

# Weight Management Program at Kennedy Krieger Institute

## Who We Are

The Weight Management Program at Kennedy Krieger Institute is dedicated to the management of patients with disabilities who are overweight or obese. The program provides comprehensive nutrition assessment, education, and treatment for overweight and obese patients and their families. Our goal is to provide patients and their caregivers the skills needed to help them develop healthy habits and behaviors, resulting in improved weight and decreased co-morbidities.

## Who We Serve

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

## Our Team

### Registered Dietitian

A registered dietitian will discuss the patient's eating behaviors, habits, and tendencies, such as portion size, food allergies, number of meals and snacks per day, skipped meals, meal and menu structure, variety in the diet, hunger, sneaking food, and dining out. The dietitian will use food models, handouts, and other tools to teach healthy eating, and will work with patients to set reasonable nutrition goals to work on between visits.

### Other Service Providers

The patient will be referred to additional services such as physical therapy, occupational therapy, social work, and behavioral psychology, when indicated. When the physical therapist is involved in treatment, a thorough assessment is conducted in order to develop an individualized exercise program, set goals, and measure improvement. Interdisciplinary collaboration occurs between the referring physician, nutritionist, and additional disciplines involved in the treatment of the individual.

## Our Treatment Approach

An initial evaluation begins with a one-hour appointment in which information about the patient's eating habits, motivation for change, and previous attempts at weight loss are collected. A weight goal is established with the patient and nutritionist based on the severity of the weight problem, the age of the patient, and the prevalence of existing weight-related diseases. An individualized plan is developed with the patient and caregiver to meet this weight goal, and specific goals are established to make the plan attainable.

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



## 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](http://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

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



Kennedy Krieger Institute

For more information, visit [kennedykrieger.org](http://kennedykrieger.org) or call 888-554-2080.