

Dear Health Care Provider,

Thank you for referring your patient to the Doernbecher Healthy Lifestyles Clinic. The program is designed for children from ages 2-18 with a BMI at the 99th percentile or greater. Our multidisciplinary team—including a pediatrician, pediatric dietician, pediatric-trained physical therapist and pediatric behavioral health psychologist—offers each patient a personalized approach to managing childhood obesity.

Please note, prior to being admitted to the program, the following enrollment requirements must be completed to ensure the child is a suitable match:

1. An application detailing the child's dietary and activity habits.
2. Attendance at an hour-long information session about our program.
3. A clinic visit in your office within the previous three months with a blood pressure measurement, a fasting lipid profile, CBC, fasting complete metabolic panel and hemoglobin A1C if older than age 9. These must be received by our office before scheduling an appointment in our clinic.

In addition, you may find the following suggestions helpful in your ongoing work with children and families managing weight concerns:

1. Refer to a pediatric dietician and ensure your patient is eating breakfast daily.
2. Pick no more than two diet and activity goals to work on with your patients.
3. The Doernbecher Healthy Lifestyles Clinic website under the "For Healthcare Providers" section also offers further ideas and links to resources.

We look forward to collaborating with you to help improve the lives of overweight or obese children and their families. Please feel free to contact us at 503 346-0644 with your questions or concerns.

Sincerely,

Natasha Polensek, M.D., Director
Kim Guion, Ph.D., Clinical Psychologist
Kerry Michaelis, P.T., D.P.T., P.C.S., Physical Therapist
Jennifer Kim, R.D., C.S.P., L.D., Clinical Dietician