

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.**



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.** Plans include everything from nutrition and fitness goals to psychological support and surgery options, if needed.

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.

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.

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