



State of California—Health and Human Services Agency  
Department of Health Care Services



ARNOLD SCHWARZENEGGER  
Governor

February 8, 2008

CHDP Information Notice No.: 8-C

To: ALL CHILD HEALTH AND DISABILITY PREVENTION (CHDP) PROGRAM DIRECTORS, DEPUTY DIRECTORS, NUTRITIONISTS, HEALTH EDUCATORS, STATE CHILDREN'S MEDICAL SERVICES (CMS) BRANCH STAFF AND REGIONAL OFFICE STAFF

Subject: RESOURCE TEMPLATE FOR LISTING COMMUNITY RESOURCES FOR PREVENTION AND TREATMENT OF CHILD AND ADOLESCENT OVERWEIGHT AND OBESITY

The purpose of this CHDP Information Notice is to share a resource template and accompanying tools that local CHDP programs may use to identify community resources for the prevention and treatment of childhood overweight. The lack of resource information for providers has been identified as a significant barrier to the care for children determined to be overweight or obese.

The CHDP Program encourages local programs to inventory community resources for the prevention and treatment of childhood overweight and offer provider assistance. The attached resource template and related tools are standardized for statewide use, can be modified by local CHDP programs and are considered an “optional” activity.

**Background:**

The CHDP Nutrition and Health Education Subcommittees worked with several local programs to develop tools that can be used statewide to assist local CHDP programs to locate and share information on community resources for children determined to be overweight or obese. The attached resource template, “Resources to Prevent and Treat Child/Adolescent Overweight” is largely based on the Orange County CHDP resource list which has been pilot tested, refined and well received in its provider community over the last three years.

**ATTACHMENTS**

Attachment #1, the resource template is designed to include the most relevant referral information and identification of program components, such as nutrition and physical activity that correspond to standards of care for overweight children.

The remaining attachments are intended to assist local programs with contacting and researching resources and completing the resource template.

- 1. Attachment # 1: Blank Template – “Resources to Prevent and Treat Child/Adolescent Overweight”**- When completed, this resource list can be shared with providers and community programs.
- 2. Attachment # 2: Example - “Resources to Prevent and Treat Child/Adolescent Overweight”**. This is an example of a resource template that has been completed and is included for illustration purposes.
- 3. Attachment # 3: Template Key**- This checklist corresponds to the blank template; it identifies program description details to consider for inclusion on the resource template.
- 4. Attachment # 4: How to Locate Local Resources**- This is a general resource locator tool that helps to identify and initiate contact with regional and statewide organizations who may offer local programs in your area. This tool is intended to help identify “program referral” resources and not “information only” resources. Many communities have obesity coalitions that identify community resources for children who are overweight. Community coalitions may be a good starting place to gather information about local resources.
- 5. Attachment # 5: Information Interview**- This is a tool with key questions for interviewing individual programs/resources. It is easy to duplicate and can help ensure collection of complete information.

### **How to Use the Resource Template**

The resource template is designed to be a condensed, alphabetized listing of community resources that may be shared with:

- CHDP Providers
- Other public health programs, community coalitions, health plans, etc.

The resource template may be modified by local CHDP Programs. The resource template can easily expand by adding additional rows or it can be copied and used in an excel format. In larger counties, it may be more useful to develop resources by region in order to accommodate geographical distances. Please note the inclusion of footnotes regarding the disclaimer and the edition date on the bottom of the template. Lastly, the resource template will need periodic updating.

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**Who Can Help**

Local program nutritionists and/or health educators may help local CHDP programs contact and assemble resource information to complete the resource template for your providers. For more information and assistance, please contact Judy Sundquist, CMS Nutrition Consultant and/or Julie Linderman, CMS Health Education Consultant at (916) 327-1400.

**Original Signed by Marian Dalsey, M.D., M.P.H.**

Marian Dalsey, M.D., M.P.H., Chief  
Children's Medical Services Branch

Enclosures

**ATTACHMENT # 1**



**Resources to Prevent and Treat Child/Adolescent Overweight - County & Date**  
 Child Health and Disability Prevention (CHDP) Program

Medical	Nutrition	Phys Act	Behavior	Program / Contact	Age / Referral Criteria	Description	Language	Cost	Funded by

**Compiled by:**

**Reviewed/endorsed by:**

**Last updated:**

**Send updates and corrections to:**

**Disclaimer:** Information on this form is self-reported; the CHDP program does not specifically recommend nor promote any of the listed programs. Those using the list accept full responsibility. Please directly contact selected programs for more information.

