



**Boston Children's Hospital**

Where the world comes for answers



**HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL**

**EMPOWER Weight Management Program**

300 Longwood Avenue, Boston, MA 02115  
617-355-5159 | [bostonchildrens.org/empower-program](http://bostonchildrens.org/empower-program)

Dear Providers,

We are excited to announce the launch of the **EMPOWER Weight Management Program**, a comprehensive obesity service in Endocrinology designed to meet the significant demand for such care.

The program provides an obesity-focused medical evaluation, including screening for comorbidities and eating disorders, a discussion of treatment goals and both introductory and advanced group sessions on topics such as nutrition, lifestyle management and pharmacologic treatment options. Individualized nutrition visits will be available for motivated patients and those choosing pharmacologic treatment options.

Patients seeking more frequent nutritional counseling and/or intensive health behavioral counseling (our traditional OWL model) can be internally referred into the OWL Program by an EMPOWER provider.

It is important for the best possible medical care that patients ages 10 and older have baseline metabolic labs sent prior to referral, if at all possible. This should include the following:

- Hemoglobin A1c\*
- Glucose level (random or fasting)
- ALT and AST levels
- Total cholesterol, HDL, LDL

\* Please note that a hemoglobin A1c  $\geq 6.5\%$  needs to be seen urgently – please contact the type 2 diabetes program instead. We will also request a repeat A1c if obtained  $> 1$  month ago. We also need a recent urinalysis. If the hemoglobin A1c is  $> 8.5\%$  in any child or is  $\geq 6.5\%$  in a child who is under the age of 10, prepubertal, or non-obese, we recommend urgent referral to the emergency department for evaluation of type 1 diabetes.

If your practice has referred a patient to the OWL program  $> 6$  months ago, who has not yet been seen, please consider re-referring to EMPOWER.

Unfortunately, we cannot accept new patients 18 years and older. A list of local adult weight management programs is below. Additionally, a list of other programs at BCH is listed below that may better serve your patients with certain conditions or comorbidities.

We hope you find these resources helpful and appreciate your understanding as we work hard to increase our availability and resources. Please reach out to us with any questions.

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EMPOWER Weight Management Program, Division of Endocrinology



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Sincerely,

The EMPOWER Team of the Division of Endocrinology at Boston Children's Hospital

**Other Programs at Boston Children's Hospital:**

**[Type 2 Diabetes Program](#)** – please refer here for anyone with HA1c  $\geq$ 6.5%

Phone: 617-355-5159

**[Endocrinology Program](#)**

Phone: 617-355-7476

**[Strategies for Teen Empowerment and Physical Health \(STEP\) Program](#)** – please refer here for concerns about binge eating or other eating disorders

Phone: 617-355-7181

**[Boston Children's Hospital Adolescent Bariatric Surgery Program](#)** – please refer here for anyone interested in weight loss surgery

Phone: 617-355-2458

**[Boston Children's Hospital Preventative Cardiology Program](#)** – please refer here for elevated lipids

Phone: 617-738-6289

**[Fatty Liver Interdisciplinary Program \(FLIP\) at Boston Children's Hospital](#)** – please refer here for elevated liver enzymes

Phone: 617-355-5837

**Adult Weight Management Programs in Boston:**

**Beth Israel Deaconess Medical Center:** 617-667-2565

**Boston Medical Center:** 617-638-7470

**Brigham and Women's Hospital:** 617-732-8886

**Massachusetts General Hospital:** 617-726-4400

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