

Healthy Kids, Healthy Future: A Resource Guide 2004



*Brought to you by
New York City Youth Health Coalition*

New York City Youth Health Coalition Members

American Cancer Society
www.cancer.org
1-800-ACS-2345

American Diabetes Association
www.diabetes.org
1-800-DIABETES

American Heart Association
www.americanheart.org
1-800-AHA-USA-1

American Lung Association
www.lungusa.org

Arthritis Foundation, New York Chapter
www.arthritis.org

The Children's Health Fund
www.childrenshealthfund.org

Clinical Director's Network
www.cdnetwork.org

Commission on Public Education

Consumers Union
www.consumersunion.org

National Hypertension Association
www.nathypertension.org

NYC Department of Health and Mental Hygiene
www.nyc.gov/health

NYC Department of Health and Mental Hygiene, Bureau
of School Health
www.nyc.gov

New York Coalition for Healthy School Lunches
www.healthylunches.org

New York Columbia Presbyterian Medical Center
www.nyp.org

New York University, Department of Food
Studies, Nutrition and Public Health
www.nyu.edu/education/nutrition

New York University, Division of Nursing
www.nyu.edu/education/nursing

Park Avenue Hands on Nutrition
www.parkavenutrition.com

Phillips Beth Israel School of Nursing
www.wehealny.org/bischoolofnursing

Preventive Medicine Institute
(Strang Cancer Prevention Center)
www.strang.org

Project Health
www.projecthealth.org

Solutions Unltd

The After School Corporation
www.tascorp.org

United Way
www.unitedway.org

New York City Youth Health Coalition (NYC YHC)

The Youth Health Coalition (YHC) is comprised of key community organizations and individual members concerned with the health of our youth in New York City. The Youth Health Coalition is committed to being a catalyst for grassroots action to increase the adoption of healthy lifestyle behaviors and creating healthy youth in New York City with the end hope of decreasing the risk of chronic disease among all New Yorkers.

We aim to increase the awareness of healthy lifestyle behaviors and its impact on the youth and the community of New York City by making policy and environmental changes in our schools and community regarding health, and health education in grades K - 12. The Youth Health Coalition is also building relationships between other key individuals, associations and organizations to help in furthering the mission.

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Key for symbols

- ∞ Resource for everyone
- ☺ Resource for adults
- 😊 Resource for children or youth
- \$ Insurance is accepted, or they may have a sliding scale
- * Service is free of cost
- ⚙ Multilingual
- ◆ More than one location, please call resource for information

*Please note:
A directory listing does not constitute an endorsement by The
New York City Youth Health Coalition. This information is
for educational purposes only and should never be used as a
substitute for a consultation or an office visit with a
physician.*

Dear New Yorkers,

Obesity is the second leading cause of preventable death and is striking at younger and younger ages. Youth obesity has become an epidemic across the country and has hit hard in New York City. The New York City Department of Health and Mental Hygiene released a study in June 2003 showing that 43% of elementary public school children are obese (24%) or overweight (19%).

In the past 20 years, the percentage of children who are overweight has doubled. Alarming, doctors are diagnosing more youth with health problems associated with overweight adults including type 2 diabetes, high cholesterol and blood pressure, fatty liver disease and sleep apnea. It also puts children at risk for developing heart disease and at a higher risk for cancer as they mature into adulthood. This obesity epidemic must stop. Children need to learn good health habits as well as be taught the skills and offered the opportunities to practice good health habits. It is time to reach out and help our children maintain healthy lifestyles, and to help those afflicted with obesity develop healthy behaviors that lead to an enjoyable life.

The Youth Health Coalition created this directory to help combat the obesity epidemic. It lists many resources available in the five boroughs of New York City. We hope this directory will help you find the resources necessary to prevent or treat childhood obesity. This directory may be used by community members including clinical staff, school staff, parents, community organizations, therapists or any individual working with youth. This directory is a work in progress and will change as new programs become available. For more assistance or to add programs to the directory, please contact any of our members listed in the beginning of the directory.

Sincerely,

New York City Youth Health Coalition

BMI Chart for Youth from the CDC	
BMI=weight/(height*2) from CDC	
Underweight	BMI-for-age < 5th percentile
At risk of overweight	BMI-for-age 85th percentile to < 95th percentile
Overweight/ Obese	BMI-for-age ≥ 95th percentile

Community Programs

American Heart Association

122 East 42 Street, 18th Fl Phone: 212 878-5900
New York, NY 10168 (NYC Office)
800-AHA-USA-1
(National Hotline)

Jump Rope For Heart

Designed for grades K-5, Jump Rope For Heart is an exercise-based, educational community service program. Children learn rope-jumping skills and the benefits of cardiovascular exercise while raising money for the American Heart Association. Students and their schools can earn great gifts. You will receive various educational tools, including the 2004-2005 kit focusing on physical activity for heart health.

Hoops For Heart

Designed for grades 6 and up, Hoops For Heart teaches basketball skills and the benefits of physical activity while raising money for the American Heart Association. Students and their schools can earn great gifts. It's a great project for a student council or service club. You will receive various educational tools: the 2004-2005 kit focusing on physical activity, promoting healthy lifestyle choices. 1-888-294-0996

Department of Health and Mental Hygiene, Bureau of Maternity, Infant and Reproductive Programs Community Educational Services

25 Chapel Street Phone: 718-722-7510
Brooklyn, NY

■ CBO Staff Training Beatrice Libuni, Nutritionist

Offer prenatal and family nutrition workshops for CBO staff. All classes are held at the center. Call for more information or to request a presentation.
Target: CBO staff

Comments: Classes vary in fees.



NYC Helpline

www.nyc.gov
3 West 29th Street Phone: 212-532-2400
New York, NY 212-684-4480

■ Helpline

Comprehensive, covers all youth issues; listens to problems, provides referrals.
Target: all ages

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New York Board of Education, Brooklyn Learning Support Center, Fitness and Health Education

NYC Department of Education, Phone: 718-935-4277
Learning Support Center
131 Livingston Street
Brooklyn, NY 11201

■ Fitness and Health Education

The Fitness and Health Education center is working with the schools and their physical education teachers and are acting as a resource to spearhead these efforts.
Target: primary and middle school children in Districts 13, 14, 15, and 16 in Brooklyn

New York City Department of Parks, Learn to Play Program & Sports Clinics

www.nycgovparks.org/sub_things_to_do/programs.html

Phone: 311 or 212-NEW-YORK

■ Sports instruction

Offers free sports instruction to any child in New York City. In summer: Learn to Play Golf, Starting blocks; In fall: Learn to play Soccer; In summer: Learn to play Tennis; Year-round: Learn to Swim.
Target: Children, Youth



Shape-up New York

www.nycgovparks.org/sub_things_to_do/programs/shape_up_ny/shape_up_ny_2004.html

Phone: 311

■ Fitness program for the whole family

This is a free fitness program for the whole family offered at park sites around the City. The program is designed to encourage development of healthy lifestyles. From September through June, fitness classes are held weekday afternoons and Saturday mornings. In summer, the program moves to a morning schedule and classes are offered outdoors in local parks. Registration not required. Call for information on a site near you.
Target: All Ages

T-F 4:30-7:30 pm, Sat 10-2 pm

Comments: Operates in Manhattan, Brooklyn, Bronx, Queens.

