

OPBN List 2024

Program Name	Location	Clinic Contact	Website	Referral Information	Inclusion Criteria
SickKids Healthy Living Clinic (formerly the SickKids Team Obesity Management Program, STOMP)	The Hospital for Sick Children 555 University Ave. Toronto, ON M5G 1X8	Johnson Le healthyliving.clinic@sickkids.ca Tel: (416) 813-7654 x 402608 Fax: (416) 813-8789	SickKids Healthy Living Clinic Website	<ul style="list-style-type: none"> Physician Nurse Practitioner Refer through EpicCare Link How to refer a patient	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Physician Nurse Practitioner Fax 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Physician Nurse Practitioner Refer through EpicCare Link or Fax 	<ul style="list-style-type: none"> 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 2 nd 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	<ul style="list-style-type: none"> Physician Nurse Practitioner Refer through Fax 	<ul style="list-style-type: none"> Ages: 5-17 years BMI > 85th percentile Hyperlipidemia or other identified risks Must live within the William Osler catchment area*
KidFit (Trillium Health Partners)	77 Queensway W Suite 201 Mississauga, ON L5B 1B7	Deniece Roswell, RN & Program Coordinator deniece.roswell@thp.ca Tel: 905-848-7580 x 2203 Fax: 905-804-7741	KidFit Website	<ul style="list-style-type: none"> Physician Nurse Practitioner Refer through EpicCare Link or Fax 	<ul style="list-style-type: none"> Ages: 2-17 years BMI > 95th percentile (CDC Growth Chart) BMI > 97th percentile (WHO Growth Chart of Canada) Identified morbidities/ comorbidities

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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	<ul style="list-style-type: none"> • Physician • Nurse Practitioner • Refer through Fax 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Physician • Nurse Practitioner • Refer through Fax 	<ul style="list-style-type: none"> • 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, 6 th 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	<ul style="list-style-type: none"> • Physician • Nurse Practitioner • Refer through Fax 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Physician • Nurse Practitioner • Refer through Fax 	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Physician • Nurse Practitioner • Self-referral or referral by caregiver (if inclusion criteria met) • Refer through Fax 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Physician • Nurse Practitioner • Refer through Fax 	<ul style="list-style-type: none"> • Ages: 4-17 years • BMI >99th percentile • BMI>97th percentile with one or more obesity related comorbidities