

Pediatric Obesity



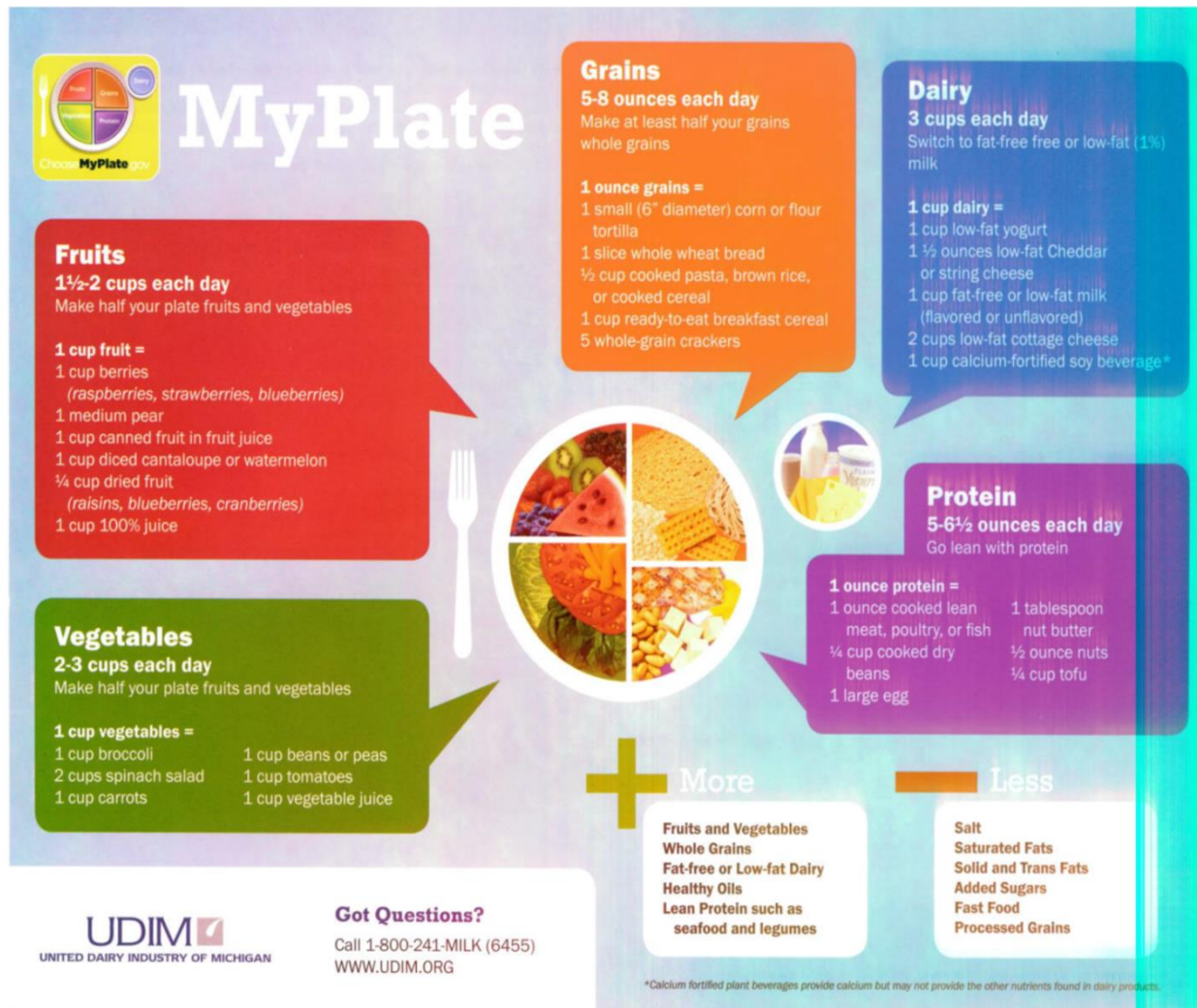
Dr. LuAnn Labian

Traverse Area Pediatric and Adolescent
Clinic

October 28, 2014

NPO PCMH User Group Meeting

My Plate

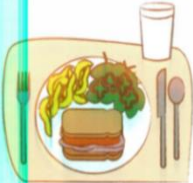


My Plate



BREAKFAST: Jump Start the Day Parfait

1 cup fat-free yogurt
1 cup sliced strawberries
½ cup low-fat granola



LUNCH: Hearty Roast Beef Sandwich

2 slices 100% whole-grain bread, 3 oz. lean roast beef, 1½ oz. low-fat Colby cheese, 2 slices tomato, 1 tsp. stone-ground mustard

Side Salad: 2 cups spinach leaves, ½ cup red pepper slices, 2 Tbsp. balsamic vinaigrette

Pear Slices: 1 medium pear, sliced

Beverage: 1 cup fat-free regular or flavored milk



DINNER: Salmon with Fruit Salsa

3 oz. salmon, baked or grilled, ½ cup diced pineapple, ½ cup diced mango

Sautéed Green Beans: ½ cup green beans, 1 tsp. olive oil

Rice: 1 cup cooked brown rice

Beverage: 1 cup fat-free regular or flavored milk

REMEMBER:

- Everything in moderation; choose foods and beverages that are low in added sodium, sugar and fat.
- Read the label! Be informed about what you're eating.
- Add natural color to every meal. Eating a rainbow of colors (fruits, vegetables, whole grains, unprocessed meats and cheese) means you're consuming important vitamins and minerals.

Make physical activity a regular part of your day— EVERY day!

Being physically active may help relieve stress, lower your risk of chronic diseases, build and maintain healthy bones and muscles, and increase the amount of calories your body burns in order to help maintain a healthy weight.

Choose activities that you enjoy and will do regularly!

At Home:

- Start a neighborhood walking group.
- Walk the stairs more often to increase your heart rate.
- Push the baby stroller- add a jug of water in the bottom for extra resistance.