For clinical follow-up/ medical referral information, please contact the local CHDP program at: \_\_\_\_\_.



**ATTACHMENT # 2**

**Resources to Prevent and Treat Child/Adolescent Overweight - North San Joaquin County – 7/07 EXAMPLE**

Child Health and Disability Prevention (CHDP) Program

Program / Contact	Medical	Nutrition	Phys Act	Behavior	Age / Referral Criteria	Description	Language	Cost	Funded by
<b>African Beat</b> Lodi Boys & Girls Club- Elana Gates 945-3211			X		13-19 yrs Co-ed teens	Athletic, invigorating dance workouts and performances led by professional dancer and choreographer. Daily after-school. Saturday evening dances. Guaranteed to burn 500 or more calories per 60-minute session.	Eng Sp	No cost	Delta Community College and Lodi Boys & Girls Club
<b>Basketball Kings</b> King Middle School Woodbridge 356-4323			X		Boys - all ages, Fathers, uncles, grandfathers	Skill development and physical fitness exercise everyday after school. Intramural games on weekends. Professional coach, coordinator.	Eng Sp	No cost	Woodbridge School District; Lodi Unified School District
<b>Buzz Me</b> 800-buzz-me 800-289-9634		X	X	X	All ages	Motivational coaching and support by telephone re physical exercise, food choices, nutrition, behavioral change strategies and tactics.	Eng Sp	No cost	St. Joseph's Medical Center, Dept of Health Ed
<b>Family Moves</b> Lodi Memorial Hospital Dave Meadows 948-4222 Ext. 601		X	X	X	8-13 yrs overweight youth, their parents, guardians	Eight-week interactive, family empowerment, behavioral change, skill development course in nutrition, food choices, food economics, cooking, family meals and family exercise.	Eng Sp	No cost	Blue Cross of California and Health Plan of San Joaquin
<b>Kids in the Kitchen</b> 4600 Lower Sac. Road Brandy Brown 948-4525		X		X	8-14 yrs	Five-week hands-on course in wok cooking, grilling and steaming; label reading; food economics; meal planning; shopping; family meals. Instructors are native chefs of Southeast Asia, Central America and Mediterranean cuisines.	Eng Sp Hmong	\$5 for 5 classes; \$10 for 10 classes	Sierra Fondation grant. Pots & Pans Kitchen Supply grant.
<b>Teen Train</b> John Muir High, Lodi Jon Rodriguez, M.Ed 948-4200		X	X	X	13-19 yrs	60 minutes of rigorous exercise and intramural sports; 15 minutes of coaching on super-foods for energy, strength and brain power. Daily after school. Instructors are physical education and nutrition experts.	Eng Sp	No cost	Lodi Unified School District and Public Health WIC
<b>Obesity Clinic</b> UC-Davis Medical Center in Sacramento Bill Jenkins, Director 916-368-4000 <a href="mailto:djenkins@ucd.org">djenkins@ucd.org</a>	X	X		X	3-19 yrs with a BMI over 95 <sup>th</sup> percentile, and a medical referral	Six-month clinical outpatient program w/weekly visits to medical and behavioral specialists. Interim telephone support in English. Spanish-speaking patients must be accompanied by fluent bi-lingual Spanish-English speaker. No cost to research subjects when opportunities arise.	Eng	\$26,000 Co-pays: Medi-Cal - \$0-30 Private ins - \$20-\$100	Partial coverage (~80%) public & private insurance plus some gov't programs

Compiled by the CHDP Program of San Joaquin County and the Nutrition and Physical Activity Coalition of San Joaquin. Reviewed by the San Joaquin chapters of the American Academy of Pediatrics and the American Academy of Family Practitioners and the San Joaquin County Office of Education. These groups neither recommend nor promote any of the listings in this resource guide. The guide was prepared to assist local CHDP providers and primary care physicians in north San Joaquin in helping children and their families achieve and maintain healthy weights.

