



# PROGRAM SPOTLIGHT: VCU T.E.E.N.S. PROGRAM

## Making Healthy Living Fun!

Pediatric obesity is increasing at an alarming rate making it a major health concern for today's youth. Data show that:

- approximately 14% of children and 12% of adolescents are over the 95th percentile for Body Mass Index (BMI)
- about 22% of males and females under 20 years of age suffer from obesity when the 85th percentile is used as a cutoff
- The percent of children and adolescents who are overweight has more than doubled in the last three decades.

This rise in the numbers of overweight children is a major cause for concern, as being overweight increases risks of diet-related diseases such as Type II diabetes, cancer, heart disease, stroke, gallbladder disease, hypertension and osteoporosis. Children who are overweight often experience psychological stress, poor body image and low self-esteem.

The VCU T.E.E.N.S. (Teaching, Encouragement, Exercise, Nutrition and Support) Healthy Weight Management Program is dedicated to combating the obesity trend in our community by implementing a holistic approach to healthy living. The T.E.E.N.S. Program provides medical assessments, an exercise program, nutritional education, and family support.

Our dedicated weight management team includes:

- Physicians
- Psychologists



The comprehensive T.E.E.N.S. weight management clinic has a dedicated location for pediatric consults and exercise activities in the Franklin Street Gym on the campus of Virginia Commonwealth University.

- Nutritionists
- Exercise Medicine Specialists

Patients must meet the following criteria to qualify:

- Age 11-18 with a BMI over the 95th percentile
- Must have a primary care physician
- Must be able to perform standard exercise movements
- Must be able to understand basic instructions
- A motivated parent/guardian to accompany the child and participate in the program
- Live within a 30-mile radius of downtown Richmond.

For further information please contact Janet Delorme, Program Coordinator at (804) 827-0661 or [jdellorme@vcu.edu](mailto:jdellorme@vcu.edu). Visit us on the web at [www.vcu.edu/TEENS/](http://www.vcu.edu/TEENS/)

Nonprofit  
Organization  
U.S. Postage  
**PAID**  
Richmond, VA  
Permit 869

# SPECIALTY SPOTLIGHT

VIRGINIA COMMONWEALTH UNIVERSITY CHILDREN'S MEDICAL CENTER

JULY 2006, VOLUME 4

## JOINT VENTURE

### Partnership formed to build full-service children's hospital in Richmond

Children's hospitals are unique resources that benefit all children by providing state-of-the-art clinical care, conducting innovative research, pioneering new treatments, and educating future pediatric medical professionals. Children's hospitals address the special needs of critically ill and injured children, their families, and medical team. They are staffed by a team that is trained in the science and art of caring for kids. Children's hospitals also advocate protections and services for children and families, including public health education, injury prevention, and access to appropriate health care.



The physicians, nurses, and medical staff at VCU Children's are excited about future advancements in pediatric healthcare in Richmond.



With these principles in mind, and a desire to provide the best possible health care to the children of central Virginia, the Virginia Commonwealth University Children's Medical Center and Children's Hospital of Richmond recently announced a partnership to build a full-service children's hospital in Richmond.

"Richmond is the only city of its size in the country that does not have a full-service children's hospital," said Dr. Joseph Laver, chairman of the VCU Children's Medical Center

and Medical Director of the Children's Hospital of Richmond.

"Our children need a children's hospital," he explained. "Seriously ill children require pediatric specialists, nurses, and technicians as well as equipment that fits their size—all in an environment that is geared specifically towards children's needs. A comprehensive children's hospital addresses all of these issues."

### Richmond is the only city of its size in the country that does not have a full-service children's hospital.

Benefits of the new children's hospital will include the ability to provide convenient comprehensive care for the sickest children, improved coordination and collaboration among pediatric providers, strengthened pediatric research and education, and a safety net for low income children who

need care. Creating one common Center to meet all of these needs will also enhance the ability to recruit and retain new talent and specialists in pediatric medicine.

"Together with Children's Hospital, we believe that building a full-service children's hospital in Richmond is the best solution for Virginia's children," said Dr. Sheldon M. Retchin, CEO of the VCU Health System and Vice President of VCU Health Sciences. "The powerful combination of our pre-eminent academic medical center and the expertise in rehabilitation and therapeutic pediatric services provided by Children's Hospital will create the best array of complete and specialized care."

This exciting project is anticipated to include a new child-oriented ambulatory care center, a 109-bed inpatient facility, and a convenient parking deck. The facilities will be located at the VCU Medical Center on the block bordered by 10th and 11th and Marshall and Broad Streets. In addition, Children's Hospital of Richmond plans to expand its current Brook Road location by adding 24 new inpatient transitional care beds.

Officials anticipate completion of the construction of the new facility in 2012.

For more information, visit [www.childrenshosp-richmond.org](http://www.childrenshosp-richmond.org).



## FREQUENTLY CALLED NUMBERS

Appointment Line . . . . .	804-628-PEDS
Referral Line . . . . .	804-628-PEDS
Toll-free Appointment Line . . . . .	800-762-6161
TTY (for hearing impaired) . . . . .	800-828-1120
Patient Relations . . . . .	804-628-0400
Hospital Visit Billing . . . . .	804-828-0088
Physician Visit Billing . . . . .	804-342-1391
Release of Medical Information . . . . .	804-828-9752
Patient Information . . . . .	804-828-9000
Administration . . . . .	804-828-9602
Fundraising Office . . . . .	804-828-4326
Public Relations & Community Health Education . . . . .	804-828-7035
Volunteer Services . . . . .	804-828-0922

## MORE INFORMATION

### How can we help?

- For more information on a service or program at VCU Children's Medical Center
- To request maps
- To request additional copies of the Specialty Spotlight
- To request a physician/speaker at an upcoming event
- To be added to our mailing list

please contact Shira Cantor, Public Relations Coordinator (804) 828-7035 or [scantor@vcu.edu](mailto:scantor@vcu.edu)

**VCU Medical Center**  
Virginia Commonwealth University  
Children's Medical Center

Joseph H. Laver, MD

Jessie Ball duPont Professor and Chair  
(804) 828-9602

Barry V. Kirkpatrick, MD

Vice Chair of Pediatrics, Academic and Clinical Affairs  
(804) 827-1692

Shira E. Cantor

Public Relations Coordinator

Specialty Spotlight Editor

(804) 828-7035

Chief Residents

Amber Johnston, MD and Elizabeth Yaple, MD

(804) 828-4588, [pedschiefs@vcu.org](mailto:pedschiefs@vcu.org)

- Specialty Spotlight is published by the VCU Children's Medical Center twice a year. The publication provides information on specialty services available at the VCU Children's Medical Center and spotlights a pediatric specialty in each issue.
- Please direct comments and requests for additional copies to the editor at (804) 828-7035 or 1001 E. Marshall Street, PO Box 980646, Richmond, VA 23298-0646.
- Visit us on the web at [www.vcu.edu/pediatrics](http://www.vcu.edu/pediatrics)

## OUR MISSION:

To improve child health through education, research and state of the art clinical care.