- Walk up and down the soccer or baseball field while watching your kids play.
- Try leg lifts, push-ups or hula-hooping during commercials while watching television.



At Work:

- Get off the bus one stop early and walk the rest of the way.
- Replace a coffee break with a brisk 10 minute walk or a few yoga stretches to get the kinks out.
- Take 5 minutes for a stretch band break to music in your office.

At Play:

- Walk, jog, skate, run or cycle.
- Swim or try water aerobics.
- Take a class in martial arts, yoga, dance or pilates.
- Try kickboxing, disc golf or horseshoes.
- Join a weekend or evening soccer, softball or basketball league.
- Find a new nature trail to explore with your dog.
- Join an outdoor club and become active while meeting others.
- Sign up for a 5K Race (3.1 miles) in your community.



Remember: Being physically active YOUR way, while eating a balanced diet every day may lead to better health and more energy!

Before beginning a new form of exercise, be sure to consult your doctor.



My Plate



My Plate

MyPlate



Dear Teachers, Parents and Caregivers:

The *MyPlate for Kids* activity sheet helps children learn more about various foods and beverages, including those they've never tasted. Increasing children's awareness of a wide variety of foods may encourage them to try new foods, which may help them meet the nutrients needed for growth and development.

Here are some ideas to help you guide children as they learn about MyPlate. Children can:

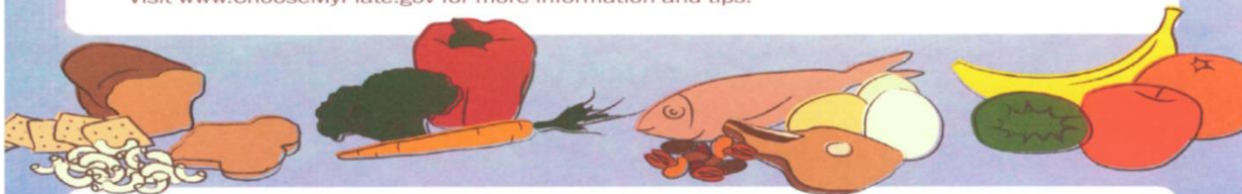
- Color the sections (five food groups) of MyPlate. Refer to the MyPlate logo at the right for the color key:
- Draw or list foods they like in each food group.
- Draw or list foods in each food group that they've never tasted and may want to try.
- Draw or list the physical activities they enjoy.
- Draw or list the physical activities they may like to try.



