

Lifestyle Medicine Clinic Referral

Given @FNAME@'s drop down: [increase in weight compared to height, rapid weight gain, extra weight on the body which may cause health problems, eating behaviors that are hard to manage, strong appetite, and/or food selectivity] it is recommended that @FNAME@ have further evaluation in the Children's Hospital Lifestyle Medicine Clinic. This is a team that includes a registered dietitian and nutrition physician that specifically work together with families of children who have autism spectrum disorder and other neurodevelopmental challenges to support the family and child with weight management.

Some families in Lifestyle Medicine will also work with a clinical psychologist/behavior specialist and exercise experts. The first visit includes an evaluation of possible causes and consequences of extra weight on the body, and a plan created with families based on their goals/priorities. Treatment is individualized and may include targeting behaviors like eating, exercise, and sleep, assessing whether medications may be contributing to weight gain, and in some cases using medications that promote weight loss. A referral to this clinic was placed today. The Lifestyle Medicine schedulers will reach out to you to offer an appointment.