<table>
<thead>
<tr>
<th>Program Name</th>
<th>Location</th>
<th>Clinic Contact</th>
<th>Website</th>
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</table>
| SickKids Healthy Living Clinic (formerly the SickKids Team Obesity Management Program, STOMP) | The Hospital for Sick Children 555 University Ave. Toronto, ON M5G 1X8 | Jenny Le jenny.le@sickkids.ca Phone: (416) 813-7654 x 228367 Fax: (416) 813-8789 | SickKids Healthy Living Clinic Website | • Physician  
• Nurse Practitioner  
• Refer through EpicCare Link  
How to refer a patient | • Ages: 6 months – 17 years (at time of referral)  
• BMI > 99th percentile for age OR BMI > 97th percentile for age with an obesity-related medical comorbidity |
| Healthy Lifestyle Clinic (Toronto)                     | Michael Garron Hospital 825 Coxwell Avenue East York, ON M4C 3E7        | Sarah Patterson sarah.patterson@tehn.ca Tel: 416-469-6580 x 2397 Fax: 416-469-6591 | Healthy Lifestyle Clinic Website | • Physician  
• Nurse Practitioner  
• Fax | • Ages: 3-17 years  
• BMI > 85th percentile |
| HOPPS (Healthy Outcomes Paediatric Program for Scarborough) | Scarborough Centenary Hospital 2867 Ellesmere Road Scarborough, ON M1E 4B9 | Lucy Borges lborges@shn.ca Tel: 647-461-7030 Fax: 416-284-3168 | HOPPS Website | • Physician  
• Nurse Practitioner  
• Refer through EpicCare Link or Fax | • Ages: 2-17 years  
• BMI > 97th percentile  
• BMI > 85th percentile- with one or more of the following: acanthosis nigricans, high risk diabetes HbA1C 5.7-6%, normal fasting sugar but HbA1C 5.5 to 5.9%, dyslipidemia, NAFLD, hypertension, PCOS, OSA, orthopaedic/MSK issues, nutrient deficiencies, mental health concerns. |
| Healthy Lifestyle Clinic (Brampton)                    | William Osler 2nd floor, Women’s and Children’s Clinic Peel Memorial Centre 20 Lynch St, Brampton, ON L6W 2Z8 | Tara West lifestyle.clinic@williamoslerhs.ca Tel: 905-863-2552 Fax: 905-863-2468 | Healthy Lifestyle Clinic Website | • Physician  
• Nurse Practitioner  
• Refer through Fax | • Ages: 5-17 years  
• BMI > 85th percentile  
• Hyperlipidemia or other identified risks  
• Must live within the William Osler catchment area* |
| KidFit (Trillium Health Partners)                      | Credit Valley Hospital 2200 Eglinton Ave W Mississauga, ON L5M 2N1      | Lisa Yamada, Rn lisa.yamada@thp.ca Phone: 905-813-1100 x 3379 Fax: 905-813-3576 | KidFit Website | • Physician  
• Nurse Practitioner  
• Refer through EpicCare Link or Fax | • Ages: 2-17 years  
• BMI > 95th percentile (CDC Growth Chart)  
• BMI > 97th percentile (WHO Growth Chart of Canada)  
• Identified morbidities/comorbidities |
| **CENC (Children’s Exercise & Nutrition Centre)** | McMaster Children’s Hospital  
1200 Main Street W  
Hamilton, ON  
L8N 3Z5 | Lyn Fabiani  
fabianil@hhsc.ca  
Tel: 905-521-2100 x 76990  
Fax: 905-385-5033 | **CENC Website** | • Physician  
• Nurse Practitioner  
• Refer through Fax | • Ages: <17 years  
• BMI > 85th percentile |
| **CHAT Clinic (Choosing Healthy Actions Together)** | Orillia Soldier’s Memorial Hospital  
170 Colborne St. W  
Orillia, ON  
L3V 2Z3 | Mary Dyck, RN  
mdyck@osmh.on.ca  
Tel: 705-325-2201 x 3727  
Fax: 705-330-3229 | **CHAT Website** | • Physician  
• Nurse Practitioner  
• Refer through Fax | • Ages: 3-18 years  
• BMI >85th percentile  
• Specialized Cases: Autism, Asthma, Developmental Delay, Type 2 Diabetes, pseudohypoparathyroidism, congenital hypothyroidism, hypertension, generalized anxiety disorder, depression, learning disability, epilepsy, trauma, dyslipidemia, enuresis, encopresis, ADHD |
| **PHIT Clinic (Personal Health Improvement Team)** | Peterborough Regional Health Centre- POP CLINIC,  
6th floor  
1 Hospital Drive  
Peterborough, ON  
K9J 7C6 | PHIT@prhc.on.ca  
Tel: 705-743-2121 x 2777  
Fax: 705-740-8004  
For Information Only: 705-740-8055 | **PHIT Website** | • Physician  
• Nurse Practitioner  
• Refer through Fax | • Ages: 1-18 years  
• BMI > 95th percentile  
• BMI > 85th percentile with comorbidity |
| **CHAL (Centre for Healthy Active Living)** | Children's Hospital of Eastern Ontario  
1355 Bank Street,  
Suite 111  
Ottawa, ON  
K1H 8K7 | Jane Rutherford  
chal-info@cheo.on.ca  
Tel: 613-260-1477 x 221  
Fax: 613-260-3897 | **CHAL Website** | • Physician  
• Nurse Practitioner  
• Refer through Fax | • Ages: 3-17 years  
• BMI > 99th percentile  
• BMI > 95th or 97th percentile with 1 or more severe medical or psychosocial comorbidity or chronic illness impacted by obesity:  
• Hypothalamic obesity (secondary to CNS tumor)  
• Polycystic Ovarian Syndrome  
• Type 2 diabetes  
• Genetic cause for obesity  
• Sleep disorders (requiring CPAP or BiPAP)  
• Hypertension and/or Hyperlipidemia requiring pharmacotherapy  
• Persistent Impaired Glucose Tolerance or Impaired Fasting Glucose  
• Non-Alcoholic Fatty Liver Disease |
| BALANCE (Bringing Active Living and Nutrition into your Childhood Everyday) | Health Sciences North, PCE 1st floor, South tower 41 Ramsey Lake Rd. Sudbury, ON P3E 5J1 | neokidsacu@hsnsudbury.ca Tel: 705-523-7100 x 3508 Fax: 705-523-7288 | BALANCE Website | • Physician • Nurse Practitioner • Self-referral or referral by caregiver (if inclusion criteria met) • Refer through Fax | • Ages: 2-17 years • BMI > 85th percentile • Hyperlipidemia • Non-Alcoholic Fatty Liver Disease |
| PHLP (Paediatric Healthy Living Program) | Thunder Bay Regional Health Sciences Centre 980 Oliver Road Thunder Bay, ON P7B 6V4 | Deborah MacCabe Tel: 807-684-6663 Fax: 807-344-7910 | PHLP Website | • Physician • Nurse Practitioner • Refer through Fax | • Ages: 4-17 years • BMI > 99th percentile • BMI > 97th percentile with one or more obesity related comorbidities |