You can help children have a positive attitude about food, eating, and physical activity by:

- Offering a variety of foods from the five food groups at meals and as snacks (nutrient-rich snacks should include foods/beverages from at least two food groups).
- Enjoying fun physical activities as a group or family.
- Being a role model. Eat with your child. Try new foods yourself.

Visit www.ChooseMyPlate.gov for more information and tips.



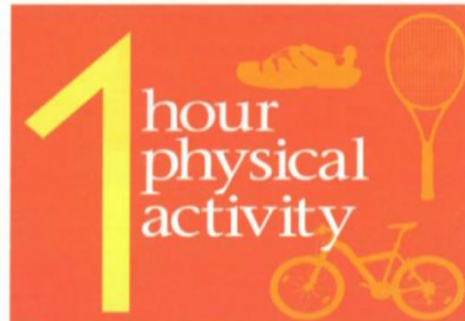
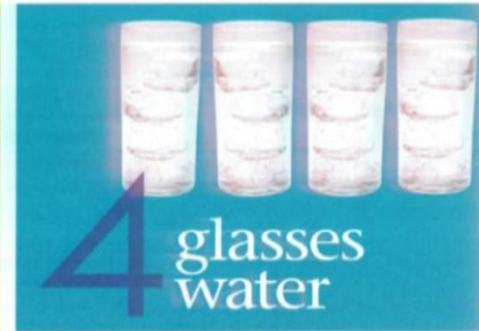
Fat is needed for young children to grow well. Small amounts of added fats such as butter, margarine and oils are a part of a healthful eating plan.

According to the American Academy of Pediatrics, children over the age of two can be switched to low-fat or fat-free milk. Ask your child's doctor what type of milk is right for your child.



LIVE 54321+8

.....
numbers to live by



5 servings fruits & vegetables

Fruits and veggies are colorful, taste great and do great things for your body. Each color has a different benefit, so eat a rainbow every day! Here are some easy ways to get 5 a day:

- Blend your favorite fruit (and veggies too!) into a smoothie with some yogurt and 100% fruit juice
- Dip baby carrots, broccoli florets, celery sticks, and grape tomatoes in low-fat dip or hummus for a snack
- Add chopped veggies to spaghetti sauce or soup
- Top cereal or yogurt with berries or sliced banana
- Feature veggies in main dishes like omelets, sandwiches, stir-fry, or lasagna





Drink plenty of water each day to keep you healthy and hydrated.

Water regulates your body temperature, carries nutrients, removes waste, and cushions and protects joints, organs, and tissues.

Make the healthiest choices for hydration: Water | Low-fat or fat-free milk | 100% juice

Cut back on: • Soda • Energy drinks • Sports drinks • Fruit-flavored drinks • Sweetened tea • Coffee drinks

There's no scientific number when it comes to laughter, but 3 laughs each day is a good start. Humor gives you a positive way to reduce or relieve stress. Laughter releases endorphins in your brain that help you feel better and maintain a positive attitude.

3 good laughs

Ways to add more laughter:

- Share a funny story with a friend
- Remember an embarrassing moment
- Read a joke book or rent a comedy
- Look for humor in everyday situations (but don't laugh at others' expense)



WINE 54321+8 numbers to live by EACH DAY

Sleep is a necessity, not a luxury!

The amount of sleep you get each night influences your performance, mood, and health:

- Sleep helps us think clearly, react quickly, and create memories
- Lack of sleep can make you irritable
- Poor sleep on a regular basis increases your risk of having high blood pressure, heart disease, and other medical conditions



How many hours of sleep do you need?

