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**

**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.

**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.

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

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Adapted from CHDP/Kaiser Permanente ‘Little changes. Big rewards.’ poster ©2008
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