



Healthy Weight Center

What You Need to Know

At the Healthy Weight center, our dedicated team works on creating a partnership between family members and healthcare providers to help you take attainable steps towards a healthy lifestyle and weight. In the process, we honor the strengths, cultures and traditions that help create a successful and positive environment for your family. Before your family visits the Healthy Weight Center, you will want to be sure that you feel ready to make healthy lifestyle changes.

Achieving a Healthy Lifestyle

During your visit, you may meet with a Registered Dietitian, Social Worker, Exercise Physiologist, Psychologist or Pediatrician to create attainable steps for a healthier lifestyle and weight. Our multidisciplinary team helps your family explore essential aspects of making changes to achieve a healthier lifestyle for lasting success.

What to Bring

- Your child and family members who will be supporting the patient throughout treatment
- Guardianship papers, if applicable
- ID and insurance cards

Contact Information

Helen DeVos Children's Hospital
Health Weight Center
330 Barclay Avenue NE, Suite 303
Grand Rapids, MI 49503
Phone: 616.391.7999

helendevoschildrens.org/healthyweightcenter

What to Expect at Your First Visit

- Initial assessment up to 2.5 hours
- Determination of family's goals and priorities
- Information about community resources related to patient and family's expressed needs
- Working as a family and providing support as a parent guardian/caregiver

What to Expect During Comprehensive Treatment

- Setting family-centered goals using the framework of Healthy Counts and focusing on lifestyle changes
- Parents or guardians are expected to participate and provide support
- The team will help you address and overcome barriers to treatment adherence
- Treatment does not include free gym membership, restrictive diet plans, or workouts during the appointments



Meet the Healthy Weight Center Team

Phoebe Bell, LMSW

Social Worker

Graduate School: Western Michigan University

Special Interests: Advocacy for children and families

Adelle Cadieux, PsyD

Pediatric Psychologist

Graduate School: Central Michigan University

Board Certification: Psychology

Special Interests: Pediatric Psychology

Hanna Jaworski, MD

Medical School: Emory University School of Medicine

Residency: Case Western Reserve University

Board Certification: Childhood obesity medicine

Special Interests: Academic general pediatrics, primary care for children

Lucie Smith, MS, RCEP, EIM

Exercise Physiologist

Graduate School: Michigan State University

Special Interests: Working with children and families on building healthy lifestyles through exercise

Stefany Swartz, RD CSP

Registered Dietitian

Graduate School: Central Michigan University

Special Interests: Helping families establish life-long healthy eating patterns

William Stratbucker, MD

Medical Director, Healthy Weight Center

Medical School: University of Nebraska Medical Center

Residency: Creighton University (Omaha, NE)

Board Certification: Childhood obesity medicine

Special Interests: Pediatrics and clinical research

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
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ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فيمكنك الحصول على المساعدة اللغوية المتاحة مجانًا. اتصل على الرقم 1.844.359.1607 (TTY: 711).