*∞ ◆

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Cornell Cooperative Extension Nutrition & Health Programs

www.cce.cornell.edu/nyc/

16 E 34th St, 8th floor Jennifer O'Neil
New York, NY 10016 Phone: 212-340-2962

■ Shopping for Good Health (SFGH) An Eat Smart New York State program

Provides information to individuals to improve time management and food budgeting skills, increase awareness on making healthy food selections.

Groups meet in community-based agencies, senior citizen centers, schools, independent living facilities, and supermarkets. Meetings take about 1-2 hours, once a week for 6 weeks. The meetings can be adapted to meet agency needs.

Target: Youth, adults and seniors who are food stamp recipients

*∞

■ Health Awareness Project (HAP) - an extension of SFGH

To help people make the link between food, nutrition and health and to provide information on food safety and food stamp updates.

These activities take place at health fairs, senior centers, congregate meal sites, shelters for victims of domestic violence, supermarkets, Work Experience Program (WEP) sites, and other events sponsored by community organizations.

*

■ Expanded Food & Nutrition Education program (EFNEP)

Health education program to help families learn to use their food dollars more wisely, and to make healthy nutrition choices for adults and children.

Meets at various community or faith-based agencies and schools throughout NYC. The groups meet 1-2 hours, once a week for 10-12 weeks. Topics covered are: Nutrition and Fitness, Food shopping, Menu planning, Food budgeting, Feeding children, Food preparation, Food safety.

Target: Families and Child Care Providers

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■ 4-H EFNEP - youth component of EFNEP

Health education program to help youth learn to make smart choices about food and learn how to keep their bodies healthy through nutrition and exercise.

Groups meet once a week for 6-8 weeks, or twice a week for 3-4 weeks. Classes are held after school and in summer.

Target: Ages 5-19

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Harlem Jackie Robinson Center

www.ymcanyc.org/

85 Bradhurst Ave Phone: 212-234-9607
New York, NY 10039 Fax: 212-234-0621

■ Operation Healthy Kids

The center hosts a playschool room, an arts and crafts room, a computer resource room, two playground, a baseball field, outdoor pool, and a basketball court. Numerous kid-friendly programs, including after-school care are available. Call for details.

Target: Youth

M-F 9 am - 10 pm, Sat 9 am - 5 pm

☺

NYC Beacon Program

www.ci.nyc.ny.us/html/dyced/html/services-afterschool-beacon.html

Phone: 311 or 212-788-6754

■ After-school program

Provides engaging, structured activities after school hours and on weekends/holidays in 5 core areas: academic enhancement, career awareness, life skills, community building, and recreation

Target: Ages 6+

Comments: No fees, only fill out paperwork to enroll children. 80 sites throughout all boroughs

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The Door

www.door.org

121 Avenue of the Americas Phone: (212) 941-9090,
New York, NY 10013 ext. 3313

■ Nutrition counseling and services, etc.

Refer to website for a complete list of services.

Membership is free and confidential.

Target: Ages 12-21

M-Th 9:30-8:30 pm Sat 10-2 pm

*☺☀

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**New York City Department of Parks
Turn 2 Foundation**

www.nycgovparks.org/sub_things_to_do/programs/
turn2baseball/turn2_2004.html

Phone: 311 or 212-NEW-
YORK

■ Teaches kids how to play baseball

6-week baseball clinics where participants will learn batting, fielding, and base-running from experienced coaches, will get to attend a baseball festival and a Yankees game
Target: Ages 8-13

Comments: Free of charge
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NYC Youth Line

www.ci.nyc.ny.us/html/dycd/html/services-youthline.html

Phone: 800-246-4646

■ Helpline, Crisis intervention

Comprehensive, covers all youth issues; listen to problems, give referrals, workshops.
Target: All Ages

M-F 9-9 pm, Sat-Sun 12-8 pm
*∞

Safe Space

www.safespaceny.c.org/index.html

300 W 34th St, Suite 301 Phone: 212-333-5302
New York, NY 10036

■ Mental health

Clinical social workers, family counseling.
Psychiatrist on staff.
Target: Ages 5+

Comments: Accept many insurances, or sliding scales.
Please call for more locations.
\$ ∞ ◆

Power Play NYC

www.powerplaynyc.org/index.html

245 8th Ave, Suite 163
New York, NY 10011

Phone: 212-591-1299
Email: powerplaynyc-
info@aol.com

■ Sports teams for girls

Empowering girls through sports, teaching life skills and building self-confidence and self-esteem for life. Operates through Beacon after school programs. High school programs open to public. Girls Sports Directories are available by sending \$5 check for postage and handling.
Target: Girls ages 7-17, schools, CBO's

Comments: Free of charge to join.
*☺ ◆

Safe Space High Risk Youth Center

www.safespaceny.c.org/index.html

29 W 17th St, 4th Floor
(btw 5th-6th Aves)
New York, NY 10011

Phone: 212-645-8873

■ Basic counseling and referrals available

Refers to shelters, counseling, workshops, job prep, meditation, anger management, dance. No social workers on staff Referrals available.
Target: 13-18 year olds.

M, T, Th, F 1-7 pm. W 1-5 pm. Closed on last day of month.

Comments: no fees.
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Westside YMCA

www.ymcanyc.org/sub.php?p=about&sp=west/ws_main

5 West 63rd St
New York, NY 10023

Phone: 212-875-4111

■ Health and fitness programs

Provides teens a safe space to socialize, seek support, participate in activities that build self-esteem, leadership and prepare for higher education.
Target: All Ages.

