

# CT Children's CLASP Guideline Family Handout

## Overweight/Obesity & Screening for Endocrine Obesity Co-Morbidities

### FAMILY HANDOUT: WEIGHT MANAGEMENT RESOURCES

#### Internal Resources:

- **Weight Management Program at CT Children's:** ([www.connecticutchildrens.org/obesity](http://www.connecticutchildrens.org/obesity))
- If available, please provide copies of any labs done within the previous 6 months of referral: (fasting) glucose, cholesterol (LDL, HDL, triglycerides), ASAT, ALAT, TSH, free T4, insulin (25)OH Vitamin D
- **Nutritional counseling with CT Children's Nutrition** (click [here](#) or call 860-837-6286)

#### Resource Handouts:

- See [handout](#) for tips on Motivational Interviewing
- See [handout](#) for Healthy Eating & Lifestyle tips

#### Other Resources:

- **Child Development Infoline**  
The United Way of Connecticut's [Child Development Infoline](#) provides education on development, behavior management strategies and programs, makes referrals to services, and provides advocacy and follow-up as needed. For more information, call **1.800.505.7000**.
- **American Academy of Pediatrics**  
The [American Academy of Pediatrics](#) is a professional membership organization of 60,000 primary care pediatricians, pediatric medical sub-specialists and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents and young adults.
- **Let's Move!**  
[Let's Move!](#) is a comprehensive initiative dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams.
- **Nourish Interactive**  
[Nourish Interactive](#) offers fun nutrition games for kids, interactive nutrition tools and tips for parents and health educators to use to promote healthy living for the whole family.
- **EatRight.org**  
The Academy of Nutrition and Dietetics is the United States' largest organization of food and nutrition professionals, and represents over 100,000 credentialed practitioners — registered dietitian nutritionists, dietetic technicians, registered, and other dietetics professionals holding undergraduate and advanced degrees in nutrition and dietetics. [EatRight.org](#) is its go-to resource for providing nutrition information to the public. On the site you can find articles with quick tips to improve nutrition, overall health and stay updated on changes related to nutrition and food. This site also provides a gateway to find Registered Dietitians and other nutrition professionals in your area.
- **ChooseMyplate.gov**  
Curious about how to build a healthy plate? [ChooseMyplate.gov](#) provides healthy solutions for everyday life. It provides resources to improve your plate and increase physical activity through different online tools and activities. Provides tips for children, students, adults, seniors and professionals.