While the treatment of overweight and obesity in children is not universal, it is improving. In 2007, Blue Cross Blue Shield of North Carolina began providing reimbursement for 6 visits with a dietitian credentialed in weight management by Blue Cross. North Carolina Medicaid provides reimbursement for Medicaid-eligible children who can receive these services. In 2009, the **Alliance for a Healthier Generation** was launched. Insurance companies such as Aetna and BCBSNC who participate will provide access to a minimum of 4 visits with an RD for MNT to children and their families. Eligibility for the new coverage is 3-18 years old. It is important to note that the reimbursement situation is rapidly changing. It can not be assumed that nutrition visits will be paid for or not paid for, including with Medicaid. It is best to check with each insurance carrier.

In an effort to maximize the resources and reimbursement available, a list of MNT resources is provided below. The listing is divided into sections to assist the health care provider. If you are unsure whether the child is eligible to receive free-, or reduced-rate nutrition consultations, you may prompt them about which lunch service they receive at school. You may refer the child to any of these providers.

### For children eligible to receive free school lunch:

**Pitt County Health Department**
Appointment: 902-2418
Contact: Jackie Sugg, MS, RD, LDN Health Promotions Nutritionist
Or:
Appointment: 902-2388
Contact: Robin High, MPA, RD, LDN Nutrition Program Director

**ECU Family Medicine Center**
Appointment: 744-5479  Must specify that child has a weight concern.
Ask for appointment with KIDPOWER dietitian Cara Jenkins, MPH, RD, LDN, or Sarah Henes, MA, RD, LDN

### For children eligible to receive reduced-price school lunch:

**ECU Family Medicine Center**
Appointment: 744-4611
Ask for appointment with nutrition educator or dietitian

**Pediatric Outpatient Center, Brody School of Medicine**
Appointment: 744-0766
Ask for appointment with pediatric dietitian

### For children who are able to pay full price for school lunch:

**East Carolina University Family Medicine or Pediatrics. See above**

**ViQuest**
Appointment: 847-7914

* Contact individual program for current cost. There may be scholarships and grant funding that make some services available at a reduced rate or at no charge.
Medical Nutrition Therapy Resources for Overweight Youth in Pitt County

**ECU Family Medicine Center**
Appointment: 744-5479  Must specify that child has a weight concern.
Ask for appointment with: KIDPOWER dietitian Cara Jenkins, MPH, RD, LDN or Sarah Henes, MA, RD, LDN

**Pediatric Healthy Weight Research and Treatment Center**
Appointment: 744-3538.  Need referral from Primary Care Physician.
Includes medical, nutrition, and physical activity assessment.

**Pediatric Outpatient Center, Brody School of Medicine**
Appointment: 744-0766
Ask for appointment with Mindy Saenz, RD, LDN

**Pitt County Health Department**
Appointment: 902-2418
Contact: Jackie Sugg , MS, RD, LDN  Health Promotions Nutritionist or
Or:
Appointment: 902-2388
Contact: Robin High, MPA, RD, LDN  Nutrition Program Director

**ViQuest**
Appointment: 847-7914

**Group Weight Management Programs also offered at ViQuest:**
12 week programs:  Ages 2-18 years
Contact: Chelsea Farlow 847-7914

**Medical Weight Loss Clinic for Employees- Optifast Program at ViQuest**
Appointment: 847-6501

**Contact individual programs for current charges. There may be scholarships and grant funding that make some services available at a reduced cost or at no charge.**