

COUNSELING THE OVERWEIGHT CHILD

Step # 1: Engage the Patient/Parent

- ❑ *Can we take a few minutes to discuss your health and weight?*
- ❑ *How do you feel about your health and weight?*

Step # 2: Share Information

- ❑ *Your current weight puts you at risk for developing adult diseases in childhood such as heart disease and diabetes.*
- ❑ *I would like to share the growth chart with you (BMI-for-age percentiles) so you can see your present weight status.*
- ❑ *What are your thoughts on this?*
- ❑ *Refer to CHDP Kaiser Poster/handout* →
- Is there one of these healthy practices that you would like to work on?*



If patient/parent is **receptive** to discussion ask:
What do you think is contributing to your unhealthy weight?

PROCEED TO STEP # 3

If patient/parent is **not receptive**:
Determine whether patient is a candidate for in-depth assessments (e.g., lab tests as per 2007 AMA Recommendations).

If lab tests are ordered, consider setting up a follow-up appointment to discuss results.

* This is one way to initiate a conversation about weight and health.

Step # 3: Make a Key Advice Statement

- ❑ *I would strongly encourage you to....*
See reverse side for tips to support chosen behavior change.

Step # 4: Arrange for Follow-up

Let's set up an appointment in _____ weeks to check how things are going.

Adapted from 'Brief Focused Advice' Kaiser Permanente ©2004

Prepared by Nutrition Sub-Committee of the Child Health and Disability Prevention (CHDP) Program, December 2008

Tips for Encouraging Behavior Change

Get Moving

At least 1 Hour of Physical Activity a Day

Tips:

- Schedule outdoor time: plan family walks, outings to the park, or bike rides
- Be active indoors: dance, vacuum, make beds, play balloon volleyball
- Sign up for activities through the YMCA, Parks and Rec Dept, schools and community centers (reference – resource guide)

Pull the Plug

Limit Screen Time (TV, Computers & Video Games) to 1 – 2 hours a day

Tips:

- Remove TV and computers from children's bedrooms
- No TV for children under 2 years
- Turn off TV during mealtimes

Drink Well

Limit Sweetened Beverages

Tips:

- Decide what drinks are available in your home
- Offer water or non/low-fat milk instead of juice or soda
- Mix 100% fruit juice with water and limit to:
 - 4-6 oz. for 1-6 years
 - 8-12 oz for 7-18 years

Eat Smart

Eat More Fruits & Vegetables

Tips:

- Offer fruits for snacks instead of chips, cookies, and candy
- Choose frozen or canned vegetables if fresh are not available
- Cut up fruits and vegetables so that they are ready to eat

Eat Less Fast Food

Tips:

- Order the smallest size food/beverage
- Prepare homemade meals in advance to avoid the temptation of fast food
- Avoid “extras” like cheese, bacon, and mayo

Eat Breakfast Daily

Tips:

- Stock kitchen with easy to grab breakfast items (fruits, mini bagels, cheese sticks, yogurt)
- Check if the school has a breakfast program
- Eat breakfast with your child

Limit Portion Size

Tips:

- Serve food on smaller plates (Note that a child's stomach is the size of his/her fist)
- Keep serving dishes off the table
- Split an entrée or take half home when eating out