Comments: Services are free for youth above the age of 11. Please call for more locations.
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Hospitals and Clinics

Bellevue Hospital

562 1st Ave Phone: 212-562-5218,
New York, NY 10016 212-263-6462

■ Pediatric Obesity Clinic

Pediatric Obesity treatment and prevention program. evaluates for obesity. Runs a program for increasing exercise and healthy eating. Specialty referrals. Target: Children

Comments: Medicaid, and other insurance accepted. Sliding scale. Spanish also.

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■ Pediatric Psychiatry Clinic

Phone: 212-562-6351

Children's Evaluation and Rehabilitation Center / Albert Einstein College of Medicine

www.aecom.yu.edu/cerc/
www.aecom.yu.edu/cerc/projects.htm#top

1410 Pelham Pkwy South Phone: 718-430-8500
Bronx, NY 10461 Email: cerc@aecom.yu.edu

■ Nutrition clinic

Serves children with developmental delays. Target: Children

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Brookdale Plaza Hospital Medical

1 Brookdale Plaza Phone: Adolescent Clinic:
558 Rockaway Parkway 718-240-5045
Brooklyn, NY 11212

Dr. Dhuper is the cardiologist and in charge of the Obesity Specialty Clinic- Mondays: 3pm appointments/ registration referrals to clinic needed. Does not accept Fidelis, Careplus or Metroplus insurance. Program reaches out to schools to address childhood obesity.

Brookdale Pediatric Center

■ Obesity Clinic

Station L-2nd Fl- Phone: 718-240-5244

Program is facilitated by cardiologist, endocrinologists, adolescent practitioners, exercise psychologists and nutritionists.

Comments: a private hospital but accepts variety of health coverage

Mondays only 3-5pm

Belvis Hospital

545 E 142 St Phone: 718-579-4000;
Bronx, NY 10454 Pediatrics: 718-579-4018/
Appointment ext. 4013

■ Pediatrics clinic

Clinic services, nutritionist onsite. Referrals to other hospitals include Lincoln. Target: Children

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Coler Hospital

Franklin D. Roosevelt Island Phone: 212-848-5001
New York, NY 10044

■ Pediatrics clinic

Target: children

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Children's Hospital of NY Presbyterian

Audobon Practice Phone: 212-342-3233
21 Audobon Ave
New York, NY 10032

■ POWER project Dr. Caren Soren, Director

Children are referred by NY Presbyterian providers to see a physician every 2 weeks. Different themes for each meeting. Combination of treatment and support groups. Other providers can also refer patient to program if insurance covers it. Provides adolescents with initial medical, psychosocial and nutrition evaluations and the option to participate in either a group or individual treatment program Target: 12-18 year old girls.

Comments: Spanish

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■ Children's Cardiovascular Health Center Dr. Christine Williams, Director

Columbia University College Phone: 212-305-7815 or
of Physicians & Surgeons 7082
359 Broadway, BHN-702 Fax: 212-305-8995
New York, NY 10032

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Coney Island Hospital

2601 Ocean Parkway Phone: 718-616-3000
Brooklyn, NY 11235 Clinic: 718-616-3191

■ Adolescent medicine
Contact person: Dr. Milstein: 718-616- 3205
Obesity Clinic kids seen by nutritionist and endocrinologist. No exercise component included, exercise component must be sought outside of hospital. Must be referred by a primary care physician.
Target: Youth
Clinic days: Wed am and Thurs pm
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Cumberland Hospital

100 North Portland Avenue Phone: 718-260-7500
Brooklyn, New York 11205

■ Pediatric & Adolescent Services
Target: Children and Youth
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Downstate Medical Center, Pediatric Weight Loss Center & Downstart Program

445 Lenox Rd Phone: 718-270-6306
Brooklyn, NY 11203

■ Pediatrics clinic, and weight loss program
Dr. Alex Sternberg, Program Coordinator
12-week program where child will be followed by a dietician, psychologist, and exercise classes offered twice a week. Some sessions psychologist will meet with parents and children to guide them in behavioral modification. Referrals available for pulmonary, cardiology, endocrinology, gastroenterology, and orthopedics.
Target: Ages 4-21

Comments: All insurances accepted.
\$ ☺ ☀

East New York Diagnostic and Treatment Center

2094 Pitkin Avenue Phone: 718-240-0400
Brooklyn, NY 11207

■ Pediatrics, Child & Adolescent Mental Health Clinic, Health Career & Work-study programs for youth, school-based health services

Target: All ages
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Elmhurst Hospital Center

79-01 Broadway Elmhurst, Phone: 718-334-4000
Queens, NY 11373 For appt: 718-334-3025

■ Pediatrics Clinic
Need Primary Care Provider referral and Managed Care Organization approval to attend endocrine clinic. There is no specific program available.
\$ ☺ ☀

Eating Disorders Clinic at New York State Psychiatric Institute/ Columbia University Medical Center

1051 Riverside Drive Phone: 212-543-6811
New York, NY 10032

■ Eating Disorders Research program
www.eatingdisordersclinic.org
Comprehensive treatment programs available at no cost to adolescent and adult patients eligible for research participation.
Target: Ages 12+
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■ Adolescent Eating Behavior Summer Program:
July 2 - Aug 13

Phone: 212-543-6811 or 6555

Multi-disciplinary outpatient day treatment program. Services include pediatrics, behavioral treatment, clinical nutrition, physical activity, and family education programs. Families need to participate in weekly parent group. Monthly follow-up for one year after program ends.
Target: Ages 12-16

Comments: Need to call for evaluation. Free to the eligible participants.
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Gouverneur Hospital

227 Madison Street Phone: 212-238-7000
New York, NY 10002

■ Pediatrics Clinic
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Harlem Hospital Center

www.ci.nyc.ny.us/html/hhc/html/harlem.html

530 137 Street Phone: 212-939-8005
Bldg 530 (Ronald Brown)
New York, NY 10037

■ Pediatric clinic

General pediatrician identifies obesity in children above 6 yrs of age, then they are referred to nutritionist, administered cardiac stress test, referred to child psychologist, then to pediatric rehabilitation specialist. Asthma specialist is also available.
Target: Ages 6+

Comments: French, Spanish.

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Kings County Hospital Center

450 Clarkson Avenue Phone: 718-245-3325/26/27
Brooklyn, NY

■ Pediatrics, Nutrition
Dr. Castells, Pediatric Endocrine Attending 917-760-0026

Hospital recently opened a state of the art wellness center to encourage physical activity. Accepts insurance.
Target: children who are overweight or obese and referred by Primary Care Provider to the pediatric endocrine clinic/wellness program.

