



# Harris County Hospital District

## Media Release

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### **HCHD to Help Obese Adolescents Lose Weight**

\$105,000 grant helps staff reduce health risks in overweight children

HOUSTON – Overweight teens will participate in a study, conducted by Harris County Hospital District and Baylor College of Medicine, to determine which weight loss program is more effective for obese children.

The study examines whether educating teens on healthy lifestyle decisions with supervised physical activity improves their weight control or if a routine program of advice and instruction is more effective.

The 24-week program will involve 160 adolescents and at least one of their family members. Physicians from HCHD's People's Health Center in southwest Houston will begin identifying eligible candidates for the program in the upcoming months. Obese children are those with a Body Mass Index (BMI) above the 85<sup>th</sup> percentile.

The study, funded by a \$105,120 grant from the Texas Higher Education Coordinating Board's Minority Health Research and Education Grant Program. People's Health Center has the largest number of obese pediatric patients of all the HCHD health centers.

The Harris County Hospital District is the fourth largest metropolitan public healthcare system in the U.S. The system comprises three hospitals – Ben Taub General Hospital, Lyndon B. Johnson General Hospital and Quentin Mease Community Hospital – 11 community health centers, an HIV/AIDS clinic, a dental center, and satellite clinics in 13 homeless shelters, four school-based clinics and five mobile health units.

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