

Weight Management Program at Kennedy Krieger Institute

Who We Are

The Weight Management Program at Kennedy Krieger Institute provides comprehensive nutrition assessment, education, and treatment for overweight and obese patients. Our goal is to provide patients and their caregivers the skills needed to help them develop healthy habits and behaviors, resulting in increased mobility and decreased medical risks.

Who We Serve

The Weight Management Program is open to patients older than two years of age who are overweight or obese and have a diagnosed weight-related disease. We welcome one-time evaluations and ongoing treatment.

Our Treatment Approach

An initial evaluation begins with a one-hour appointment with a nutritionist, who collects information about the patient's eating habits, motivation for change, and previous attempts at weight loss. The nutritionist and the patient will establish a weight goal based on the severity of the weight problem, age, and prevalence of existing weight-related conditions. An individualized plan is developed with the patient or caregiver, and specific goals are established to make the plan attainable. The patient will also be assessed to determine whether participation in one of the lifestyle groups is appropriate.

Follow-up visits typically last 30 minutes and consist of reviewing progress of previously established goals, identifying barriers to success, further nutrition education, and ongoing refining of personal goals.

Our Team

Several disciplines are involved in providing care to patients in the Weight Management Program, including:

- Behavioral psychologists
- Occupational therapists
- Developmental pediatricians
- Physical therapists
- Nutritionists



Fit and Healthy Kids

Children ages 10-18 whose weight affects their strength, endurance, balance, or coordination will participate in this group. Prior to starting the group, the child will be evaluated by a physical therapist to determine appropriate functional goals. Group sessions will consist of appropriate exercise stations and nutrition education games. Most children participating in the healthy lifestyle group have an intellectual or other neurological disability.

We are all born with great potential.
Shouldn't we all have the chance to achieve it?



Kennedy Krieger Institute
UNLOCKING POTENTIAL

For more information, visit kennedykrieger.org or call 888-554-2080.

Disability-Specific Groups

Healthy Eating Group for Adults with Down Syndrome

Adults with Down syndrome who are transitioning to adulthood and a more independent life will benefit from this eight-week session group. Group members will learn healthy eating concepts through nutrition education games and discussions on emotional eating, understanding hunger cues, and more.

Spina Bifida Wellness Group

Participants in this wellness group will receive occupational therapy designed to increase their upper body range of motion and strength and increase their quality of life. Nutrition education activities will increase awareness of eating habits and allow opportunities to set self-directed goals for improvement. All activities are appropriate for individuals with decreased executive function skills, giving participants the opportunity to develop camaraderie with others who face similar barriers and challenges.

Other Services

Metabolic Cart Testing

Metabolic cart testing is available to determine an individual's resting metabolic rate (the amount of calories burned in a day at rest). This information is used to develop an appropriate meal plan to meet the patient's weight goal. Metabolic cart testing is especially helpful for individuals using wheelchairs who have experienced muscle wasting or changes in body composition.

Group Home Consultative Services

Individuals living in group homes face unique challenges. Group home residents and their staff can meet with a nutritionist in the Weight Management Program to develop and review menus, establish specific weight goals, and develop appropriate plans to meet these goals.

"The nutritionist taught my son about exercise and making good food choices. Kennedy Krieger helped us make a plan, and now we have the information we need to help us change."

- Parent

Contact Information

Weight Management Program

For more information or to schedule an appointment, please call 443-923-9400, or toll-free at 888-554-2080.

TTY: 443-923-2645 or Maryland Relay 711

kennedykrieger.org

Physicians & Healthcare Professionals

To make a referral, call our Physician Referral Line at 443-923-9403.

Mailing Address:

707 North Broadway
Baltimore, MD 21205

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Care is provided in a manner that preserves cultural, psychosocial, spiritual and personal values, beliefs, and preferences. We encourage patients and families to become active partners in their care by asking questions, requesting resources, and advocating for the services and support they need.



Learn More. Get Involved. Stay Connected. Visit kennedykrieger.org/connect.