

What Can Families Expect at the Lifestyle Medicine Program

Who is Lifestyle Medicine at the Children's Hospital Colorado?

The Lifestyle Medicine Program is a team approach. All our staff members will help your child be healthier by learning new habits and how to make good choices. These are people you may meet at different times.

- A **medical provider** (Physician or Advance Practice Provider) to talk about health problems. The following is a list of the medical providers in our program:
Amy Bartosheshky, FNP Kim Gracey, PA Darcy Thompson, MD
Liliane Diab, MD Suzanne Paul, FNP
Matthew Haemer, MD Stacie Schreiner, DNP, FNP
- A **dietitian** to guide eating behaviors. The following is a list of dietitians in our Lifestyle Program.
Deidra Barlow, RD Afton Delvecchio, RD Helen Seagle, RD
Caitlin Cacioppo, RD Jan Walker, RD Jessica Youngberg, RD
Carly Chason, RD Jessica Hemingway, RD
Torie Silverstone, RD Cinda Nab, RD
- An **activity specialist** to help your child find their strengths in activity, our providers are:
Eve Kutchman, MEd Michael Witten, MS, CSCS
- A **clinic nurse** can be reached at 720-777-6638. They may also contact you with your child's lab results. We have two clinic nurses:
Stephanie Duncan, RN Hillary Tijerina, RN Amy Brautigam, RN
- A **psychologist** for children to assist with weight management and eating behaviors:
Richard Boles, PhD
- A **social worker** to help with identifying resources:
Heather McMaster, MSW



What the Program Offers?

Following are listed several options for how the Lifestyle Medicine Program can help your family to meet your child's needs.

- **Program Visits**

1. Orientation Class - Your first visit in the Lifestyle Medicine Program will be a group visit. This class will provide a description of our program and how we work. It is held at either our main campus (Aurora), South campus (Highlands Ranch), or Colorado Springs Campus. It is free for all families in the Denver Metro Area and is offered different days at various times.
2. Medical Assessment - This is an individual clinic visit with a medical provider where an evaluation and assessment of the health effects of weight gain will take place.
3. Follow-up visit - Each family will create a unique plan for their family. About every 1-3 months you will have private follow-up visits lasting 1-2 hours. Your family may be offered group visits 4 weeks in a row. Bring your completed goal charts, food diaries, and questions to all appointments.

- **Dietitian Visits** - Visits with a dietitian will help you choose and reach your child's personal health goals.
- **Cooking Matters** - You and your child may choose to attend a weekly cooking class led by a dietitian. In this class, you will learn how to prepare healthier recipes and go home with all of the ingredients. An optional grocery store tour is also available.
- **Family Weight and Wellness Class** - You may choose to attend an hourly group class lasting 4 weeks. A psychologist and dietitian lead this class for parents, while the children are participating in group exercise. Here, you will learn how to help your child/family gain healthier habits.
- **Group Exercise** - Your child can come to our wellness center daily for FREE guided sessions with one of our activity specialists.
- **Medical Subspecialty Visits** - Some patients who have been evaluated through the medical visit may need to see a specialist to discuss weight related issues and/or weight loss surgery. Only some of the patients in the program will need this appointment. The Weight Management Specialty Clinics provide evaluation and treatment of children and adolescents whose weight is associated with:

Type 2 Diabetes

High cholesterol

Impaired glucose tolerance

High blood pressure

Polycystic Ovary Syndrome

Impaired fasting glucose

The following providers are associated with the weight management specialty clinics:

Natalie Abramson, PhD

Stephen Hawkins, MD

Shikha Sundaram, MD

Rachel Anthony, PNP

Stephanie Hsu, MD

Jayne Williams, PNP

Petter Bjornstad, MBBCh

Thomas Inge, MD

Liz Yeung, MD

Christine Chan, MD

Megan Kelsey, MD

Phil Zeitler, MD

Stephen Daniels, MD

Kristen Nadeau, MD

Melanie Green, MD

Sonali Patel, MD

Ann Halbower, MD

Lauren Shomaker, PhD

For more information or to schedule an appointment with Lifestyle Medicine
please call 720-777-2691 | childrenscolorado.org



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