Comments: Diabetes/obesity clinic days are on Wednesday

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Lincoln Medical and Mental Health Center

234 East 149th Street Phone: 718-579-5000
Bronx, New York 10451 x 3050 // 718-579-4900

■ Pediatrics clinic/Diabetes education program
Contact: Dr. Swati Dave- Sharma-Pediatric Endocrinologist 718-579-5000 x 3033- Emergency only-Primary Care Provider must contact her first if client is very high risk for Diabetes etc.

If child is not at risk, it is a one to two month wait to be seen in clinic. Predominantly Hispanic population. Providers work closely with families, individually and with groups. Patients are seen by dietitian, social worker, exercise physiologist and other providers.

\$ ☺ ☀

Jacobi Medical Center

1400 Pelham Pkwy South Phone: 718-918-4434 /
Bronx, NY 10461 718-918-4577
Building 5, Ambulatory Care
(ACP) room 5B 24

■ Family Weight Management clinic

Dr. Bass and Dr. Groisman-Pediatric Endocrinologist
Assistant Coordinating Manager- Gisselle Gonzales MD.
-718-918-4075 (appointments)

Gloria Bent RD, Nutritional Services also does health presentations in schools, CBOs throughout the community in the Bronx. Individual and group counseling provided as well and covers both sites. Contact number-718-918-4577

Comments:

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■ Pediatric clinic

North Central Bronx Phone: 718-918-3895

Contact Dr. Groisman-718-918-4145- for more details

Comments: Complete health care team to address complications of obesity. Family oriented, Spanish speaking. Specializes in kids in Managed Care Organization network.

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Maimonides Medical Center

www.maimonidesmed.org/clinicalservices/pediatrics/
PedKidsWeightDown.htm

941 48th St 2nd floor Phone: 718-283-8020
Brooklyn, NY 11219

■ Kids Weight Down Program
Yanick Joseph, Coordinator

Behavioral approach treatment: endocrinologist screening, psychologist screening - eating behavior. Treatment consists of these topics: Food pyramid, teasing issues, Stoplight diet, portion control, food choices, cravings, emotional issues, family conflicts.
Target: 3-19 year olds. Younger children on case-by-case basis.

M-F 7 am - 7 pm.

Comments: Referred by Primary Care Provider from all boroughs. Accepts insurance. Spanish.

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Metropolitan Hospital Center

1901 First Ave Phone: 212-423-7408
OPD Bldg Rm 7D19 212-423-7409
New York, NY 10029

■ Youth Health Services

Provides physical exam, immunizations, HIV test, Title X - contraceptive methods free of charge. Referrals to dietician, psychiatrists.
Target: 13-19 years old

M-F 1-6 pm, not open on Wed.

Comments: Sliding scale. Free of cost for those that are unable to pay. Spanish

\$ ☺ ☀

Morgan Stanley Children's Hospital

www.mssm.edu/peds/
www.childrensnyp.org/index.html

525 East 68th St, M-602 Phone: 212-746-3462
New York, NY 10021

■ Endocrinology clinic

Target: All ages

M-F 9-5 pm

Comments: Spanish.

\$ ☺ ☀

■ Pediatrics clinic

3959 Broadway Phone: 212-305-KIDS(5437)
New York, NY 10032

\$ ☺ ☀

Morrisania Diagnostic and Treatment Center

1225 Gerard Ave Phone: 718-960-2777
Bronx, NY 10452

■ Pediatrics clinic, School-based clinics

Provides general care, and refers obese children to Metropolitan or Lincoln Hospital.
Target: Children

Comments: Multi-lingual

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Mount Sinai Medical Center

www.mssm.edu/peds/

1 Gustave Levy Place Phone: 212- 824-7626
New York, NY 10029

■ Pediatrics clinic

Mount Sinai's Pediatric Primary Care division provides comprehensive, research based patient and family centered care to meet the unique needs of children. Pediatric Associates is a hospital based and family centered practice open six days a week. Patients have access to well child care, urgent care visits, immunizations and routine screening tests, 24 hour triage, subspecialty referrals, nutritional counseling, asthma education, child life activities, social service intervention and parent education. Interdisciplinary parent education/support groups include Art Therapy, Bereavement Counseling and Creative Counseling.

Target: Ages 0-13

Comments: Spanish.

☺ ☀

Mount Sinai Medical Center Adolescent Health Center

www.mountsinai.org/msh/msh_program

312 E 94th St Phone: 212-423-3000 or
New York, NY 10128 2072 or 2174

■ Nutrition and Wellness Programs. Eating Disorder Program & Weight Management Program

Weight management program: dietician, doctor, social worker, psychiatrist as a team. Weight loss group meets three days a week for exercise with trainers, nutrition counseling 1 hour for a total of 4 hours each week. If individual is not interested in group meetings/exercise, individual counseling is available.

Eating disorder program is outpatient. Multidisciplinary: same group of specialists. Weekly team meetings, some with parents. Set plan for patient, who comes every week for individual counseling. No group meetings
Target: Overweight youth ages 10-22.

Comments: Free clinic, accepts everyone. Spanish.

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New York Weill Cornell Children's Hospital/ Children's Hospital of NY Presbyterian

www.nycomell.org/pediatrics/dev/ChildLife.html
525 East 68th Street Phone: 212-746-5454
New York, NY 10021

■ Pediatrics clinic

The Child Life Program offers activities geared to the social, emotional and education needs of the young patient. Children are given the opportunity to continue normal development as well as to recuperate from the emotional and physical effects of illness. Its Clinical Research Center treats acute heart disease, juvenile hypertension, infectious diseases, childhood obesity and bone, calcium, lipid, cholesterol, endocrine, genetic, gastrointestinal, growth, hematological and neurological disorders.
Target: 0-18 years old.

