

Program Name: Weigh Smart Program
Sponsoring Organization: Mt. Washington Hospital and Foundation
Contact Name: Debbie Fike
Contact Phone Number: 410-578-5343
E-mail/Website: www.mwph.org
Age Group Served: Ages 8-17
Services Offered: Nutrition, Exercise, Psychology and Behavior
Comment on value of your program: A hands on multi-disciplinary approach to assist families in achieving a healthy lifestyle change for fitness and good nutrition habits for a lifetime.

Program Name: Fit –N-Fun
Sponsoring Organization: Towson Sports Medicine/Orthopaedic Associates
Contact Name: Stephanie Adams
Contact Phone Number: 410-337-8847, ext. 5076
E-mail/Website: www.towsonsportsmedicine.com
Age Group Served: Elementary and Middle School
Services Offered: Nutrition, Exercise, Psychology and Behavior
Comment on value of your program:

Program Name: A Better Weigh
Sponsoring Organization: Johns Hopkins Bayview Medical Center
Contact Name: Lawrence J. Cheskin, MD
Contact Phone Number: 410-583-2860
E-mail/Website: www.hopkinsbayview.org/weight
Age Group Served: Elementary, Middle and High School
Services Offered: Nutrition, Exercise, Psychology and Behavior
Comment on value of your program: The goal of this program is to help these children achieve a healthier lifestyle and weight through behavior modification, changes in diet, and physical activity.

Program Name: Johns Hopkins Youth Fitness Circle
Sponsoring Organization: Harriet Lane Clinic
Contact Name: Carrie Vick, LCSWC and Maria Trent, MD
Contact Phone Number: 410-955-2679
E-mail/Website:
Age Group Served: Middle and High School
Services Offered: Nutrition and Exercise
Comment on value of your program: Cyclic program designed to get patients started with lifestyle change. This program is meant to compliment delivery of services by primary provider. We only accept internal referrals from clinic patients.

Program Name: NIH Obesity Research Program
Sponsoring Organization: NICMD/NIH
Contact Name: M. Mirch (ages 6-12) 301-594-3198;
K. Theim (ages 12-18) 301-496-4168
E-mail/Website: <http://eclipse.nichd.nih.gov/nichd/deb/ugo/ugo.htm>
Age Group Served: Elementary, Middle and High School
Services Offered: Nutrition, Exercise, Psychology and Behavior
Comment on value of your program: Research program of medications, which requires signing consent forms. All costs are free to participants.

Program Name: Washington Center for Eating Disorders and Adolescent Obesity
Sponsoring Organization:
Contact Name: Tania Heller, MD
Contact Phone Number: 301-530-0676
E-mail/Website: www.washingtoncenteronline.com
Age Group Served: Elementary, Middle and High School
Services Offered: Nutrition, Exercise, Psychology, Behavior and Medical
Comment on value of your program: Team approach to treatment of patients with eating disorders and obesity.

Program Name: Wellness Center
Sponsoring Organization: Western Maryland Health System
Contact Name: Janice Lindner
Contact Phone Number: 301-759-9355
E-mail/Website: jmlindner@wmhs.com
Age Group Served: Elementary, Middle and High School
Services Offered: Nutrition, Exercise, Psychology and Behavior
Comment on value of your program: The value of our program includes:

1. Instilling good nutrition in children and their parents
2. Encourages the whole family to eat healthier
3. Provides quick healthy meal tips to parents
4. Encourages family activity and provides ideas for ways to be active

Program Name: Comprehensive Youth Wellness
Sponsoring Organization: Cumberland YMCA
Contact Name: Jeff Collen
Contact Phone Number: 301-777-9622
E-mail/Website: jcollen@cumberlandymca.org; www.cumberlandymca.org
Age Group Served: Preschool, Elementary, Middle and High School
Services Offered: Nutrition, Exercise, Psychology, and Behavior (parenting skills)
Comment on value of your program:

