

Health U @ CANDO Location

Founded in 1970, the **Eunice Kennedy Shriver Center** is one of the earliest-established University Centers of Excellence in Developmental Disabilities (UCEDD) in the United States.

The Shriver Center's mission is to advance local, national, and international efforts to improve the quality of life for individuals with developmental disabilities and their families through research, training, and service.

The **Center for Autism and Neurodevelopmental Disorders (CANDO)** is a specialty clinic within the Shriver Center that offers diagnostic, pharmacological, and therapeutic evaluations and short-term treatment for youth and adults with developmental disabilities. The Health U @ CANDO program represents an interdisciplinary effort to translate the Shriver Center's health promotion research into clinical practice to support children and youth to adopt a healthy lifestyle.



Welcome to Health U @ CANDO

A weight management clinic for youth with developmental disabilities ages 5-25 years

Eat Healthy. Stay Strong.



Keep Moving All Day Long!



Eat Healthy. Stay Strong.



What is Health U @ CANDO?

Health U @CANDO is a weight management clinic for overweight children and youth ages 5-25 years who have a developmental or intellectual disability.

Health U @CANDO takes a family-based approach, which involves individualized counseling conducted by a registered dietitian and a behavioral psychologist. Other specialists at CANDO are also available for consultation as needed. Our goal is to support children and youth to develop healthy eating habits and healthy behaviors such as daily physical activity.

Monthly group sessions that include hands-on nutrition activities such as cooking classes and interactive games to learn about healthy eating are also available.

How does Health U @CANDO work?

Interested parents may call to speak with one of our team dietitians to learn more about the program. At that time, we will complete a brief telephone screen that will help determine whether our services are an appropriate fit for your child or adolescent. Families are then scheduled for an in-person intake appointment.

Each patient is provided with an individualized *Healthy Eating Plan* and will meet with the Health U. team on a weekly basis for the first month. Ongoing appointments will be scheduled on an as-needed basis thereafter.

Who can participate?



- Children and youth ages 5-25 years who are overweight and have a developmental or intellectual disability.
- Medical clearance is required from a primary health care provider
- Patients must have a parent or guardian who accompanies them and takes part in the visits.

What else do I need to know?

Appointments are available at CANDO located at the UMass Medical School in Worcester, MA

If you are interested in our services, please call 774-455-6521, or email us at HUCando@umassmed.edu.



Keep Moving All Day Long!