

Pediatric Weight Control Program

Early intervention for a lifetime of healthy weight

Concerned about a Child's Weight?

One out of three children in the United States is overweight. Without intervention, an overweight child has a significant risk of lifetime health issues such as diabetes, heart and chronic liver disease.

Based on nearly 20 years of research, the Pediatric Weight Control Program is nationally recognized for its success rate of over 80% in achieving age-appropriate weight reduction. Parents lose weight too!

The keys to our success:

- A curriculum rooted in evidence-based medical research
- Weekly health coaching for both parents and kids to achieve long term changes
- Six-month program offered in both English and Spanish for overweight 8-15 year olds



“Joining this program was one of the best parenting decisions I ever made.” – Participant's Parent

Learn more at weightcontrol.stanfordchildrens.org

Contact us at (650) 725-4424