AGE	HOURS
School-aged children (5-12 years)	10 – 11
Teens (13 – 18)	8 – 10
Adults (18+)	7.5 – 9

Tips for a good night's sleep:

- Create a sleep schedule by going to bed and waking up every day at the same time
- Relax before bed with a book or calming music
- Limit distractions like bright lights, computer, TV, or cell phone

+8 hours or more sleep

2 hours or less screen time

Sometimes screen time is necessary for work and school, but often we spend our free time in front of the TV, computer, or phone screen. Cut back on the recreational time you spend in front of a screen... here's how:

- Try watching just one TV show at a time – choose your favorite
- Record TV shows and fast forward through commercials
- Activate your screen time by playing active video games or lifting hand weights while watching a show
- Keep track of time spent online – you might be surprised at the amount



1 hour physical activity

To maintain a healthy weight, physical activity is key. Move your body each day with activities that you like and that fit into your life.



My favorite activities include...

.....

.....

.....

5-2-1-0 BCBSM Program

If your child has a weight problem, they need your support.

If your doctor tells you that your kids are overweight or obese, let them know they're loved, regardless of their weight. Now, more than ever, they need help from their parents.

Start by letting kids know they're not alone, and tell them to set a goal to eat healthier and be more active. Make it fun for the family. Here's an easy way to remember healthy habits: 5-2-1-0. That's five fruits and veggies a day, two hours or less of screen time, one hour of active play and zero sweetened drinks.

Tips from the Good Health Club:

5



Stretch

This tall, cool gal is here to say, "Eat five fruits and veggies every day!"

- Give kids 5 servings of fruits and vegetables every day.
- Prepare more meals at home, as a family.
- Prevent diabetes, heart disease and many forms of cancer with a diet rich in fruits and veggies.

Hoot

Hoot's wise advice is to get out and play, "Turn off the TV and computer—get moving today!"

- Limit screen time (TV, video games, computers) to 2 hours or less per day.
- Avoid putting a TV in your child's bedroom.
- Encourage children to be physically active before allowing screen time.

2



1 Spark

Spark has just one rhyme she likes to say, "Take an hour each day to go out and play!"

- Get at least 1 hour of physical activity each day.
- Plan family walk time after dinner.
- Encourage kids to join a school sports team, club or dance class.

Flip

This thirsty frog says what he thinks, "Stick with water and skip the sweet drinks!"

- Avoid serving soft drinks or sweetened drinks to kids.
- Encourage water between meals because it helps kids feel full.
- Add fruit like lemons or limes to your water for better flavor.



Outrun Obesity

Help Kids Get on a Healthy Track with the Good Health Club

5



2



1



Your child could be at risk. Find out why, and learn what you can do about it.

Sources: Adapted from the Centers for Disease Control and Prevention and Blue Cross and Blue Shield companies by the Blue Cross and Blue Shield Association.



Review provided by leading experts:
American Academy of Pediatrics
American Diabetes Association



A nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

V05-10-264

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5-2-1-0 BCBSM Program

Childhood obesity is a serious problem for kids like yours.

Obesity is on the rise for American kids. In fact, there are almost three times as many obese kids ages 6 to 19 as there were 30 years ago, according to the U.S. Centers for Disease Control and Prevention (CDC). Some experts believe if obesity among children continues to increase, your children's generation will become the first in American history to have a shorter life than their parents.

Obesity leads to major illness.

Your obese child or teen is at risk for health problems during their youth and as adults. They're more likely to develop heart disease and diabetes — two leading causes of death in the United States. They're also more likely to get asthma, liver degeneration and sleep apnea. Obesity is a leading cause of preventable death in America, second only to smoking, according to the CDC.

Obesity can also cause your kids to face psychological and social problems. They can be teased and face discrimination. That, in turn, can cause low self-esteem and hurt their schoolwork and social skills, even as an adult.

