Childhood Obesity ACSM Summit Outline
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Audience: Physicians, RDs, Exercise Physiologist, Fitness specialists, Psychologists, Nurses

A. Quotes of Teens

B. Childhood obesity statistics

C. Medical Causes of Obesity

D. Determination of Overweight / Obesity -- BMI

E. Medical Complications

F. What can I do? (as a provider)
   Recommendations – Expert Committee Guidelines, CHA Rx Group
   85-94%, >95 %
   6 things: “The Role of Pediatricians in the Coordinated National Effort to
   Address Childhood Obesity”
   When to refer to weight management center

G. Nutrition related to obesity prevention
   Recommendations and how obesity can occur
   Portion Distortion
   Nutritional Counseling checklist

H. Exercise Prescription and how to make it effective in kids
   Why use the Prescription, why exercise is important for obesity in kids
   How to encourage exercise in a youth population

I. Psychology of behavior change in kids
   How body image can get distorted and dangerous
   How can one help a child make permanent behavior changes

J. What does Florida Hospital’s Center for Child and Family Wellness / Healthy 100 Kids do?
   Providing answers, solutions and hope
   Description of process
   Workshops, grocery store tours, etc...

K. Suggested practice tools for making change and compliance
   Nutritional checklist, motivational interviewing, exercise prescription

What do YOU want to do when you are 100?

Take Away Points:
1. Childhood obesity epidemic is on the rise and a multidisciplinary approach is needed to truly make an impact on the prevention and reversal of pediatric obesity
2. Nutritional changes can begin in the office and with clients through teaching of awareness of healthy and poor food choices
3. Body image and acceptance is primary for change to occur in an obese child
4. Exercise should be encouraged daily and emphasize fun
5. Working together change can allow for permanent change in child obesity
Objectives:

Medical - Providers learn to recognize the signs of childhood overweight and obesity early in order to provide both recommended prevention and treatment guidelines in their office and when to refer to a weight management program.

Nutrition - To understand how trends in dietary intake are affecting childhood obesity and the importance of addressing these factors in well visits and our communities to help encourage healthy, lifelong dietary habits.

Psychology - Raising provider awareness of psychological challenges encountered with overweight child and families including self-esteem, negative body image, and mood issues; exploring techniques effective in dealing with those challenges including motivational interviewing, mindfulness, and cognitive behavioral therapy.

Exercise / Activity - Providers learn about the benefits of exercise, including the physiological, mental and community benefits. Reasons why activity is not prevalent in society today and how exercise can impact the obesity epidemic for children and adults.

Filling the Gap - Childhood obesity is a relatively new problem area in Pediatrics presenting with its own major health-related complications. In this current healthcare system, primary care providers find it extremely challenging on many levels to fully address childhood obesity and its related medical, nutritional, psychological, activity and behavioral complications in order to not only prevent but treat this growing epidemic. Providers would find it beneficial to know how they can identify overweight and obese patients and what in-office and community resources are available to provide much-needed support and education to the families.

Team References / Bibliographies

- “Pediatric Obesity Clinical Decision Support Chart”. Hassink, Sandra G. Adapted from keep Me Healthy flip chart – Maine Center for Public Health and the Maine Chapter of the AAP.
- The Nutrition Care Manual® (NCM/PNCM). American Dietetic Association,
2010.
- Alliance for a Healthier Generation
- American Academy of Pediatrics
- American Dietetic Association - Evidence Analysis Library, Pediatric Overweight section
- American Psychological Association.
- American Society of Bariatric Physicians
- Centers for Disease Control (CDC)
- Children’s Hospital Association (formerly NACHRI-National Association of Children’s – Hospitals and Related Institutions) FOCUS on a Fitter Future III
- The Obesity Society
- www.mypyramid.gov