UF Health Pediatric Weight Management Center – Wolfson Children's Hospital

Located within the UF Health Pediatric Multispecialty Clinic
841 Prudential Drive, 19th floor, Suite 1900
Jacksonville, FL 32207

Phone 904.633.0921 • Fax 904.633.0921

Currently, it is estimated that one in five children and adolescents (or 12.5 million) ages 2–19 years old are obese. Minorities represent the greatest risk of being obese.

Obesity is associated with serious health risks such as type 2 diabetes, high blood pressure, coronary artery disease, high cholesterol levels and osteoarthritis, shortness of breath, sleep disorders, menstruation issues, and liver and gallbladder disease. In addition, there is a link between obesity/overweight and poorer academic performance, school absenteeism and psychological function.

1 out of 3 children are affected by childhood obesity

How we can help

The UF Health Pediatric Weight Management Center – Wolfson Children's Hospital offers obese and overweight pediatric patients a comprehensive, family-centered and team-based approach to achieve weight loss, weight loss maintenance and reverse the co-morbidities of obesity. The treatment team works together to provide the best support and guidance for the patient and family, not only for weight loss, but also for weight loss maintenance.

The center is a resource for local health care providers with eligible patients (see back of this flyer) who they believe would benefit from this comprehensive multidisciplinary intervention and special care program. To manage the patient's co-morbidities of obesity, our team collaborates with the referring physician and with other pediatric subspecialists with both the University of Florida College of Medicine – Jacksonville and Nemours Children's Specialty Care, Jacksonville, including:

- Cardiologists
- Endocrinologists
- Gastroenterologists
- Pulmonologists
- Bariatric surgeons

NOTE: The center is not the medical home for non-obesity related care.

Wolfson Children's Hospital

UF | UNIVERSITY of FLORIDA
College of Medicine
Jacksonville

Who is eligible?

Children 5–20 years of age whose BMI is greater than the 95th percentile with or without any of these co-morbidities:

- Acanthosis nigricans
- Hyperinsulinism
- Abnormal glucose tolerance test/at risk for type 2 diabetes, prediabetes or diabetes mellitus
- Elevated liver enzymes, fatty liver disease/steatohepatitis
- Disordered sleep, snoring, obstructive sleep apnea
- Hypertension
- Dyslipidemia, hypertriglyceridemia, hypercholesterolemia
- PCOS, oligomenorrhea, amenorrhoea
- SCFE, tibia vara (Blount's)

Our clinical team

The Pediatric Weight Management Center team includes:

Pediatric Obesity Medicine
Madeline Joseph, MD, FAAP, FACEP
Vice President, Florida Chapter of the American Academy of Pediatrics
Professor of Emergency Medicine and Pediatrics
Assistant Chair of Pediatrics, Department of Emergency Medicine
Chief & Medical Director, Pediatric Emergency Medicine Division
Chief & Medical Director, UF Health Pediatric Weight Management Center –
   Wolfson Children's Hospital
University of Florida Health Science Center, Jacksonville

Diet and Nutrition
Katherine Margaritis MS, RD, LD/N, Clinical Dietitian
University of Florida Jacksonville Healthcare, Inc.

Behavioral Health
Terrie Andrews, PhD, Licensed Psychologist
Baptist Behavioral Health and Wolfson Children's Hospital

How to refer a patient?

Physicians are encouraged to refer any obese pediatric patient who is not losing weight after undergoing a structured weight management plan led by the child's primary care physician. Physicians also are welcome to refer any obese or overweight patient who they feel will benefit from a comprehensive, multidisciplinary team intervention. The American Academy of Pediatrics (AAP) Expert Committee *"Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity"* and other AAP tools are used by the UF Health Pediatric Weight Management Center to ensure we are providing the highest quality, evidence-based care for obese and overweight patients in a comfortable and supportive environment.