

At C-HEAL, you and your child will be loved and will never be blamed or criticized. Request a referral from your child's doctor to the C-HEAL clinic today for a healthier tomorrow!

Interpreters available on site as needed.

Get In Touch:

423-778-KIDS (5437)

Kennedy Outpatient Center

900 E. 3rd Street
Chattanooga, TN 37403

Wednesdays:

1635 Gunbarrel Rd. Building C, Suite 410
Chattanooga, TN 37403



**Childhood
Healthy Eating
and Active Living
(C-HEAL) Center**



childrensaterlanger.org



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Our Team

Pediatrician/NP

Our pediatrician/NP (nurse practitioner) specializes in childhood overweight/obesity. Referrals are made as needed for endocrinology, nephrology, neurology, pulmonology, gastroenterology, and psychology.

Registered Dietitian

Our dietitian can help your family work on healthy eating habits.

Exercise Specialist

Our exercise specialist will work with your family to help promote physical activity.

What will your visit look like?

During your initial visit, you will meet with the pediatrician/NP who will discuss medical history, overweight/obesity as a chronic disease, medications if appropriate, etc.

You will then meet with either the registered dietitian or exercise specialist depending on what your family and child would like to focus on first (healthy eating habits vs physical activity). The dietitian/exercise specialist will work with you to create personalized goals related to eating habits/activity for your child to work on between visits.

At your follow-up visits, you will meet with the pediatrician/NP to see how your child is progressing. You will also meet with the dietitian/exercise specialist to discuss goal progress and work on creating new personalized goals as needed. Depending on your child's needs, we may offer either medication or surgical options as part of our treatment.

What is the C-HEAL Center?

The Childhood Healthy Eating and Active Living Center (C-HEAL) was founded in 2014 to address the problem of childhood obesity in the Chattanooga area.

The C-HEAL Center offers clinics for children who do not respond to early intervention efforts or require long-term care management for comorbidities related to experiencing overweight or obesity with a multidisciplinary approach.

