Rady Children's Health

HEAL

HEALTHY EATING, ACTIVE LIVING

A Family-Centered Program for Children

At Rady Children's, we believe every child deserves the chance to grow up healthy, confident and strong.

In San Diego, our 12-month HEAL Program helps children and families build healthy habits that can last a lifetime.

We're Here to Support Your Family

Every family is different. Our team will work with your family to create a plan that fits your needs and daily life.

We help children learn healthy habits. We also give parents and caregivers information, tools and support to help the whole family.

Our program includes:

- ***Medical care and support from children's health specialists***
- ***Help with healthy eating and meal planning***
- ***Fun ways to be active and move more***
- ***Coaching to build healthy habits***
- ***Help finding family programs and services in your community***

HEAL's Goal

We want to help children across San Diego grow up healthier. By working together, we can help families make small ***changes that lead to better health for years to come.***

What Your Family Can Gain



Build Healthy Habits for Life

Learn simple ways to cook delicious meals using healthy foods. Stay active and create routines that support your child's health.



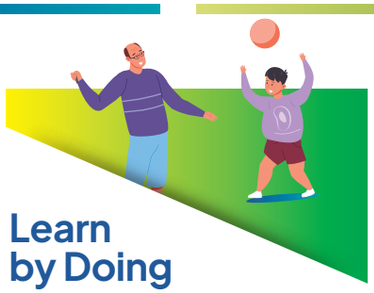
Support the Whole Family

Parents and caregivers get education, coaching and support to make healthy choices easier at home.



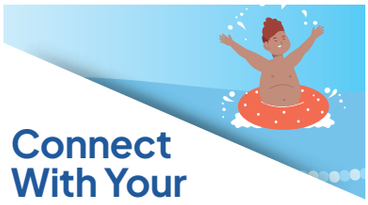
Get More Healthy Foods

Learn about programs and resources in your community that can help your family access low-cost fresh fruits and vegetables.



Learn by Doing

Take part in fun activities, cooking demonstrations and family education that make healthy habits easier to do at home.



Connect With Your Community

Learn about local programs and services that can support your family during and after the HEAL Program.

Take the Next Step Toward Better Health

Small changes today can make a big difference tomorrow. Rady Children's Health is here to help your family build a healthier future—together.

HEAL Team

- **Sayali Ranadive, MD –** Endocrinologist
- **Eve Nguyen, PhD –** Psychologist
- **Monica Scharf, RN, BSN, CDCES –** Nurse Care Coordinator
- **Katie Horton, MS, RD –** Registered Dietitian
- **Allison McCarthy, MS, ACSM-CEP –** Exercise Physiologist
- **Jarrod Wexler, MS, and Jessica Brogdon, MS –** Health & Wellness Coordinators
- **Paul Schwab and Mike Lo, CDM, CFPP –** Executive Chefs

Contact | Phone: 858-966-4032 | Rady Children's Hospital San Diego

Medical Office Building, 4th Floor, North , 3030 Children's Way, San Diego, CA 92123