

“What is the Pediatric Centre for Weight and Health?”

The Pediatric Centre for Weight and Health (PCWH) is part of Alberta Health Services’ Weight Wise initiative, a comprehensive approach to preventing and managing overweight and obesity. Our pediatric clinics provide weight management care to overweight and obese children, youth and their families.

We deliver services from two locations: the Edmonton General Continuing Care Centre and Misericordia Community Hospital Child Health Centre. Each site has a specialized team of health professionals with expertise in pediatrics, endocrinology, nursing, psychiatry, psychology, fitness, nutrition, and health promotion.

“What is the history of the PCWH?”

To meet the needs of families from the Edmonton area, the PCWH (Edmonton General site) and PCWH (Misericordia site) were established in 2005. Support for the PCWH has come from several sources including Alberta Health Services, the Stollery Children’s Hospital, the Department of Pediatrics at the University of Alberta, and Covenant Health.

“What services does the PCWH provide?”

Weight management care may be provided through individual counseling or group-based education, and includes long-term support and follow-up. All families complete comprehensive assessments so our treatment recommendations are individualized to each family’s needs and abilities. This includes measuring family readiness, motivation, and commitment, factors that are essential for successful behaviour change and weight management.

Children and youth referred to the PCWH continue to receive health care by their regular health care providers. Our clinics communicate regularly with referring physicians regarding the weight management treatment status, progress, and follow-up care of our families.

Our commitment to evaluation and research ensures that our clinics continue to provide the most up-to-date and evidence-based weight management care possible.

“What are the criteria for referral?”

If boys and girls are 8 – 17 years of age and have a BMI \geq 85th percentile, they are eligible to receive care at the PCWH. Because our approach to treatment is family-centred, it is important that at least one parent/guardian plays an active and supportive role.

“How are referrals made?”

Referrals must be made by a physician. For additional information and a copy of our referral form, please visit us on the web at: www.capitalhealth.ca/weightwise

More information:

www.capitalhealth.ca/WeightWise

Phone: 780-408-LINK (5465)

Toll-free: 1-866-408-LINK (5465)

<p>Edmonton General site Unit 8B01 Edmonton General Continuing Care Centre 11111 Jasper Ave Edmonton, AB T5K 0L4</p>	<p>Misericordia site Child Health Centre 2nd Floor Mother Rosalie Health Services Centre Misericordia Community Hospital 16940 – 87 Avenue Edmonton, AB T5R 4H5</p>
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