

Fit and Healthy Clinic at Kennedy Krieger Institute

Who We Are

Children with disabilities are 38% more likely to be obese than their peers without disabilities, due to reduced mobility, balance issues, medication side effects, difficulty with chewing or swallowing, and food selectivity, according to the Centers for Disease Control and Prevention (CDC). Additionally, their levels of participation in physical activity programs and recreational and school sports are much lower than that of their peers without disabilities. Overall, individuals with disabilities are at an increased risk of heart disease, diabetes, joint pain and hypertension.

The Fit and Healthy Clinic at Kennedy Krieger Institute is an interdisciplinary outpatient clinic designed to treat obesity in children with disabilities by focusing on improving nutrition and physical activity habits. Our goal is to provide patients and their families with the skills they need to develop healthy lifestyle habits, resulting in a healthy weight for each patient and fewer risks to their health.

Who We Serve

The clinic treats children and adults 2 to 30 years old who have developmental disabilities and are at risk for developing obesity-related medical conditions.

Our Team

Our team consists of specialists from a variety of disciplines, with expertise in:

- Pediatric endocrinology
- Behavioral psychology
- Nutrition
- Physical therapy
- Rehabilitation



Our Treatment Approach

The clinic's interdisciplinary team works closely with each patient to develop an individualized fitness and nutrition plan with realistic goals for dietary and lifestyle changes. When evaluating each patient, the team collects information about the patient's medical history, eating habits, physical fitness level and medication use. The team also conducts a medical exam to determine if additional testing is required. Team members work closely with parents and caregivers to provide additional support and commitment.



Fit and Healthy Kids Group

The Fit and Healthy Kids Group is a 10-week program that provides educational exercise and nutrition games and activities for kids ages 10 to 18 who meet the group's qualifications.

Participants receive interactive guidance from a physical therapist and nutritionist in this small-group setting.



“Childhood obesity is a complex condition requiring a wholistic, interdisciplinary approach to lifestyle changes. Kennedy Krieger’s program sets patients and families up for long-term success by addressing medical, behavioral, nutritional and physical challenges.”

– Anton Dietzen, MD, director of the Fit and Healthy Clinic

Contact Information

Fit and Healthy Clinic at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-9400**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

KennedyKrieger.org

Physicians and Healthcare Professionals

To make a referral, call our Physician Referral Line at **443-923-9403**.

Clinic Location

801 North Broadway
Baltimore, MD 21205

Mailing Address

707 North Broadway
Baltimore, MD 21205

Photographs used are for illustrative purposes only, and any person shown is a model.

Kennedy Krieger Institute recognizes and respects the rights of employees, trainees, and patients and students, and their families. At Kennedy Krieger, we ground our care, services, training and research in treating others with respect and civility. We respect the cultural identity of every person. Kennedy Krieger does not discriminate against people based on, but not limited to, perceived or actual race, color, culture, ethnicity, national origin, age, language spoken, accent, marital status, veteran or military status, immigration status, socioeconomic status (i.e., access to resources), physical or mental disability, religion, pregnancy status, sex, sexual orientation, or gender identity or expression. We strive for equitable care for all individuals for whom we provide services, training, education and research participation. We encourage employees, trainees, and patients and students, and their families, to become active partners in the services provided by asking questions, seeking resources and advocating for their needs. Our culture of care is extended to our patients, the patients' family members and other persons served. Here, "family" refers to parents, other family members, guardians, surrogate decision-makers and healthcare agents. © 2023 Kennedy Krieger Institute 2/2023



Learn More. Get Involved. Stay Connected. Visit: [KennedyKrieger.org/Connect](https://www.kennedykrieger.org/Connect)