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North Central Bronx Hospital

www.ci.nyc.ny.us/html/hhc/ncbh/html/third_level/medserv/childhealth.html
3424 Kossuth Avenue Phone: 718-519-3340
4th Floor Room 4C
New York, NY 10467

■ Children's health center, family weight management clinic

Pediatric clinic services. Offers weight management program: weekly meetings and physical activity with physical therapist. Open only to their patients.
Target: Ages 0-18

M, Th 8:30-5 pm, T 8:30-7 pm, W 9:30-7 pm, F 9:30-5 pm
\$ ☺ ☀

Renaissance Healthcare Network Diagnostic & Treatment Center

215 West 125 St 2nd floor Phone: 212-932-6500
New York, NY 10027

■ Pediatrics clinic

Renaissance operates nine health centers in Central and West Harlem and Northern Manhattan. Its pediatric service focuses on prevention, while its developmental evaluation clinic specializes in diagnosing and treating children with developmental disabilities.
Target: Ages 0-18

Comments: Spanish
\$ ☺ ☀

Queens Hospital Center

www.ci.nyc.ny.us/html/hhc/qhn/home.html
82-70 164th Street Phone: 718-883-3326 or 3300
Jamaica, NY 11432

■ Pediatrics, adolescent health care, nutritional counseling, social services

Referral by center only: Healthy lifestyle program - Multidisciplinary team approach to promote lifelong healthful living, weight loss and weight management for overweight and obese children. Comprehensive program runs from 2 pm to 5 pm every Thursday.
Target: 0-21 years old.

Comments: Multiple locations, call for more information.
\$ ☺ ☀

Roosevelt Hospital

Roosevelt Division Phone: 212-523-6060
1000 10th Ave
New York, NY 10019

■ Pediatric clinic

Pediatric clinic services
Target: Children

\$ ☺ ☀

St. Luke's Hospital

1111 Amsterdam Ave- Phone: 212-523-3211 or 3891
nue
New York, NY 10025

■ Pediatric Obesity clinic

Target: Ages 5+
T, F

Comments: Through a referral process. No private insurance accepted, only Medicaid and 1199.
\$ ☺ ☀

Woodhull Medical and Mental Health Center

760 Broadway Phone: 718-963-8000
Brooklyn, NY 11206

■ Family center, Behavioral health

Woodhull's behavioral health program provides comprehensive inpatient, outpatient, mobile crisis, mental health and substance abuse services. Mental health services are offered to emotionally troubled children, adolescents and their families.

\$ ☺ ☀

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Nutritionists

Park Avenue Hands on Nutrition

Lisa Cohn, MMSC, RD
www.parkavenutrition.com

1108 Park Ave (89-90 St.) Phone: 212-831-7900
New York, NY 10028 Fax: 212-831-3434
Email: lccnutrition@aol.com

■ Personalized diets, massages, acupuncture

Sees children and adolescents; works with the family and children together and separately. Age appropriate educational materials are used and other nutritional concerns which may coexist in overweight/obese children such as elevated blood sugar, cholesterol, blood pressure, irregular eating habits are addressed as well. Initial visits are 1 hour and follow-up visits are 30 minutes - 1 hour. Refers to other specialists including orthopedists and endocrinologists. Spanish speaking dietitian.
Target: All ages

M, Th, F: 10-6 pm T, W: 10-8 pm Weekends: by appointment

Comments: Accepts Health Plus and participates in United Health Care, Horizon and others with reduced rates.

English and Spanish
\$ ∞ ☀

Additional location:

43-59 147th Street Office 718-445-1205
Flushing, NY 11355 Apts. 212-831-7900

Spanish speaking family psychologist and nutritionist work together. Also works at the Pediatric Office of Dr. Steve Tsoutsouras with individual and family classes - Tel. 718-359-5866.

Donna Budai, MS, Nutritionist

Brooklyn, NY Phone: 718-629-9869
(voicemail)
Email: debudaiho@aol.com

■ Family Health

Offers individual counseling, group counseling, on eating disorders, cardiovascular/hypertension, maternal and pediatric nutrition, general nutrition/wellness, weight control, diabetes. Cultural food preferences and customized meal plans for families available.
Target: All ages

Comments: Clients must be referred by a primary care provider. Focus on weight management is based on youth and families working as a team. Some Spanish. Spoken. Call for more information if needed for a community or faith based organization @ 212-676-2496.

Lorraine Eyerman, MA, RD

www.customdietplans.com

Phone: 212-685-3305
Fax: 212-685-3747
Email: bestnyrd4u@aol.com

■ Custom diet plans

Creating a nutritional plan for a child or an adolescent can be even more challenging than dieting yourself. This is especially true for children and adolescents who are picky eaters and as a result create a limited choice of food alternatives which they will eat. Many of the child patients have shown dramatic weight goal achievement and maintenance due to the development of a flexible and realistic diet plan which is nutritionally sound. Manhattan house calls are also available.
Target: All ages

M-Th 6 am- 7 pm

Comments: Does not accept any insurance for payment but does give the patient an insurance format receipt for the patient to attempt to get reimbursement from their carrier.

∞

Isobel Contento, Ph.D

Program in Nutrition Phone: 212-676-3480
Teachers College, Fax: 212-678-8259
Columbia University Email:
525 West 120th Street LIFEatTC@columbia.edu
New York NY 10027

■ Choice, Control and Change: An inquiry-based science education and health program for childhood overweight prevention.

Science based program will teach youth about food systems and nutrition. This is a curriculum for middle school students, grade 6 or 7 during 2004-2005 year; and will be available in schools in Bronx and upper Manhattan. It will be free to schools in the evaluation study. After the evaluation, the program will be available to other schools in other boroughs.
Target: Schools in Bronx and Manhattan in the Spring.

For more referrals, please refer to American Dietetic Association or FindaNutritionist.com on p. 19.

■ ∞ For everyone, ☺ For adults, ☺ For children or youth, \$ Insurance is accepted, or they
■ may have a sliding scale, *Service is free of cost, ☀ Multilingual, ◆ More than one location ■

Counseling and Psychiatry Services

Jeanne Catanzaro, Ph.D. Psychologist

1133 Broadway Suite 807
New York, NY 10010
Phone: 212-675-0531
Email: jcatanzaro@msn.com

■ Psychological Counseling

Individual therapy with referrals to nutritionist and physicians. Focus on emotional and physical underpinnings. Emphasis on coping methods of feelings.
Target: All Ages

Comments: Does not work with managed care companies, but has a sliding scale.

\$ ∞

Jody Rubin, Ph.D. Psychologist

50 East 10th Street
New York, NY 10003
Phone: 917-318-9169

■ Eating disorders program and psychology counseling.

Work to help people have healthy relationship with food and others, self-esteem, family treatment, communications
Target: Children, Youth

Comments: Referral by PCP or self-referral

\$ ∞

Jewish Board of Family and Children Services, Manhattan West Center

www.jbfc.org

120 W 57th Street
New York, NY 10019
Phone: 212-632-4720 or 1-877-JBFC-S-NY
Fax: 212-632-4495

■ Counseling services, psychiatric services.

Individual, family and group settings.
Target: ages 6+.