**Update: 7/07 – Please send updates and corrections to: Dianna Stern, CHDP Program, San Joaquin Dept of Public Health, [dstern@sjcphs.org](mailto:dstern@sjcphs.org) or (209) 953-3644.**

**ATTACHMENT # 3**

**Resources to Prevent and Treat Child/Adolescent Overweight – Template Key**



Child Health and Disability Prevention (CHDP) Program  
*(Suggested elements for each column are identified below)*

Medical*	Nutrition*	Phys Act*	Behavior*	Program / Contact	Age / Referral Criteria	Description	Language	Cost	Funded by
X	X	X	X	Program name  Contact information/ registration: phone, fax, email and website  City/ location(s)	Age Gender BMI Health status Medical referral required Family participation required Income criteria/ Residency	Main activities/goals: exercise, diet planning, cooking, behavior change  Length of program: scheduled meetings, drop-in, on-going  Number of classes, days and dates  Instructor or leader credentials  Format of program: individual, group, classroom, self-directed education (computer modules)  Follow-up and/or ongoing support: phone follow-up, support groups	English  Spanish  Other:	No cost  Paid by health plan/ insurance  Sliding scale  Co-pay  Scholarship  Cost: \$\$	Coalitions  Foundations  Grants  Health plans: Medi-Cal Healthy Families Healthy Kids Insurance  Non-profit organizations: Community/ faith-based  Private pay  Schools

**\*Program categories by area of focus- Put an X in the column(s) above for each category of service offered by the program. Some programs may have more than one category checked. Sample category descriptions follow:**

X **Medical** - Managed/supervised by health professional. May include: medications, counseling, monitor high-risk health conditions, team intervention

X **Nutrition** - Basic nutrition education, cooking classes, shopping and dining tips, medical nutrition therapy

X **Physical Activity** - Basic body movement, team sports, skills and performance development, group exercise

X **Behavioral** – Individual counseling, support group, behavioral change skills, family dynamics



## Resources to Prevent and Treat Child/Adolescent Overweight How to Locate Local Resources

*A broad listing of available services will help CHDP providers and their patients identify resources that best meet their needs. This suggestion list may help you identify programs and services to include on your local resource list. Suggestions are organized by resource category; they correspond with the blank template, “Resources to Prevent and Treat Child/Adolescent Overweight”. The suggestions below are not intended to be comprehensive or a program endorsement but instead they serve as examples of program resources.*

### **To Start:**

1. Review the established resource lists used by the county health department, United Way 211 Directory (<http://www.211.org/>) and other referral groups.
2. Contact your local *Network for a Healthy California - Regional Network* to help identify others working in the areas of nutrition and physical activity.  
[www.dhs.ca.gov/ps/cdic/CPNS/network/rnn.htm](http://www.dhs.ca.gov/ps/cdic/CPNS/network/rnn.htm)
3. Contact local coalitions working on youth and health issues, such as First Five County Commissions <http://www.f5ac.org/item.asp?id=533>
4. Identify local resources by city/town or county.
5. Use the suggested ideas below to find resources.

### **Medical Resources:**

- Pediatric weight management programs:
  - KidShape- Northern CA only: <http://www.kidshape.com/>
  - PowerPlayMD
  - Stanford Pediatric Weight Control Program: [spwcpinst@stanford.edu](mailto:spwcpinst@stanford.edu) (email)
  - UCSF School of Medicine Shapedown programs: <http://www.shapedown.com/page2.htm>
- Hospitals/Clinics:
  - Tertiary and community hospitals
  - Federally Qualified Health Centers and Community Health Clinics: <http://ask.hrsa.gov/pc/> (Identify CA and county)
- Medical provider groups and specialty healthcare providers
- Professional associations:
  - American Academy of Pediatrics, American Dietetic Association, California Medical Association, California Association for Health, Physical Education, Recreation and Dance
- Medi-Cal Managed Care/Medi-Cal  
<http://www.dhs.ca.gov/mcs/mcmcd/htm/MedicalManagedCareHealthPlans.htm>
- Private insurance/health plans

