



# Harris County Hospital District

## Media Release

Date

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### **LBJ Hospital Tackles Weighty Issue** *Pediatric Obesity Management Clinic gets children in shape*

As 10-year-old Keyana Simmons stepped on the scale, she was all smiles. The cherub-faced girl joked around--while her mother took a double take at the scale.

182.

For her height and age, Simmons is 90 pounds overweight.

National statistics show that childhood obesity is on the rise in the African American and Hispanic communities.

Obesity is a growing problem among children, but at the Harris County Hospital District's Lyndon B. Johnson General Hospital's Pediatric Obesity Management Clinic, the goal is to help these children by promoting healthy eating habits to them and their families.

"Obesity is not a problem, it's a symptom," said Carol Moore, LVN and clinic coordinator. "It's terrible when we have eight and nine-year olds coming in and being diagnosed with diabetes just because they are overweight."

The clinic was created three and a half years ago when staff saw an increase in childhood health problems and weight-related complications.

Patients ages 3 to 18 are evaluated to identify the causes of their obesity and any complications arising from their conditions. Dieticians provide patients and parents with an individualized program for the patient based on age, level of activity and availability. Physical therapists provide a physical activity program, while a social worker helps with psychosocial problems.

The Harris County Hospital District is the fourth largest metropolitan public healthcare system in the U.S. It comprises three hospitals—Ben Taub General Hospital, Lyndon B. Johnson General Hospital and Quentin Mease Community Hospital—12 neighborhood health centers, a dental center, six school-based clinics, 13 satellite homeless shelter clinics and five mobile health units.

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