Chances are your overweight kid will stay that way as an adult.

One U.S. Surgeon General study shows that if your child was overweight between ages 10 and 15, he or she would have a 70 percent chance of still being obese at 25. Another study found that if your child was overweight before the age of 8, obesity as an adult is likely to be worse.

Know for sure if your child is at risk.

Weight problems in children and adolescents are generally caused by not being active, not eating well, or a combination of the two, according to the U.S. Surgeon General. Genetics and lifestyle affect your child's weight, too.

Take a closer look at your child. Watch his or her habits at home. Talk to your doctor to determine if your child is overweight.

Understanding BMI

"Obesity" and "overweight" rankings for your child can be found by using weight and height to calculate the Body Mass Index (BMI). The CDC and the American Academy of Pediatrics (AAP) recommend using it to screen for obesity, overweight, healthy weight or underweight children. BMI is a reliable way to measure body fat for most children and teens even though it does not measure body fat directly. For children and teens, BMI is age and gender specific. Find out more at:

www.cdc.gov/healthyweight/children.

Get a quick sense of where your child stands.

While waiting to see the doctor, take a moment to answer questions 1–10 with your child. These answers will help you determine if your child may be at risk.

1. Does your child eat five or more fruits and vegetables per day? ☐ Yes ☐ No
2. Does your child have a favorite fruit or vegetable that they eat every day? ☐ Yes ☐ No
3. Does your child eat breakfast five times a week or more? ☐ Yes ☐ No
4. Does your child watch TV, videos or play computer games for two hours or less per day? ☐ Yes ☐ No
5. Does your child take gym class or participate in sports or dance in or outside of school three or more times a week? ☐ Yes ☐ No
6. Does your child have a favorite sport or physical activity that they love to do? ☐ Yes ☐ No
7. Does your child eat dinner at the table with the family at least once a week? ☐ Yes ☐ No
8. Is your child's room a "TV-free zone?" ☐ Yes ☐ No
9. Does your child eat meals at the table with the TV turned off? ☐ Yes ☐ No
10. Does your child drink water instead of soda, juice or other sweetened drinks? ☐ Yes ☐ No

How do they score?

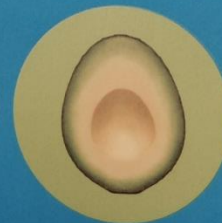
Add up the number of times you answered "No" to see where your child's risk level is.

- | | | |
|---------------|------|--------------------|
| 1 – 5 "No's" | //// | Low to Medium Risk |
| 6 – 8 "No's" | //// | High Risk |
| 9 – 10 "No's" | //// | Very High Risk |



RED LIGHT, GREEN LIGHT, EAT RIGHT

**THE FOOD SOLUTION
THAT LETS KIDS BE KIDS**



No Calorie Counting, No Dieting, No Off-Limits Foods!

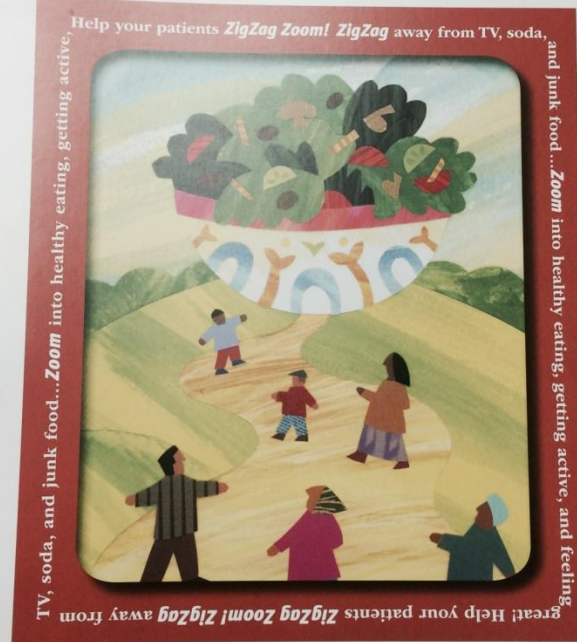
JOANNA DOLGOFF, MD



Red Light, Green Light, Eat Right

Next Steps

A Practitioner's Guide of Themed Follow-up Visits
to Help Patients Achieve a Healthy Weight



