The Healthy Lifestyles Center (HLC) at the Children’s Hospital of Richmond at VCU (CHoR) aims to stem the rising tide of childhood obesity by promoting healthy weight management, eating, exercise and lifestyle habits that can last a lifetime. The chart below will help you navigate through our adolescent bariatric surgery program. If you have any questions or need more information about the HLC, please call us at 804-527-4756.

**WEIGHT MANAGEMENT PROGRAM**
- Regular meetings with a dietitian and psychologist every 2-4 weeks for at least 6 months.
- Establish nutritional goals and follow the plan for dietary changes discussed with the health care team. Maintain a daily food log.
- Establish exercise goals and follow the exercise plan discussed with the health care team. Maintain a daily exercise log.
- Progress reviewed by team every two weeks.

*Personal training services are available at the HLC gym.

**SURGERY**
- 2 week liquid diet

**Bariatric surgery**
- May be considered as an adjunct treatment option for older adolescents with severe obesity and significant weight-related medical conditions.
- Bariatric surgery is a weight loss tool and adolescents must make lifelong changes to be successful.

- Not ready to proceed with surgery
- Initial visit with dietitian
- Initial visit with psychologist
- Initial visit with medical provider or surgeon
- Referrals to other specialists as needed
- Medical Testing
- Review of progress toward surgery
- Psychology testing and safety lab work
- Meeting with surgeon
- Presurgical education sessions with dietitian and psychologist (2-4 sessions)
- Presurgical visit with surgeon
- Insurance approval

**Regular physical activity**
- Nutrition follow-ups
- Psychology follow-ups
- Surgeon follow-ups
- Medical follow-ups

**CHoR’s HLC team of dietitians, exercise specialists, psychologists, medical and surgical specialists, and nurses provide comprehensive lifestyle management for the treatment and prevention of obesity and weight-related medical conditions with individualized treatment plans.**

**The bariatric surgery program at CHoR is the only accredited adolescent bariatric surgery center in Virginia** and one of only a few in the country. CHoR is committed to delivering the highest quality care for its adolescent bariatric surgery patients.

**Connect with Us**

chrichmond.org/HLC