

Referral Options

Referral options may be limited in many communities of the state. The following lists programs which were known at publication time to be available. The online version of the toolkit at <http://www.healthysd.gov/HealthProfs.html> will have the most current listing. The listing is provided for informational purposes only and does not constitute endorsement or recommendation by the Department of Health. Please contact the specific provider for more information. The list does not include bariatric surgery clinics.

Comprehensive Weight Loss Programs

- *Pediatric Weight Management*, Sioux Valley Children's Specialty Clinic, Sioux Falls, 2-16 years, James Wallace, MD, 333-7188
- *Choices*, Sioux Valley Wellness Center, Sioux Falls, 8-week group program for children 8-12 years and their caregivers, Cal Hanson, 328-1639

Programs or Groups

- *Girl Power*, Sioux Falls, Southeastern Behavioral Health, group therapy for girls 12-17 years with low self-esteem, depression and anxiety, Kara Williams, 336-0510
- *Don't Let Your Weight Weigh You Down*, Sioux Falls, Dakota Psychological Center, 10-week group for overweight girls (12-20 years), Lynn Shroyer, 373-9066
- *Lifelong Weight Management*, Aberdeen, Avera St. Luke's Hospital, 10 week group course for adults, Cathy Birch-Deics, RD, LN, CDE, 622-5648
- *Optifast* and *Optitrim* Weight Management Program, Sioux Falls, Avera Center for Medical Nutrition, has outreach program where patient can join group sessions via phone or videoconference and uses patient's primary care physician, Julie Fieldsend, RN, BSN, 322-3072

A variety of non-profit or for-profit groups are available in many communities, such as TOPS, Weight Watchers, Boys & Girls Clubs, that can provide support and information.

Registered Dietitians

The American Dietetic Association (ADA) offers referrals to Registered Dietitians throughout the United States under Find A Nutrition Professional at www.eatright.org . ADA also offers weight management certification for both adults and pediatrics. Dietitians who have this certification have passed a specific examination on key content and counseling areas. For adult certification, see http://www.cdrnet.org/wtmgmt/adult_pmap.htm and for childhood and adolescent certification, see http://www.cdrnet.org/wtmgmt/child_pmap.htm.