

Rainbow Children's Hospital, Chennai, Launches Paediatric Healthy Lifestyle Clinic for Positive Weight Management - Weight Well Clinic

Chennai, India, June 2025 - Rainbow Children's Hospital (RCH) is a multi-city India's largest multi-city paediatric, maternity, and women's hospital chain, Chennai, inaugurated the Paediatric Healthy Lifestyle Clinic - **Weight Well**, an advanced weight management program offering both intensive outpatient and virtual care for children and teens affected by overweight or obesity.

India is facing a growing challenge in childhood obesity. As per the National Family Health Survey (NFHS-5), the proportion of overweight children under five has increased to 4.0%, indicating a clear upward trend in early-life weight issues¹.

Globally, the World Health Organization (WHO) and UNICEF report that as of 2022, over 20% of children and adolescents aged 5–19 are overweight or obese². This trend signifies a major public health concern and emphasizes the importance of early intervention.

Children with excess weight face a higher risk of developing chronic health conditions at an early age. These include type 2 diabetes, high blood pressure, cholesterol imbalance, fatty liver disease, obstructive sleep apnea, and even early onset puberty. Obesity is also associated with low self-esteem, poor academic performance, and long-term cardiovascular risks.

The clinic brings together a multidisciplinary team including a paediatric endocrinologist, dietitian, exercise physiologist, hepatologist, pulmonologist, sleep medicine specialist, and a child psychologist. This team works collaboratively to manage not only obesity, but also related complications such as hypertension, PCOS, type 2 diabetes, steatohepatitis, and obstructive sleep apnea.

The Paediatric Healthy Lifestyle Clinic at Rainbow Children's Hospital is designed to address these issues through a comprehensive, coordinated care model. The clinic supports children who exhibit rapid weight gain, disproportionate weight for age and height, skin pigmentation around the neck

¹ Source: NFHS-5 Fact Sheet, Ministry of Health and Family Welfare, Government of India – <https://pib.gov.in/PressReleasePage.aspx?PRID=2107179>

² Source: WHO/UNICEF/World Bank Joint Child Malnutrition Estimates, 2023 – <https://www.who.int/data/gho/data/themes/topics/joint-child-malnutrition-estimates-unicef-who-wb>

Press Note

(Acanthosis Nigricans), early signs of puberty, breathing difficulties, or genetic predispositions to obesity and syndromic obesity.

Each child enrolled in the program receives:

- In-person consultation with a paediatric Endocrinologist
- Growth charting and relevant blood tests
- Customized meal and fitness plans
- Medications for weight management, where necessary
- Access to quarterly nutrition talks and fun group activities

“At Rainbow, we understand that tackling obesity early is the best way to prevent long-term health issues,” said **Dr. Swathi Padmanaban, Consultant - Pediatric & Adolescent Endocrinologist and Diabetologist** “By offering coordinated, specialist-led care, we’re equipping children and families to build sustainable, healthy habits—well before complications arise.”

The Pediatric Healthy Lifestyle Clinic is now operational at the following Rainbow Children’s Hospital locations in Chennai:

- Guindy
- Sholinganallur
- Anna Nagar

About Rainbow Children’s Hospital

Rainbow Children’s Hospital (RCH) is India’s largest multi-city paediatric hospital chain, dedicated exclusively to Children’s health. Founded in 1999 in Hyderabad, Rainbow has grown into a trusted network of 19 hospitals with over 2,000 beds across Hyderabad, Bengaluru, Chennai, Delhi, Vijayawada, and Visakhapatnam. RCH offers comprehensive paediatric care across all major specialties and super-specialties, including neonatology, paediatric intensive care, organ transplants, paediatric surgery, and advanced sub-specialty services. With one of the country’s most extensive NICU and PICU footprints and a multidisciplinary team of paediatric experts, Rainbow is known for its clinical excellence, cutting-edge technology, and compassionate care. At Rainbow, everything is designed around children - because it takes a lot to treat the little.

For more information, log on to: <https://www.rainbowhospitals.in/>

Media Contact

Soumya P -8368543945

Rokesh.A – 8667867754

Lead, Corporate Communications

Rainbow Children’s Hospital

soumya.p@rainbowhospitals.in