Comments: Accepts insurance, sliding scale. Many locations throughout NYC. Call for information for a center near you. Spanish.

\$ ∞ ☀ ♦

Joan Lavender, Ph.D. Psychologist

680 West End Avenue
at 93 Street
New York, NY 10025
Phone: 212-866-0461
Email: boocappy@earthlink.net

■ Psychological Counseling

Clinical psychologist and psychotherapy with over 30 years experience as a therapist, supervisor, presenter, writer and director of programs. Sees older adolescents with a variety of problems, including eating disorders, depression, anxiety, posttraumatic stress issues, and problems in living, such as loneliness, single hood, etc. Also works with couples and the families of adolescents with eating and personality issues. Frequently presents on such issues as anorexia, bulimia, envy, body image and related women's issues.

Target: All Ages

Comments: Does not work with managed care companies, but has a sliding scale.

\$ ∞

Renfrew Center of New York City

www.renfrew.org

11 East 36 Street
(btw 5th and Madison)
New York, NY 10016
Phone: 800-736-3739
Fax: 215-482-7390

■ Day treatment center

Nonprofit organization advancing the education, prevention, research, and treatment of eating disorders. Residential treatment facility, outpatient therapy, support groups. Transitional step down from inpatient. Runs 5 days a week. All day program 9-3 pm. Group sessions throughout the day, 2 meals onsite, required to eat all food. Individual/family/nutrition therapy required. First step is to check insurance, then they will assess compulsive overeating.

Target: Ages 14+

M-F 8:30-5 pm

Comments: Referral by PCP, accepts insurance

\$ ∞

■ ∞ For everyone, ☺ For adults, ☺ For children or youth, \$ Insurance is accepted, or they may have a sliding scale, *Service is free of cost, ☀ Multilingual, ♦ More than one location

**The William Alanson White Institute of
Psychiatry Psychoanalysis & Psychology**

www.wawhite.org/clinical_services/child_adolescent.htm

20 West 74th St Phone: 212-873-0725
New York, NY 10023 Fax: 212-362-6967

■ Child and Family Outpatient Center

Offer general psychiatric services, with a specialty in diabetes.

Target: All ages

M-F 9-8 pm

Comments: No insurances accepted. Sliding scale available.

\$ ∞

NYU Child Study Center

Contact: Lauren Marcus PhD

577 First Avenue Phone: 212-263-6622
New York, NY 10016 Fax: 212-263-0960

Center is dedicated to research, prevention, and treatment of youth and adolescent mental health problems. Offers workshops and lectures for parents, educators and mental health professionals on parenting topics.

The Whole Child/Adolescent Center

Dr. Anita Bohensky

http://wholechild.net

750 Columbus Ave Phone: 212-662-0931
Suite 9S Fax: 212-749-7872
New York, NY 10025 Email: anitabohensky@hotmail.com

■ Counseling services

For children under 12 years, generally offers a combination of family therapy and individual play/education/insight therapy for the child (to help him/her understand the reasons for their eating behaviors and better eating habits and ways of coping). But would need to do an initial consultation with parent and child to determine the most useful individual treatment plan for that child. Has a structured, 12 session program for children ages 12 - 18 who have binge/compulsive eating disorders and ongoing psychotherapy programs for children of all ages (and their parents/families).

Target: Ages 3-18

M-F 10 am - 8 pm

Comments: Accepts no insurance, has a sliding fee scale.

\$ ☺ ☀

For more referrals, please refer to "Something Fishy" Website on Eating Disorders on p. 19.

Advocacy/Education

American Diabetes Association

www.diabetes.org

149 Madison Ave. 7th fl Phone: 1-800-DIABETES
New York, NY 10016 or 1-800-342-2383

■ General assistance to people affected by diabetes

Provides information and other services for people with diabetes, their families, health care professionals, and the public, and advocates for scientific research and for the rights of people with diabetes. Provides resources to help parents and schools understand how to best meet the needs of a student with diabetes. Provides kits for newly diagnosed children with type 1 and type 2 diabetes and their parents.

Target: All ages

Comments: Some materials also available in Spanish.

*∞ ☺ ◆

American Heart Association

www.americanheart.org

122 East 42nd St. 18th fl Phone: 1-800-AHA-USA-1
New York, NY 10168 or 1-800-242-8721

■ General assistance to people affected by cardiovascular disease and stroke

The American Heart Association is a not-for-profit, voluntary health organization funded by private contributions. The mission is to reduce disability and death from cardiovascular diseases and stroke. The Impact Goal is to reduce coronary heart disease, stroke and risk by 25 percent by 2010. The three primary strategies to do this are to focus on the acute event, to manage cardiovascular disease and to promote population wellness.

Target: All ages

*∞ ◆

■ ∞ For everyone, ☺ For adults, ☺ For children or youth, \$ Insurance is accepted, or they
■ may have a sliding scale, *Service is free of cost, ☀ Multilingual, ◆ More than one location ■

The After-School Corporation

www.tascorp.org

925 Ninth Avenue Phone: 212-547-6950
New York, NY 10019 Fax: 212-547-6983

■

The After-School Corporation (TASC) is a non-profit organization dedicated to enhancing the quality, availability, and sustainability of after-school programs in New York. Operated by community-based organizations, TASC-supported after-school programs operate in the schools, Monday - Friday, from 3:00 pm - 6:00 pm. Programs offer a mix of sports, arts and academic enrichment activities. TASC programs are open to all students enrolled in the regular school day and attendance is expected each day, these are not "drop in" programs. TASC supports 187 programs in New York City and 56 elsewhere in New York State, serving over 50,000 students. To find a program near you, visit www.tascorp.org.

