

Services for Children at Risk for Overweight

ECU Family Practice Center

- Appointment with nutrition educator or dietitian
- Call: 744-4611
- Cost: \$38 for initial assessment (60 minutes), \$17 for follow-up (30 minutes)

OR

- Contact: Elaine Martin. Ask for an appointment with Emily Davis Balkman, MPH, RD, LDN
- Phone: 744-5479
- Cost: Free, supported by grant from Pitt Memorial Hospital Foundation. Must specify that child has weight concern, or is enrolled in KIDPOWER study.

Pediatric Outpatient Center, Brody School of Medicine

- Contact: Ginger Hester, MS, RD, LDN
- Phone: 744-0766
- Cost: \$38 for initial assessment (60 minutes), \$17 for follow-up (30 minutes)

Pitt County Health Department

- Contact: Joanne Moylan, MPH, RD, LDN
- Phone: 902-2388
- Cost: Free for Medicaid children; sliding scale for others

ViQuest

- Contact: Karen Bellacera, MA, RD
- Phone: 847-8883
- Cost: Non-members pay \$50 for initial assessment (60 minutes) and \$30 for follow-up (30 minutes). ViQuest members are eligible for one free initial session and one free follow-up session.

Medical Park Associates

- Contact: Katrina Segrave, RD, LDN
- Phone: 758-6080
- Cost: Initial visit \$85.

Additional Resources for Overweight Youth in Pitt County

Books

- *Child of Mine. Feeding with Love and Good Sense.* By Ellyn Satter, RD, ACSW (2000) \$16.95.
- *ADA Guide to Healthy Eating for Kids.* By Jodie Shield, MEd, RD, and Mary Catherine Mullen, MS, RD. (2002) \$14.95.

Websites for Kids

- www.kidnetic.com is an interactive site combining food, fitness, fun, feelings, and family dynamics. Kidnetic.com is an educational outreach program supported by the International Food and Information Council (IFIC) Foundation.
- www.smart-mouth.org is produced by the Center for Science in the Public Interest (CSPI). The site contains nutrition information and interactive games. The CSPI is a consumer advocacy organization whose mission is to conduct innovative research and advocacy programs in health and nutrition.

Websites for Caregivers

- www.brightfutures.org is an excellent, user-friendly resource with in-depth sections about nutrition and physical activity for children and teens.
- www.kidshealth.org provides doctor-approved health information (including special sections about nutrition and physical activity) about children from before birth through adolescence.
- www.nchealthyweight.com The mission of the NC Healthy Weight Initiative is to shape the eating and physical activity patterns of North Carolina children and youth in ways that lead to healthy weight and reduce the risk for chronic disease.

Speaker's Bureau

If you are coordinating a group and would like to have a registered dietitian available to answer questions, provide professional feedback, or serve as a speaker, please contact Emilie Davis at the Brody School of Medicine, 744-9210.