Obesity Program

The Pediatric Endocrinology practice at Weill Cornell Medicine uses various approaches to address the growing problem of obesity and its metabolic complications, including insulin resistance, elevated blood pressure, dyslipidemia, fatty liver, and the progression of insulin resistance to type 2 diabetes mellitus.

Our efforts range from prevention and education, to understanding the causes of obesity and studying medication effects on weight gain and metabolic changes, and providing treatment options to our patients.

Our program offers many features to families including:

◦ An individualized management plan
◦ Screening and treatment of complications of obesity and for development of diabetes for children at risk
◦ Bariatric surgery screening, counseling, and post-operative management of eligible candidates
◦ Counseling and management of patients at risk for obesity and its cardiovascular complications.

Services & Programs

Pediatric Obesity

Nutrition and exercise is important in the management of obesity and weight management. Our aim is to involve your child and help make recommendations that are realistic and effective in helping reach weight management goals. Recommendations for nutrition are individualized and aimed at understanding your child’s basic lifestyle, food preferences and culture and any medical concerns. The nutrition evaluation includes:
• Analysis of current intake
• Calorie and exercise guidelines to help your child achieve or maintain an ideal body weight
• Develop strategies for healthy eating in real-world, everyday settings and healthy attitudes towards body image and food
• Participation in our group sessions Kids and Teens Healthy Weight Program Series. This free group session series is designed for both parents and their children to address topics such as healthy cooking, developing meal plans, and exercise.

Adolescent Bariatric Surgery Program

Severely obese (BMI>40) adolescents at the end of pubertal development who have failed other treatment modalities and have serious co-morbidities may be eligible for this program tailored for adolescents ages 15-18 years. The program has been developed by Pediatric Endocrinology and Pediatric Surgery. The American College of Surgeons has accredited NewYork-Presbyterian Hospital as a Center of Excellence in bariatric surgery with the highest possible designation – the first program to be so named in New York State and one of only seven nationwide.

Kids and Teens Healthy Weight Program

Our program, developed and led by a Pediatric Endocrinologist and Registered Dietitian, is a series of interactive, age-appropriate small group sessions that focus on healthy eating and other important food and nutrition concepts. Family members and caretakers are encouraged to attend with their children. We strive to make classes hands-on and fun! Topics include healthy cooking demonstrations, developing meal plans, label reading, fitness and exercise, and how to select nutritious foods. Sessions include guest speakers such as professional chefs, social workers, and exercise specialists who cover the broad spectrum of developing a healthy diet -- essential to growth, development and weight management.


Resources

Resources, Resources

What Sets us Apart

• Our Pediatric Endocrinology service is ranked in the Top 10 in the 2017-2018 US News & World Report Best Children’s Hospitals (our position is #9).
• The American College of Surgeons has accredited NewYork-Presbyterian Hospital as a Center of Excellence in bariatric surgery with the highest possible designation – the first program to be so named in New York State and one of only seven nationwide.
Our director, Dr. Marisa Censani, is a certified diplomate of the American Board of Obesity Medicine.