Kids and Teens Healthy Weight Program

A program designed to help children and adolescents manage their weight

The Weill Cornell Kids and Teens Healthy Weight Program, developed by a Pediatric Endocrinologist and Registered Dietitian, is a series of interactive and age-appropriate small group sessions that focus on healthy eating and other important food and nutrition concepts. Family members and caretakers are encouraged to attend with their children. We strive to make classes hands-on and fun!

Topics include healthy cooking demonstrations, developing meal plans, label reading, fitness and exercise, and how to select nutritious foods. We will have guest speakers such as professional chefs, social workers, and exercise specialists who cover the broad spectrum of developing a healthy diet -- essential to growth, development and weight management.

This program is offered by the Division of Pediatric Endocrinology at Weill Cornell Medicine, affiliated with NewYork-Presbyterian Phyllis and David Komansky Children’s Hospital at Weill Cornell Medical Center.

To Register: Children/teens must have an appointment scheduled with one of our Pediatric Endocrinology physicians for an initial screening visit; they may then register for the Kids and Teens Healthy Weight Program.

Program Directors

Marisa Censani, MD is board certified in obesity medicine and is the Director of the Pediatric Obesity Program at Weill Cornell Medicine and NYP Komansky Children's Hospital.

Isabel Reckson, RD, CDE is a Registered Dietitian and Certified Diabetes Educator at Weill Cornell Medicine and NYP Komansky Children's Hospital specializing in the prevention and management of obesity and diabetes.
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Fall 2018 Program Sessions

Session 1: Staying Fit for the Future
This session teaches children, teens, and families more about their nutritional requirements as related to weight management. Topics include calorie, fat, protein, and carbohydrate requirements. Participants will understand their own personal recommendations while exploring technology, community resources, and the principles of healthy weight management.

DATE: Wednesday, October 3, 2018, 5:00-6:30pm

Session 2: Figuring Out Food Labels
In this session we will start applying nutrition recommendations to your child/teen’s lifestyle. This interactive approach will teach your child how to read labels and make healthier selections while choosing snacks and meals, and during supermarket shopping.

DATE: Wednesday, October 10, 2018, 5:00-6:30pm

Session 3: Healthy Cooking: An Interactive Approach
Our group will start incorporating the skills learned in previous sessions towards healthy cooking. We will discuss the process of meal planning to create meals and snacks that promote a healthy weight. A professional chef will demonstrate cooking tools and techniques to achieve these goals.

DATE: Wednesday, October 17, 2018, 5:00-6:30pm

Session 4: Restaurant Dining and Fast Foods
This session is designed to teach children, teens, and families how to eat healthy while dining out or when selecting fast/convenience foods. We are going to discover the secrets and tricks of eating healthy while dining out. Bring your favorite takeout restaurant menus!

DATE: Wednesday, October 24, 2018, 5:00-6:30pm

Session 5: Children and Exercise Recommendations
This session focuses on physical activity recommendations and health benefits. An exercise specialist will discuss and demonstrate age-appropriate exercises. We will help your child/teen develop a realistic, individualized exercise plan.

DATE: Wednesday, November 7, 2018, 5:00-6:30pm

Session 6: Healthy Snacks for Children and Teens
Our healthy snacking session will be sure to give you some new ideas about wonderful snacks to pack or keep around the house. Using fun cooking tools, we will taste and prepare healthy snacks that are nutrient dense. A professional chef will provide creative snack ideas for school and home.

DATE: Wednesday, November 14, 2018, 5:00-6:30pm

How to register

Advance registration is required! Prior to enrollment, all child/teen participants must have an appointment scheduled with one of our Pediatric Endocrinology physicians at Weill Cornell Medicine for an initial screening visit at our practice. The Kids and Teens Healthy Weight Program sessions are FREE of charge. Note: Regular office visit charges apply for this initial screening visit.

To register, or for more information about the program, please email pedsendotele@med.cornell.edu OR call 646-962-3442 (select option 3) to speak with Katherine Bardhoshi. You can register online at https://pediatrics.weill.cornell.edu/pediatric-clinical-services/endocrinology/kids-and-teens-healthy-weight-program. Space is limited! All sessions are first come, first serve.