dell children's
medical center of central texas
A member of the Seton Family of Hospitals

Texas Center for the Prevention and Treatment of Childhood Obesity

Please Complete, Sign, and Fax to (512) 406 - 6520.
Family will be contacted by TCPTCO staff to schedule.

Date of Referral: ___/____/____

Patient Name:_____ **Age:** _____

DOB: ___/____/____ **Sex:** M F

Family's Preferred Language: English Spanish Other (specify): _____

Parent/Guardian Name: _____

Parent/Guardian Phone #: _____

Patient's Home Address: _____
Street

_____ _____
City Zip Code

Date of measurements: ___/____/____
Height: _____ (cm or in)
Weight: _____ (kg or lb)
(Please circle unit)

BMI (kg/m^2): _____

Diagnoses (medical, behavioral, developmental):
_____
_____

Medications: None
_____
_____

Referring Provider: _____ MD NP PA

Physician/Provider Office Phone: _____

Fax: _____

Insurance: _____

Policy #: _____

How ready is this patient's family to make healthy lifestyle changes? Place an X on the ruler below.

1 ———————— 5 ———————— 10
Not Ready Somewhat Ready Very Ready

Below is a list of TCPTCO programs. To assist us in matching your patient with appropriate services, please check **ALL** programs that you think would benefit the patient. Note that program placement is based on specific criteria, availability, and TCPTCO staff assessment of best fit. **Please include last medical visit note with MD, NP, or PA and highlight weight management concern/diagnosis associated with referral, labs (if available), and growth charts.** We may contact you for additional documentation.

Check	TCPTCO Program	Criteria	Description
❑	**Nutrition Consult with Registered Dietitian***	Ages 0- 18 years BMI for age ≥ 85%ile	• Private appointment with registered dietitian • Individualized family-based intervention for healthy diet and lifestyle changes
❑	**Healthy PIECES (Parenting Intervention for Early Childhood: Education and Skill-Building)** *	Ages 2-6 BMI for age ≥ 85%ile	• Individual appointments with behavioral health provider • Treatment length – 6 to 12 one-hour sessions
❑	**Healthy Living Happy Living**	Elementary school children (6-12 years) Parent/guardian required to attend BMI for age ≥ 85%ile	• 10 week afterschool group program • Nutrition, physical activity, social/emotional health • **Wednesdays 4:15- 6:30 PM**
❑	**TEEN (Teens Empowered for Exercise and Nutrition)**	Ages 13-18 years Parent/guardian required to attend BMI for age ≥ 95%ile and co-morbidity OR BMI for age ≥ 99%ile	• 8 or 16 week evening group program • Nutrition, cooking, social/emotional health • **Thursdays 5:15- 7:30 PM**
❑	**ACES (Activating Children Empowering Success) Clinic***	Ages 2- 18 years BMI for age ≥ 95%ile and co-morbidity (e.g. hypercholesterolemia, acanthosis nigricans, elevated blood pressure, liver inflammation) OR BMI for age ≥ 99%ile	• Individualized family-based intervention • Multidisciplinary team of providers • Nutrition, physical activity, behavioral health • Schedule based on family and clinic availability

*** Note: Visit is billed to insurance**

_____ _____
Referring Provider Signature Date