

## PEDIATRIC OBESITY RESOURCES FOR PREVENTION AND TREATMENT TOOL KIT

Excessive and rapid weight gain in childhood puts children at risk for medical problems. Children from ethnic minorities and those living in poverty are disproportionately affected by obesity. Poor children may face limited access to healthy foods and recreational activities. Successful interventions to decrease pediatric obesity include combining nutritional education with programs that support increases in physical activity. Interventions that incorporate family-based approaches coupled with school and community-based involvement may have the best outcomes for reducing pediatric obesity.

The Expert Committee on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity recommends that providers:

- Define a child ages 2-18 as obese if BMI > 95<sup>th</sup> percentile or >30.
- Define a child as overweight if between 85<sup>th</sup> and 95<sup>th</sup> percentile.
- Identify specific warning signs such as frequent dining out and parental obesity.
- Assess blood pressure, fasting lipids, fasting glucose, liver function, and kidney function of obese children.
- Provide yearly anticipatory guidance concerning healthy diet and physical activity to all pediatric patients, regardless of weight.

It is also important for clinicians to provide yearly anticipatory guidance concerning healthy diet and physical activity to all pediatric patients, regardless of weight. The following is a list of resources utilized by public housing clinicians to implement obesity prevention screening, assessment and treatment.

### Physician Resources:

*AIM to Change Tool Kit:* Offered through the AAFP; provides posters, BMI charts, fitness Rx pads, activity journal, flash cards and fitness assessments. <http://aafp.org>.

*Alliance for a Healthier Generation Healthcare Providers Program:* Tools for to healthcare providers to diagnose, prevent and treat obesity. [www.healthiergeneration.org](http://www.healthiergeneration.org).

*American Alliance for Health, Physical Education, Recreation and Dance:* Supports and assists those involved in physical education, health promotion and education related to achieving healthy lifestyles. [www.aahperd.org](http://www.aahperd.org).

*American Association for Health Education:* Serves health educators by providing support and assistance with health promotion [www.aahperd.org](http://www.aahperd.org).

*Dietary Guidelines for Americans, U.S. Department of Health and Human Services and U.S. Department of Agriculture:* [www.health-ierus.gov/dietaryguidelines](http://www.health-ierus.gov/dietaryguidelines).

### Educational Materials:

Health Information Network (HIN): The National Heart, Lung and Blood Institute's online link Access to on line catalog. <http://email.nhlbihin.net> or call (301) 592-8573.

### Guidelines for Obesity Treatment:

*National Initiative for Children's Healthcare Quality* [www.nichq.org](http://www.nichq.org).

*Nutrition Curriculum Guide for Training Physicians:* Guide to train health care providers on treating obesity. [www.nhlbi.nih.gov/funding/training/naa/curr\\_gde.pdf](http://www.nhlbi.nih.gov/funding/training/naa/curr_gde.pdf).

*Portion Plate:* A plate that divides foods into healthy portions with the assistance of visual aids. [www.theportionplate.com/kidsplate.html](http://www.theportionplate.com/kidsplate.html).

### **School Based Programs:**

*Alliance for a Healthier Generation Healthy Schools Program:* Provides tools and solutions to schools to promote healthy eating and physical activity. [www.healthiergeneration.org/schools](http://www.healthiergeneration.org/schools).

*Alliance School Beverage Guidelines:* List of organizations who are participating in the promotion of providing children with a balance between nutritional and hydration needs with appropriate caloric content. [www.healthiergeneration.org/beverages/](http://www.healthiergeneration.org/beverages/).

*Arkansas Center For Health Improvement:* Guiding Principles for BMI Reporting in Children & Adolescents When Performed in a School Setting describes lessons learned in a 4-year program that can be replicated in other states. <http://www.achi.net/childob.asp>.

*Healthy K.I.D.S. school curriculum* developed by Children's Health Fund provide simple, accurate and culturally relevant information on nutrition and fitness. <http://www.childrenshealthfund.org/publications/healthd.php#kids>.

*National Theater:* Production group promoting educational material through plays. [www.nationaltheater.com](http://www.nationaltheater.com).

*We Can Program (Ways to Enhance Children Activity and Nutrition):* Program designed to motivate children and parents to encompass healthy eating habits and exercise into lifestyle. <http://wecan.nhlbi.nih.gov>.

### **Community Interventions and Parent Resources:**

*American Association for Physical Activity and Recreation:* Organization that supports community leaders who promote meaningful physical activity and recreation across the lifespan. [www.aahperd.org](http://www.aahperd.org).

*Guiding Star Program:* Program, which marks healthy foods in grocery stores with a "star" to promote healthy choices. [www.hannaford.com/contents/Healthy\\_Living/Guiding\\_stars/index.shtml](http://www.hannaford.com/contents/Healthy_Living/Guiding_stars/index.shtml).

*Project PACT (Parents and Children Together):* Information source for parents regarding tips for addressing childhood obesity. [www.revolutionhealth.com](http://www.revolutionhealth.com).

*VERB Campaign:* Targeted at "tweens" to become physically active everyday. Sponsored by the Center for Disease control. <http://www.cdc.gov/YouthCampaign/> or 1-800-232-4636.

### **Background Resources:**

American Academy of Pediatrics Committee on Nutrition, *Cholesterol in Children*, Pediatrics, Vol. 101 No. 1 January 1998, pp. 141-147 <http://pediatrics.aappublications.org/cgi/content/full/101/1/141>.

National High Blood Pressure Education Program Working Group on High Blood Pressure in Children and Adolescents, *The Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents*, Pediatrics, Vol. 114 No. 2 August 2004, pp. 555-576 <http://pediatrics.aappublications.org/cgi/content/full/114/2/S2/555>.

Russell R. Pate, PhD, FAHA, Chair, *Promoting Physical Activity in Children and Youth: A Leadership Role for Schools: A Scientific Statement From the American Heart Association Council on Nutrition, Physical Activity, and Metabolism (Physical Activity Committee) in Collaboration With the Councils on Cardiovascular Disease in the Young and Cardiovascular Nursing*, Circulation, 2006;114:1214-1224 <http://circ.ahajournals.org/cgi/content/full/114/11/1214>.

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