OBESITY TREATMENT PROGRAMS FOR GARDNER PATIENTS

1. Stanford Pediatric Weight Control Program
   - Located in Menlo Park
   - Meets weekly for 6 months starting in January and September
   - Group sessions for kids ages 8-15 and their parents

2. Stanford Pediatric Weight Clinic*
   - Located at Sunnyvale Specialties
   - Must have BMI ≥ 99% or ≥95% with comorbidities
   - Multidisciplinary team works with individual patients ages 0-18

3. Stanford Adolescent Bariatric Surgery Program*
   - Located at 730 Welch Road in Palo Alto
   - Must have BMI 35-40 with severe co-morbidities or ≥40 with lesser co-morbidities and age ≥11
   - Primary procedure: laparoscopic sleeve gastrectomy

4. Pediatric Healthy Lifestyles Center (PHLC)*
   - Affiliated with Santa Clara Valley Medical Center
   - Several locations around San Jose
   - Multidisciplinary team works with individual patients ages 2-18

*Referral required
COMMUNITY RESOURCES:

1. Kurbo
   Mobile weight loss and health coaching for kids 5-18
   https://kurbo.com/

2. Child Nutrition and Cooking with Maya Adam, MD
   Online course through Stanford @ coursera.org
   http://online.stanford.edu/course/child-nutrition-and-cooking-Summer-2014

3. The HEAL project (Health-Environment-Agriculture-Learning)
   Field trips to the San Mateo County School Farm near Half Moon Bay
   Summer day camps for children 3-14 years old
   https://www.thehealproject.org

4. Full Circle Farm in Sunnyvale
   Education Garden
   Farm tours and field trips
   Food and Farm Summer Camp (in collaboration with Stanford) for youth 5-14 years old
   http://fullcirclesunnyvale.org/

5. Hidden Villa in Los Altos Hills
   Non-profit educational organization with an organic farm
   Environmental Education Program field trips for preschool to 6th grade
   Youth Development programs for 7th-12th grade
   Public programs
   Summer camps
   Teen apprenticeships
   http://www.hiddenvilla.org/

6. Veggie Rx offered by Fresh Approach
   Nutrition education, cooking demonstrations and access to health food
   8 classes over 16 weeks
   http://www.freshapproach.org/veggierx/