Comments: Free for students enrolled in a school with a TASC-supported after-school program
Target: grades K-12

*☺◆

VERB campaign

www.cdc.gov/youthcampaign/materials/

AnytimeDoubletime.htm Phone: 1-800-311-3435
www.cdc.gov/netinfo.htm

■ Teaching materials

Provides teachers and students with activities related to nutrition and physical activity. Refer to website
Target: All ages

*∞

Woodhull Hospital

www.nychhc.org

760 Broadway Phone: 718-260-7567
Brooklyn, NY 11206 Fax: 718-260-7509

■ Community education presentations.
Rosa Gillis, Community Outreach Coordinator

Youth obesity presentation, outreach and education to communities about obesity prevention or any health issues to schools, CBOs, churches, etc. Fax request including date, time, subject requested, and location of event. 2 month advance notice. Rosa will reply stating whether they are available.
Target: All Ages in Brooklyn community

Comments: Spanish, Polish and French. Translators available for other languages. Available in North Brooklyn (other areas possible if HHC doesn't have a coordinator there).
∞☀

National Theatre for Children

www.nationaltheatre.com

1599 8th Street SE Phone: 800-858-3999
Minneapolis, MN 55414 Fax: 612-341-2277
Email:
info@nationaltheatre.com

■ Nutrition presentations and theater productions

Age appropriate presentations on nutrition.
Target: Schools

☺

Online Educational Resources

American Obesity Association

■ "Obesity in Minority Populations" 2002 Fact Sheet
www.obesity.org/subs/fastfacts/
Obesity_Minority_Pop.shtml

Current data on obesity rates in minority populations.
Target: All Ages

*∞

Action for Healthy Kids

www.actionforhealthykids.org

■ Advocacy and educational programs

Target: All ages
*∞

American Cancer Society

www.cancer.org

■ Advocacy and educational programs

Target: All ages
*∞

■ ∞ For everyone, ☺ For adults, ☺ For children or youth, \$ Insurance is accepted, or they may have a sliding scale, *Service is free of cost, ☀ Multilingual, ◆ More than one location ■

American Diabetes Association Youth Zone

www.diabetes.org
www.diabetes.org/youthzone

149 Madison Ave. Phone: 1-800-DIABETES
7th floor or 1-800-342-2383
New York, NY 10016

■ Provides information for youth with diabetes and their parents to help manage diabetes. Fun games, tips, and links are available on the website.

Provides information and other services for African Americans, Latinos, Native Americans with diabetes.
Target: all ages

Comments: Some materials available in Spanish.

*∞ ☀ ♦

American Heart Association

www.americanheart.org

888 294-0996 (Youth Phone: 718-260-7567
Market Hotline) Fax: 718-260-4848

■ Heart Power! Online

Heart Power! Online is the American Heart Association's curriculum-based program for teaching about the heart and how to keep it healthy for a lifetime. Nutrition, physical activity, living tobacco-free, and knowing how the heart works all are vital in maintaining a healthy heart.

Heart Power!'s four key messages about heart health have been categorized by curriculum, lifestyle message, format and grade level. You can use these science-based online resources to introduce your students to healthy habits and choices that can improve their quality of life for many years. You can even help them learn decision-making skills that can save lives, including their own!

Target: Pre-K through 8th grade

*☺

CDC

www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm

Kids Walk-to-School

Website provides community powerpoint presentations, accompanying lesson plans, brochures, and step by step guides to request funding in the community.

Target: School children and parents

■ "BMI for Children and Teens"

www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm

Target: Children and youth

*☺

The Children's Health Fund "Healthy B.A.S.I.C.S."

<http://www.childrenshealthfund.org/>

A series of brochures, curricula, and a parent's guide to help students make healthy choices. Topics and lesson plans include hygiene; dental care; hand washing; nutrition; exercise; body changes associated with puberty (with different editions for boys and girls); self esteem; anger management; and smart choices about tobacco, alcohol, and drugs. "Healthy K.I.D.S. (Knowledge Improving Diet and Strength)" was developed to address the increasing prevalence of obesity in children and health related risks, including hypertension and type 2 diabetes. All materials are available in English and Spanish, are highly visual, culturally relevant and at no higher than a fifth grade reading level. All are available for downloading as .pdf files and may be reproduced in their entirety.

Dole Food Company

www.dole5aday.com

Phone: 1-800-232-8888

■ Dole 5-A-Day

Website has classroom resources and reference center, in addition to a kid-targeted section with music, games, and kids cookbook. The program provides educational materials to teachers free of charge.

Target: Elementary school-aged children and their families

*∞

International Food Information Council

Foodinfo@ific.org

Phone: 202-296-6450

Fax: 202-296-6547

■ "Helping Your Overweight Child" brochure

<http://ific.org/publications/brochures/overweightkidbroch.cfm>

Target: Parents of overweight children

*☺

Nemours Foundation

■ Articles on children's nutrition and fitness

http://kidshealth.org/parent/nutrition_fit/index.html

Target: Parents

■ Articles on teen nutrition and dieting

www.kidshealth.org/teen/question/dieting/detox_diets.html

Target: Teens

*☺

■ ∞ For everyone, ☺ For adults, ☺ For children or youth, \$ Insurance is accepted, or they may have a sliding scale, *Service is free of cost, ☀ Multilingual, ♦ More than one location

Food and Nutrition Information Center

■ Food and Nutrition Resources
www.nal.usda.gov/fnic/pubs/bibs/edu/preschool.html

Target: Grades Preschool - 6th grade



National Heart Lung and Blood Institute

www.nhlbi.nih.gov/health/public/sleep/starslp/

Phone: 301-592-8573
Fax: 301-592-8563

■ Garfield Star Sleeper Campaign

Website contains teacher component with lesson activities, resources, and classroom profiles of teachers who have used the program

Target: Children, parents, teachers, healthcare providers

*∞

National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK) Weight-control Information Network

www.niddk.nih.gov/health/nutrit/nutrit/htm

1 Win Way Phone: 877-946-4627
Bethesda, MD 20892 Fax: 202-828-1028
Email: win@info.niddk.nih.gov

■ Weight loss and control information

Target: All ages

*∞

■ Sisters Together: Move More, Eat Better
"Energize Yourself and Your Family"
www.niddk.nih.gov/health/nutrit/walking/energizeself/energizeself.html

Sisters Together: Move More, Eat Better is a national media-based program designed to encourage African American women over the age of 18 to maintain a healthy weight by becoming more physically active and eating healthier foods. Online brochure, print copies available by contacting organization.

Target: African American women over age 18

*😊

■ IN SPANISH

"How to Eat and Stay Active Throughout Life"
www.niddk.nih.gov/health/nutrit/pubs/helpchldspn/

Discusses how eating well and physical activity can help children stay healthy. Also includes recipes and a list of organizations that provide information.

Target: Spanish speaking

*∞ ☀

NHLBI Health Information Center

www.nhlbi.nih.gov/health/public/heart/other/chdblack/embrace.htm

PO Box 30105
Bethesda, MD20824

Phone: 301-592-8573
Fax: 301-592-8563

■ "Embrace Your Health! Lose Weight if You are Overweight"

www.nhlbi.nih.gov/health/public/heart/other/chdblack/embrace.pdf

This publication is part of a set of booklets, "Improving Cardiovascular Health in African Americans." This pamphlet discusses causes of overweight, reasons to lose weight, reasons to avoid "quick and easy" weight loss plans, and how to choose lower fat, lower calorie foods. Booklet available online. Call for print copies; cost: \$3.50 each.

Target: African Americans

*∞

■ "Watch Your Weight"

www.nhlbi.nih.gov/health/public/heart/other/sp_wt.pdf
(spanish)

For Latino families, bilingual booklet explains steps people can take to reduce their risk of having a heart attack or stroke. Other booklets available on other topics that also contribute to risks of these diseases. Booklet available online. Call for print copies, cost: \$3.50 each.

Target: Latino population (Spanish/English)

*∞ ☀

New York Online Access to Health (NOAH)

www.noah-health.org/english/wellness/healthyliving/weight.html

■ Obesity and Weight Control information

Provides articles on obesity issues for all ages. The site indicates which links are for kids and teens. Links with no indication are generally for adults.

Target: All ages

*∞

NYS APHERD

www.nysahperd.org

77 North Ann St
Little Falls, NY 13365

Phone: 315-823-1015
Fax: 315-823-1012

■ Advocacy

Promote health, physical education, recreation, and dance in K-higher education settings in our communities throughout NY.

Target: All ages

*∞

**US Department of Agriculture,
Food and Nutrition Service**

■ Eat Smart, Play Hard
www.fns.usda.gov/eatsmartplayhard/

Suggestions on how to incorporate message into lessons, posters, tip sheets, order forms for additional materials, brochures.

Target: Ages: 2-18
*☺

■ Team Nutrition
www.fns.usda.gov/tn/

Website allows schools to register to become a Team Nutrition participant and receive resource kits, and has forms for teachers to order classroom materials and posters. Also contains links to supporters, information for parents, student-targeted pages, and links to more information.

Target: Pre-K through 8th grade
*☺

Obesityhelp.com

www.obesityhelp.com

Phone: 1-866-WLS-INFO
1-866-957-4636
Fax: 603-619-0303

■ Resources for obesity

Provides online education and resource information on prevention, treatment, and bariatric surgery and online chat rooms.

Target: All ages
*∞

**USDA/ARS Children's Nutrition Center at
Baylor College of Medicine**

<http://public.bcm.tmc.edu/pa/childsweight.htm>

■ "Your Child's Weight: Help Your Child with Successful Weight Management"
<http://public.bcm.tmc.edu/pa/cwspan.pdf>: IN SPANISH

Discusses components of overweight, family strategies to promote healthy eating and guidelines for lifetime weight management.

Target: Parents, Spanish speaking
*☺☀∞

USDA

www.nal.usda.gov/fnic/pubs/bibs/topics/weight/consumer.html#special

■ Weight loss and obesity resource list for consumers

Target: All ages
*∞

**President's Council on Physical
Fitness and Sports**

<http://fitness.gov/challenge/challenge.html>

Phone: 202-690-9000
Fax: 202-690-5211

■ President's Challenge

Website provides brochure and guidelines for teacher submission into program.

Target: Ages 6-17
*☺

Information & Referral Resources

American Obesity Association

www.obesity.org/subs/childhood/

1250 24th St., NW, Phone: 202-776-7711
Suite 300 Fax: 202-776-7712
Washington, DC 20037

■ Information on childhood obesity

Website contains general information about current trends and data on childhood obesity.

Target: All ages
*∞

The American Dietetic Association

www.eatright.org/Public/index.cfm

Phone: 800-877-1600
Fax: 312-899-4899

■ Listing of nutritionists and nutrition information.

The nation's largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being. Provides information and referral services, including listings for Nutritionists.

Target: All ages
*∞

American Academy of Pediatrics

www.aap.org/obesity/

- Information on childhood obesity
- E-mail: Healthy@aap.org

Website contains general information about current trends and data on childhood obesity, resources, advocacy and physician education materials.

Target: All ages

*∞

FindaNutritionist.com

www.findanutritionist.com/

- Listing of nutritionists

Provides a nationwide listing of nutritionists with contact information and a description of their specialties and services.

Target: All ages

*∞

“Something Fishy”

Website on Eating Disorders

www.something-fishy.org/treatment/ny.php

- Listing of psychologists

Provides a nationwide listing of nutritionists with contact information and a description of their specialties and services.

Target: All ages

*∞



American Diabetes Association Camp Program

www.diabetes.org/camp

- For more information about camps in your area visit the website

Diabetes camps provide a great opportunity for children and teenagers who have diabetes to get to know others who face the same challenge, have fun and learn something along the way. Safety, education, increased self-esteem and a respite for the family from the daily demands of diabetes are all benefits of diabetes camp attendance. The main reason to go to diabetes camp is to have FUN.

Camp Shane

- Weight loss camp
- www.campshane.com/index.htm

Target: Co-ed ages 7-17, Young women ages 17-25
∞

New York State Psychiatric/ Columbia University Medical Center

Phone: 212 543-6811

Offers a free 6 week camp for obese youth ages 12 to 16 to lose weight. Parent required to attend a weekly nutrition counseling with their children.

New Image Camps Camp Pocono Trails (PA)

www.newimagecamp.com/3camps.htm

PO Box 417	Phone: 800-365-0556
Norwood, NJ 07648	Email:
	sparber@newimagecamp.com

- Summer weight loss program

State-of-the-art health program that offers non-competitive environment where children never feel left out of place, and campers share common goals. It's all about lifestyle changes while helping children lose weight. Camp is located 90 minutes from NYC. Refer to website for dates, rates and registration.

Target: Ages 7-18

☺

Wellspring Adventure Camp

Academyofthesierra.com	Phone: 866-364-0808
Wellspringcamps.com	Fax: 562-467-5578

- Weight loss camp
- www.wellspringadventurecamp.com/index.html

Target: Ages 10-15

☺

■ ∞ For everyone, ☺ For adults, ☺ For children or youth, \$ Insurance is accepted, or they may have a sliding scale, *Service is free of cost, ☺ Multilingual, ♦ More than one location

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Please note that the resources are not restricted to members of the specific borough unless specified in the description. Some resources may have more locations than listed below.

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If you are interested in adding a resource to this directory, would like to request more copies or would like to become a member of the Youth Health Coalition please contact the following:



Jill DeMarco MPH, MSW
American Cancer Society
Director of Community Health
Initiatives and Worksites
19 West 56th Street
New York, NY 10019
T: 212-237-3831
F: 212-237-3855
Jill.DeMarco@cancer.org



George Rosales
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Regional Director, Advocacy
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