Contact Information
To learn more about the ECU Pediatric Healthy Weight Research and Treatment Center, visit our Web site at www.ecu.edu/pedsweightcenter or contact the program administrators by phone or e-mail:

David Collier, MD, PhD, Director
252-744-3538, collierd@ecu.edu

Yancey Crawford, MPH, Program Coordinator
252-744-3061, crawfordy@ecu.edu

ECU Pediatric Healthy Weight Research and Treatment Center
Room 3E-139 Brody Medical Sciences Building
600 Moye Boulevard
Brody School of Medicine
East Carolina University
Greenville, NC 27834
Phone: 252-744-3061
Fax: 252-744-3297

To make a donation, please contact the
East Carolina University Medical & Health Sciences Foundation Inc.
Health Sciences Development and Alumni Affairs
525 Moye Boulevard
Greenville, NC 27834
Phone Toll Free: 888-816-2238
Local: 252-744-2238
Fax: 252-744-3261
E-mail: mhsfoundation@ecu.edu
The United States is facing a public health challenge like never before—a threefold increase in obesity rates among our nation’s children. Obesity is the most common chronic medical condition among children today, affecting one in three regionally. Because of their weight, children are now developing “adult” diseases such as arthritis, high blood pressure, sleep apnea, and diabetes.

In response to this health crisis, East Carolina University formed the Pediatric Healthy Weight Research and Treatment Center. The center, founded in 2003, is committed to preventing and reducing childhood obesity through clinical care, research, and community partnership.

The mission of the Pediatric Healthy Weight Research and Treatment Center (PHWRTC) is to prevent and reduce childhood obesity through collaboration with local health-care providers and community agencies, as well as through the development, application, and dissemination of translational basic science and clinical research in both community and academic settings.

**Programs and Activities**

**Pediatric Healthy Weight Clinic:** The Pediatric Healthy Weight Clinic provides multidisciplinary evaluation and treatment for overweight youth. Pediatricians, dietitians, physical therapists, and a mental health professional work together to develop effective, family-centered approaches to weight management for each patient.

**Annual Summits:** The center sponsors annual summits to increase awareness of childhood obesity and promote collaboration, advocacy, and action among participants. The summits have grown from a half-day intramural meeting to a two-day conference that routinely draws more than 150 participants from across the United States.

**Take Off 4-Health Summer Camp and Family Programs:** In 2007, the center sponsored its first nonprofit weight-loss camp and yearlong follow-up program for overweight youth and their families. The highly successful programs promoted increased self-esteem and adoption of healthy lifestyle habits. Plans are under way to hold subsequent camps and follow-up programs each summer in partnership with North Carolina 4-H and North Carolina State University. For more information, visit our Web site at www.ecu.edu/pedsweightcenter.

**Medical Nutrition Therapy Protocol:** A medical nutrition therapy protocol, including patient education materials, is available for use by health professionals at www.ecu.edu/pedsweightcenter. The protocol provides standardized nutrition counseling for overweight youth.

**University Eat Smart Move More (UESMM) Collaborative:** The center helped initiate and actively participates in the UESMM collaborative, composed of the four North Carolina medical schools. The group has a statewide reach and the ability to access large clinical and public health populations for research initiatives.

**Pediatric Healthy Weight Forums:** The forums, ongoing since 2005, are intended to expand knowledge of childhood obesity in the region and facilitate collaboration and networking. Most forums are broadcast live to remote sites via distance learning technology.

**Community Partnership:** The center actively participates in health fairs, serves on healthy eating/physical activity coalitions, and provides presentations to community groups.

**Research Grants and Contracts**

The center conducts clinical, basic science, and public health research on ways to prevent and reduce childhood obesity. For details on our research, please visit us online at www.ecu.edu/pedsweightcenter and click the “Research” link under “Programs and Activities.”

**Awards and Recognition**

- **Selected in 2008 by the National Initiative of Children’s Healthcare Quality (NICHQ) as one of five model programs nationally providing childhood obesity treatment; presenter of three storyboards at the 2006 NICHQ National Congress on Childhood Obesity**
- **Winner of the 2007 Excellence in Bio-psychosocial Care Award**

**RECENTLY FUNDED PROJECTS**

**ECU Family Therapy Clinic and Marriage and Family Therapy Program**

- **Winner of the 2006 Good For Kids Award, North Carolina Pediatric Society**
- **One of nine key resources in North Carolina’s statewide obesity plan**

**Partners Ensuring Success**

The Pediatric Healthy Weight Research and Treatment Center is actively seeking funding from government agencies and private foundations as well as donations from individuals.

**Major donations to support development of regional programs are welcome as are smaller donations to support specific needs, such as:**

- **Scholarships and clothing allowances for overweight children to attend Take Off 4-Health camp and family program (Tuition costs are $650 per week or $1,950 for the entire three-week camp.)**
- **Funds to keep registration fees low for the annual summits, so a broad range of stakeholders may attend (Expenses in excess of registration fees are approximately $10,000 each year. Partial or full support is welcome.)**
- **Support for mental health services for overweight children and their families through the Pediatric Healthy Weight clinic**
- **Expenditures for patient materials, such as handouts, pedometers, and incentives (approximately $5,000 per year)**

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**ECU Dentistry Program:** Poor oral health is known to contribute to obesity-related health problems in adults. Sara Grossi, DDS, received $295,781 from the Kate B. Reynolds Charitable Trust to identify and treat overweight children with oral disease to reduce their risks of developing obesity-related illnesses.

**KIDPOWER Program:** During the past four years, the Pitt Memorial Hospital Foundation has given more than $200,000 to support a “circuit-riding” community dietitian.

**Camp Scholarships:** The center received $26,780 from the Pitt Memorial Hospital Foundation and $13,500 from the Harold W. Fate Foundation to provide scholarships for youth to attend the ECU weight-loss camp and family-centered follow-up programs.

**Obesity Center in Primary Care:** The ECU Departments of Pediatrics and Family Medicine received $350,000 from the Health Resources and Services Administration to strengthen primary care training and research related to childhood and early adult obesity.

**Evaluation of the North Carolina Childhood Obesity Prevention Intervention Initiative:** The North Carolina Health and Wellness Trust Fund awarded $144,500 to the Research Division of Family Medicine and the PHWRTC to evaluate a statewide obesity prevention/reduction initiative.

**PEsticides and Obesity:** The PHWRTC received a $20,000 Research Development Award from ECU to further evaluate the role that pesticides may play in the development of obesity.

**Social Marketing Campaign:** The Research Division of Family Medicine at the PHWRTC received $40,000 from the Pitt County Memorial Hospital to provide consultation on the development and evaluation of a social marketing campaign aimed at increasing awareness of childhood obesity.

**Major donations to support development of regional programs are welcome as are smaller donations to support specific needs, such as:**

- **Scholarships and clothing allowances for overweight children to attend Take Off 4-Health camp and family program (Tuition costs are $650 per week or $1,950 for the entire three-week camp.)**
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