

Preventing disease by helping families adopt healthy habits for life

About our center

The Pediatric Healthy Lifestyle Center's (PHLC) mission is *"To provide high-quality, evidence based, family-centered, community-linked preventive care, lifestyle management and medical interventions for children and youth at risk for Type 2 diabetes and other lifestyle-related conditions."*

We provide care as described in The 2007 Expert Committee Recommendations Regarding the Prevention, Assessment and Treatment of Child and Adolescent Overweight and Obesity: Summary Report.* Therefore, our intervention focuses on lifestyle modification and not weight loss per se.

*Pediatrics Vol. 120 Supplement December 2007 P. 5164-5192.



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County of Santa Clara

SANTA CLARA VALLEY MEDICAL CENTER

PEDIATRIC HEALTHY LIFESTYLE CENTER



SANTA CLARA
VALLEY MEDICAL CENTER
Hospital & Clinics

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County of Santa Clara

Who are we?

The PHLC core team consists of pediatricians and registered dietitians who specialize in supporting families with behavior change of lifestyle habits.

The PHLC has partnerships with community resources to facilitate and support lifestyle change.

We have been recognized in 2008 by the National Public Health and Hospital Institute's Obesity Treatment Programs in Public Health and Hospital Systems, and the California Association of Public Hospitals.

Who do we treat / care for?

The PHLC sees patients 12 months to 18 years old at risk of diabetes and those with lifestyle-related health conditions. All referred patients should be cleared by their physician to participate in physical activity. We do see children with disabilities (e.g. physical, neuro-cognitive).

Primary care providers may refer patients with any of the following lifestyle-associated conditions:

- Overweight (BMI > 85%) or obesity (BMI > 95%) or elevated weight for height in children under 2 years old
- Rapid weight gain
- Family history of Type II diabetes
- Insulin resistance or pre-diabetes
- Abnormal cholesterol or lipid values
- Non-alcoholic fatty liver disease
- Hypertension
- Family that needs help in adopting healthier lifestyle habits

Where do we offer our services?

We offer services throughout Santa Clara County at all the Valley Health Center (VHC) Clinics:

VHC Tully

500 Tully Rd, San Jose, CA 95111

VHC East Valley

1993 McKee Rd, San Jose, CA 95116

VHC Downtown

777 E. Santa Clara St, San Jose, CA 95112

VHC Bascom

750 S. Bascom Ave, San Jose, CA 95128

VHC Milpitas

143 N. Main Street, Milpitas, CA 95035

VHC Sunnyvale

660 S. Fair Oaks Ave, Sunnyvale, CA 94086

VHC Gilroy

7475 Camino Arroyo, Gilroy, CA 95020

What do we offer?

Families participate in an orientation class focusing on our philosophy and introduction of our 10 Steps To A Healthier You. They have individual appointments with our physicians or registered dietitians. Patients receive screening for obesity and lifestyle related co-morbidities, individual counseling on making lifestyle changes, nutrition counseling, and referral to sub-specialist care for certain obesity-related conditions. In addition, we refer to licensed clinical social workers and mental health counseling services.

Most families can complete our core program in 5-8 visits over approximately 9-12 months. At that time, we assess the need for further care within the PHLC and/or referral to bariatric surgery, and/or transfer back to their medical home for follow-up/continued care.



What is the referral process?

Santa Clara Valley Medical Center (SCVMC) Hospital and Clinic providers may refer to PHLC via the HealthLink system.

If you are a provider outside the SCVMC Hospital and Clinic, please submit the referral and following information online at scvmc.org.

- Most recent progress notes (pertinent to diagnosis) and growth charts
- Reports (labs results of ALT, Lipids Panel, Fasting Glucose & Hemoglobin A1C, ultrasound, etc.)
- Copy of insurance card or insurance information
- Registration form (must provide guarantor or legal guardian name, relationship, and date of birth)
- Approved authorization from managing agency (Excel, SCCIPA, CAP, etc.)

Outside referrals take 1-2 weeks to process. Please provide patients with PHLC patient handout or flyer and have them call PHLC for an appointment 2 weeks after the referral has been submitted.

How to contact PHLC?

Patients call: (408) 957-8601 for an appointment.

Providers call: (408) 817-1653 for more information.