

Our Multidisciplinary Approach

Our goal is to provide up to date and easy to understand medical and nutrition education to improve health and well being for our pediatric patients. This will help to reduce their health risks by developing self-esteem through a positive body image; while promoting a healthy body weight.

We aim to give each patient and their parents the knowledge and ability to improve eating and activity habits for good health over their lifetime; while also considering their families and food preferences.



The PAW program is the result of expansion of Nutrition Care Clinic's Child Weight Management Education. It was developed in accordance with the Expert Committee recommendations on assessment, prevention, and treatment of child and adolescent overweight and obesity by Registered Dietitians, in collaboration with the Providers listed within this program guide.

Please direct further questions and recommendations to the Registered Dietitians at the Nutrition Care Clinic.



Nutrition Care Division Winn Army Community Hospital

**1061 Harmon Avenue
Fort Stewart, Georgia 31314
Phone: 912.435.6707
Fax: 912.435.6791**

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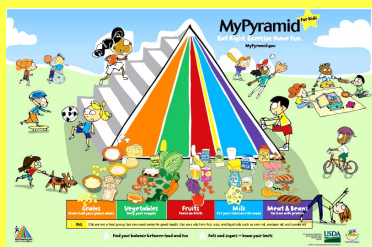


Pediatric Aim to Winn (PAW) Program

Nutrition Care Division & Pediatric Clinic



Healthy Eating for Healthy Kids



Meet Your PAW Program Providers & Contributors

Registered Dietitians & Clinic MSAs

CPT Jill Fowler-Hakes, RD LD

Ms Raleighta Varnedoe, MS RD LD

CPT Bridget (Couchon) Owens,* MS RD LD

Mrs Joy Cornthwaite,* MS RD LD CDE

Mrs Shantelle Kuykendall, NCD MSA

Ms Vanessa Williams, NCD MSA

Pediatric Clinic Providers

MAJ Shawn Kapoor, DO

Ms Amber Jarrell,* MSN CPNP

Mrs Renata Azizi,* RN

FSGA Jordan Youth Gym, Personal Trainer

Mr Craig Crawford, PT

*Program Coordinators

Course Structure & Schedule*

Bi-Monthly Individual Appointment with Medical Provider + Nutrition Provider

Nutrition Follow-Up Each Month

Initial Session: Total 60 minutes

Thursday Afternoons at the **Pediatric Clinic**
Pediatric Clinic Provider + Registered Dietitian

**Second, Fourth and Fifth Sessions:
Total 30 minutes**

Appointment Scheduled as available at the
Nutrition Clinic with Registered Dietitian

Third and Sixth Session: Total 45-50 minutes
Thursday Afternoon at the **Pediatric Clinic**
Pediatric Clinic Provider + Registered Dietitian

Follow-Up Sessions

Medical Appointments as needed
at the **Pediatric Clinic**.

Nutrition Appointments monthly or as
needed at the **Nutrition Clinic**.

Coordinated Programs and Sessions

FSGA Jordan Youth Gym (PT) for Physical Activity
Commissary Tours (RD) for Shopping Guide
Special Activities as Needed
(i.e. Health Fairs, CDC visits, etc.)

**Session dates and times are subject to change.
Please contact the program coordinators for details
regarding appointment scheduling and associated
programs on-post.*

Scheduling Your Appointment

NEW PATIENTS*: Parents should first discuss any and all medical concerns with their Primary Care Manager (PCM) and/or Medical Doctor. The provider will place a consult for the Pediatric Clinic. Off-post Physicians may fax or send a hardcopy of a Prescription for Nutrition Therapy to the Nutrition Care Clinic or the Pediatric Clinic. Upon receipt of the consult, the Pediatric Clinic will contact the patient's parent (s) to schedule an initial appointment. *Patients who have not been seen by a Provider in the past 12 months, should request a new consult to the Pediatric Clinic and a new initial assessment.*

CURRENT PATIENTS: If you have already attended an initial assessment or follow up PAW session(s) please contact Nutrition Care Clinic for additional follow and/or re-assessment at 435-6707.

CURRENT PATIENTS WITH NEW DIAGNOSIS (ES): Please discuss your current nutrition successes and goals with your provider and whether or not they are in line with your new needs. Request a new consult or re-assessment with the RD based on your child's new diagnosis.

FAQ: Why do I need a referral to Pediatric Aim to Winn (PAW) Program? Your child's Primary Care Manager and/or Medical Specialist and one of our Registered Dietitians will coordinate care for improved medical status, which is optimal due to the relationship between medical nutrition therapy and certain medical conditions.

