



**Children's**  
Healthcare of Atlanta

## Physician Referral to the Strong4Life Clinic

The Strong4Life Clinic is a multidisciplinary program for families struggling with weight and weight-related health issues. Offering both medical and surgical treatment options, our family-centered, motivational approach begins with complete medical assessments of obesity-related illnesses, nutrition, physical activity and mental health support needs.

Using our 12-month, evidence-based curriculum, we develop an individualized treatment plan to help families make the sustainable lifestyle changes that lead to long-term health improvement. Additionally, we manage and treat weight-related co-morbidities.

### THE STRONG4LIFE CLINIC TEAM

- Pediatric obesity medicine specialists
- Allied health professionals
- Nurses
- Dietitians
- Psychologists
- Exercise specialists
- Pediatric bariatric surgeons

### REFERRAL CRITERIA

- BMI > 85% with weight related co-morbidity
- BMI > 95%
- Families motivated to participate in more intensive program

### REFERRAL PROCESS

To make a referral, please provide patient demographics, clinic notes, growth charts and any recent laboratory work. Once we receive your documentation, we'll send the family a new patient packet, welcoming them to the Strong4Life Clinic.

### Bariatric Surgery Program

For teens with severe weight issues, the Strong4Life Bariatric Program offers a similar foundational medical curriculum, coupled with more intensive psychological and behavioral components. Here, patients attend a *minimum* of six visits preoperatively, learning skills and strategies that will help them achieve success postoperatively. The laparoscopic vertical sleeve gastrectomy is the most common procedure performed.

### BARIATRIC REFERRAL CRITERIA

- BMI > 35 with a major co-morbidity (e.g., type 2 diabetes, severe OSA, etc.)
- BMI > 40 with minor co-morbidity
- 95% skeletal maturity or Tanner stage 4 or 5
- Participation in weight management program for minimum of six months

Visit [Strong4Life.com/clinic](https://Strong4Life.com/clinic) or call 404-785-KIDS for more information.

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