

# UF Health Pediatric Weight Management Center

## Wolfson Children's Hospital

**UF Health Pediatric Multispecialty Center**  
841 Prudential Drive, 19th Floor, Suite 1900  
Jacksonville, FL 32207

**Phone 904.633.0920 • Fax 904.633.0921**

An estimated 1 out of every 5 children and adolescents ages 2-19 years old is obese, a number totaling 12.5 million. Minorities are at a greater risk of being obese.

Obesity is associated with serious health risks, such as type 2 diabetes, high blood pressure, coronary artery disease, high cholesterol levels and osteoarthritis, shortness of breath, sleep disorders, menstrual issues, and liver and gallbladder disease. In addition, being obese or overweight is linked to poorer academic performance and psychological function as well as school absenteeism.



**A third of all children are affected by childhood obesity.**

### How we can help

The UF Health Pediatric Weight Management Center, affiliated with Wolfson Children's Hospital, offers pediatric patients with overweight and obesity a comprehensive, family-centered and team-based approach to achieve weight loss, weight loss maintenance and reverse the complications of obesity. The treatment team works together to provide the best support and guidance for the patient and family, not only for weight loss, but also for weight-loss maintenance.

The center is a resource for local health care providers with eligible patients who they believe would benefit from this comprehensive, multidisciplinary intervention and special care program. To manage the patient's co-morbidities of obesity, our team collaborates with the referring physician and with other pediatric subspecialists at the University of Florida College of Medicine – Jacksonville and Nemours Children's Specialty Care, Jacksonville, including:



- Cardiologists
- Endocrinologists
- Gastroenterologists
- Pulmonologists
- Bariatric surgeons

*NOTE: The center is not the medical home for non-obesity-related care.*



## Who is eligible?

Children 4–18 years of age whose BMI is greater than the 95th percentile with or without any of these co-morbidities:

- Acanthosis nigricans
- Hyperinsulinism
- Abnormal glucose tolerance test/at risk for type 2 diabetes, prediabetes or diabetes mellitus
- Elevated liver enzymes, fatty liver disease/steatohepatitis
- Disordered sleep, snoring, obstructive sleep apnea
- Hypertension
- Dyslipidemia, hypertriglyceridemia, hypercholesterolemia
- Polycystic ovary syndrome (PCOS), oligomenorrhea, amenorrhea
- Slipped capital femoral epiphysis (SCFE), tibia vara (Blount's disease)

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## Our medical team

### Pediatric Obesity Medicine



**Madeline Joseph, MD, FAAP, FACEP**

President, Florida Chapter of the American Academy of Pediatrics  
Professor of Emergency Medicine and Pediatrics  
Division Chief, Pediatric Bariatric Medicine  
Medical Director, UF Health Pediatric Weight Management Center at Wolfson Children's Hospital  
Diplomate, American Board of Obesity Medicine  
Assistant Chair, Pediatric Emergency Medicine Quality,  
University of Florida College of Medicine – Jacksonville



**Shawyntee Mayo, MD, FAAP**

Assistant Professor of Pediatrics,  
Pediatric Cardiology with Expertise in Lipid Management  
University of Florida College of Medicine – Jacksonville



**Mary E. Carrigan MSN, FNP-C, ARNP**

Certified Nurse Practitioner, UF Department of Pediatrics

### Behavioral Health



**Nicole Winter, PsyD**

Licensed Psychologist, Baptist Behavioral Health and Wolfson Children's Hospital

### Diet and Nutrition



**Katherine Margaritis, MS, RD, LD/N**

Clinical Dietitian, UF Health Pediatric Weight Management Center

## How to refer a patient?

Physicians are encouraged to refer any pediatric patient with obesity who is not losing weight after undergoing a structured weight management plan led by the child's primary care physician. Physicians also are welcome to refer any pediatric patient with overweight and obesity who they feel will benefit from a comprehensive, multidisciplinary team intervention. To make a referral, please call **904.633.0920** or fax the patient information and reason for referral to **904.633.0921**.