### **Nutrition Resources:**

- Government public health nutrition programs:
  - California Nutrition Network: <http://www.dhs.ca.gov/ps/cdic/cpns/network/LFNE.htm>
  - HHS Adolescent Health Project, Office of Women’s Health, BodyWorks™ program: <http://www.womenshealth.gov/bodyworks/>
  - Local public health programs: Women, Infants and Children (WIC) program: <http://www.wicworks.ca.gov/resources/laSearch/search.asp>
  - University of CA Cooperative Extension nutritionist: <http://ucanr.org/ce.cfm>

## **ATTACHMENT # 4**

- Commercial weight management programs:  
Weight Watchers, Tops, Jenny Craig
- Youth programs:  
YMCA, Boys and Girls Club, faith-based, after school
- Educational institutions:  
Center for Weight and Health: <http://www.cnr.berkeley.edu/cwh/>  
College nutrition department

### **Physical Activity Resources:**

- Government programs:  
City/County Parks and Recreation Department: [http://www.parks.ca.gov/?page\\_id=21491](http://www.parks.ca.gov/?page_id=21491)  
School fitness/teams
- Commercial fitness programs:  
Commercial gyms such as, 24 Hour Fitness & Golds  
Sports, Play and Active Recreation for Kids (SPARK): <http://www.sparkpe.org/>
- Foundation sponsored programs:  
California Adolescent Nutrition and Fitness Program (CANFit): <http://www.canfit.org/>  
California Healthy Eating and Active Communities (HEAC) grants:  
[http://healthyeatingactivecommunities.org/grantee\\_showcase.php](http://healthyeatingactivecommunities.org/grantee_showcase.php)
- Youth program:  
YMCA/Boys and Girls Club/Scouts, after school, faith-based  
Sports leagues such as soccer, baseball and basketball

### **Behavior Resources:**

- Government programs: county mental health services
- Schools and school counselors
- Hospital, clinic and private practice counselors and psychologists specializing in weight issues

### **Additional Web Resources:**

*There are many online resources that provide additional information and community contacts/resources. A few primary web resources are listed for your perusal.*

- Bright Futures: <http://www.brightfutures.org/>
- California Medical Association Foundation:  
<http://www.calmedfoundation.org/applications/ProgramSearchHome.aspx> (Check list of programs)
- California Network for a Healthy California, such as “Champions for Change” and “Power Play”: [www.dhs.ca.gov/ps/cdic/cpns/](http://www.dhs.ca.gov/ps/cdic/cpns/)
- California Project LEAN (Leaders Encouraging Activity and Nutrition):  
<http://www.californiaprojectlean.org/>
- National Heart, Lung and Blood Institute of the National Institute of Health:  
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/whats-we-can/community-sites.htm#California>
- Prevention Institute Healthy Communities Project:  
<http://www.preventioninstitute.org/nutrition.html>
- U.S. Department of Agriculture, Center for Nutrition Policy and Promotion:  
<http://www.mypyramid.gov/>



**Resources to Prevent and Treat Child/Adolescent Overweight  
Information Interview Tool**

Date: _____	
Program name: _____	
Address: _____	___ Multiple sites (list on reverse)
Contact person: _____	
Name _____	Tel. _____ Fax _____ Email _____
How do interested individuals contact the program? _____	

**Program Type**

Focus: Medical    Nutrition    Physical Activity    Behavior

What is the main focus of program?	_____
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**Age/Referral Criteria**

Does the program require a referral to enroll? If yes, from whom?	_____
Does this program serve a specific target population? Or is it open to anyone regardless of age, gender, income, language, culture, etc.?	_____
Is family participation required?	_____

**Program Description**

Describe the main activities and/or goals of the program.	_____
What is the program format? How is it presented - individual appointment, group, series, self-directed education, classroom, exercise class, etc.?	_____
What is the length of program, number of classes, days, and dates?	_____
Is there follow-up and support?	_____
Does the leader have special credentials?	_____

**Language**

What languages are used?	_____
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**Cost**

Is there a cost to the program? How much? Covered by: Medi-Cal, Healthy Families, private health insurance? What are the payment terms: co-pay, sliding scale, scholarships?	_____
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**Funding Source/Endorsements**

Who sponsors this program: health plan, community organization, coalition, commercial, faith based?	_____
Who endorses the program: medical organizations, schools, public health program?	_____

Form completed by: \_\_\_\_\_  
Local CHDP Program name/phone #: \_\_\_\_\_