance	English
The Childhood Obesity and Nutrition Program Family Health Centers of San Diego	Classes for parents of children who are overweight or at risk. Four classes with nutrition and physical activity education, healthy cooking demonstrations, physical activity programs, and prizes.	Alberto Aldrete 619-515-2300 x2507	Free	Spanish English
EAST				
Nutrition and Weight Management Spring Valley Family Resource Center	Nutrition classes for parents on Wednesday mornings. Classes for children on Friday mornings. Each session is 10 classes, 4 of these are nutrition classes that focus on weight and obesity prevention.	Rosie Lopez, Andrea Muratett, Yezabel Alvarez 619-515-2463	Free for families with children up to 5 years of age or \$5 per class. Free child care provided.	English Spanish

Contact San Diego YMCA's, Parks and Recreation centers, and Boys and Girls Clubs for physical activity opportunities. WIC centers and local dietitians can provide nutritional counseling and information. Also, the nurse at your child's school may provide additional information.

This list is current as of April 2005. The Coalition on Children and Weight does not necessarily endorse this list, nor is it inclusive. Suggestions for additions, changes, and updates are welcome at ccwsd.hhsa@sdcounty.ca.gov.

www.ccwsd.org