



St. Louis Children's Hospital

Fitness and Nutrition Resources & Referrals

Program & Contact Number	Focus	Description	Ages	Class Location	Length	Facilitators	Cost
St. Louis Children's Hospital: Head to Toe Program 314-454-KIDS (5437) 1-800-678-KIDS(5437)	Child & family focus in group setting	This program encourages moderately overweight children, teens, and their parents to make healthy lifestyle choices by setting goals, increasing daily physical activity and exercising. The program combines hands on fitness and nutrition activities as well as parent discussion in a safe non threatening environment.	8-12	St. Louis City & County St. Peters Alton, IL & Chester, IL	1 hour a week for 12 weeks Sessions: February September	<ul style="list-style-type: none"> ▪ Registered Dietician ▪ Physical Therapist ▪ Social Worker 	\$60 Physician referral required
St. Louis Children's Hospital: Nutrition Services (Dietitians) 314-454-4204	Individual & parent	Complete assessment of the child's overall nutritional status followed by a personalized treatment plan focusing on dietary changes and exercise.	0-18	St. Louis Children's Hospital	As needed	<ul style="list-style-type: none"> ▪ Registered Dietician *will work w/Physical Therapist	Sliding Scale
St. Louis Children's Hospital: Therapy Services 314-454-6154	Individual & parent	Complete assessment of the child's overall fitness status conducted by a pediatric-trained therapist using standardized assessment tools, clinical observation, or both to evaluate a child. The therapist determines the level of the development abilities and needs based on testing, observation, and parent input.	0-18	St. Louis Children's Hospital	As needed	<ul style="list-style-type: none"> ▪ Physical Therapist *will work w/Registered Dietician	Sliding Scale
St. Louis Children's Hospital: Family Resource Center 314 454-2350	Parents and Caregivers	Complete health information resource library dedicated to improving the lives and health of children through the education and training of parents and caregivers.	0-18	St. Louis Children's Hospital	M-Th 8:30-7:00 F 8:30-4:30 S 10-2pm	<ul style="list-style-type: none"> ▪ Pediatric Nurses ▪ Medical Librarians 	Free
St. Louis Children's Hospital: Answerline 314-454-KIDS (5437) 1-800-678-KIDS(5437)	Parents and Caregivers	Provides families with health and wellness information, expert advice, and referrals.	0-18	St. Louis Children's Hospital	M-F 7am-11pm S & S 12-8pm	<ul style="list-style-type: none"> ▪ Pediatric Nurses 	Free