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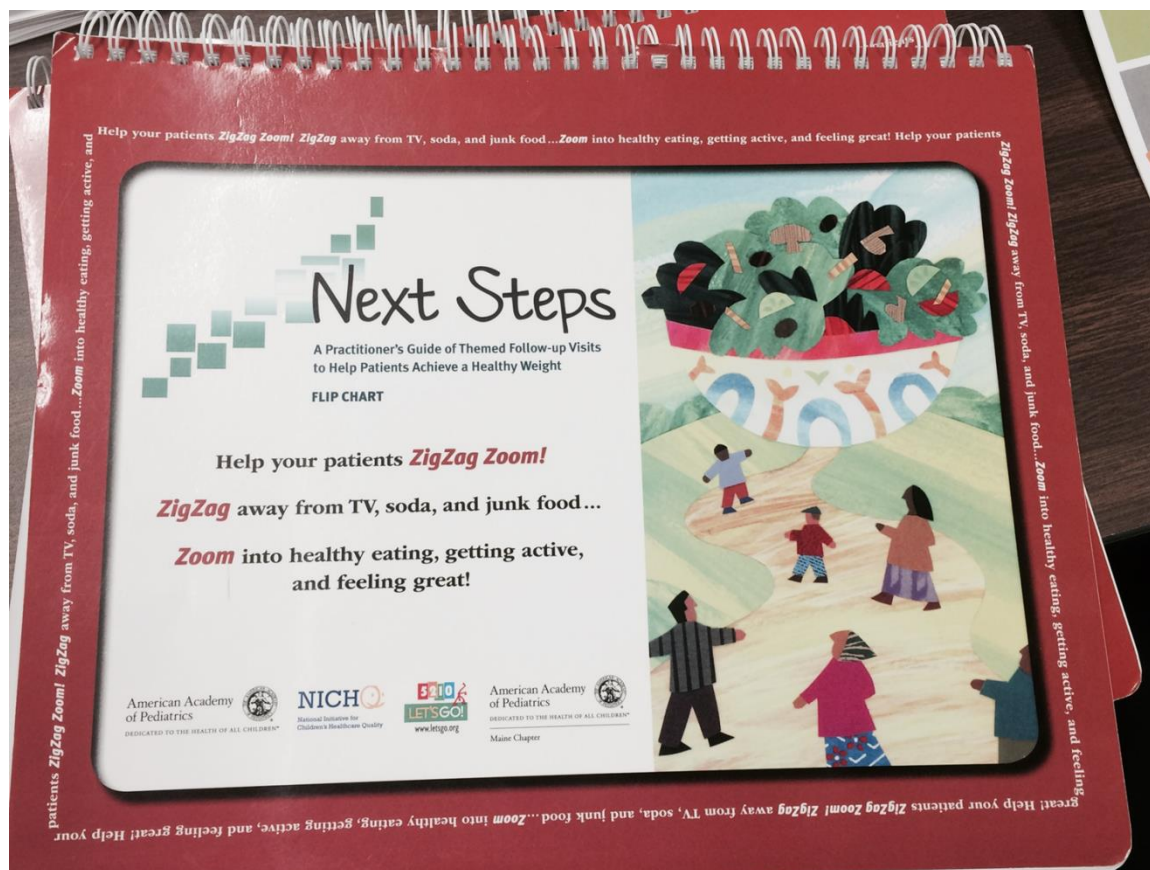
NICHQ
National Initiative for
Children's Healthcare Quality
www.letsigo.org



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Maine Chapter



Next Steps



Next Steps

Flip Book Resource to use WITH your patient.

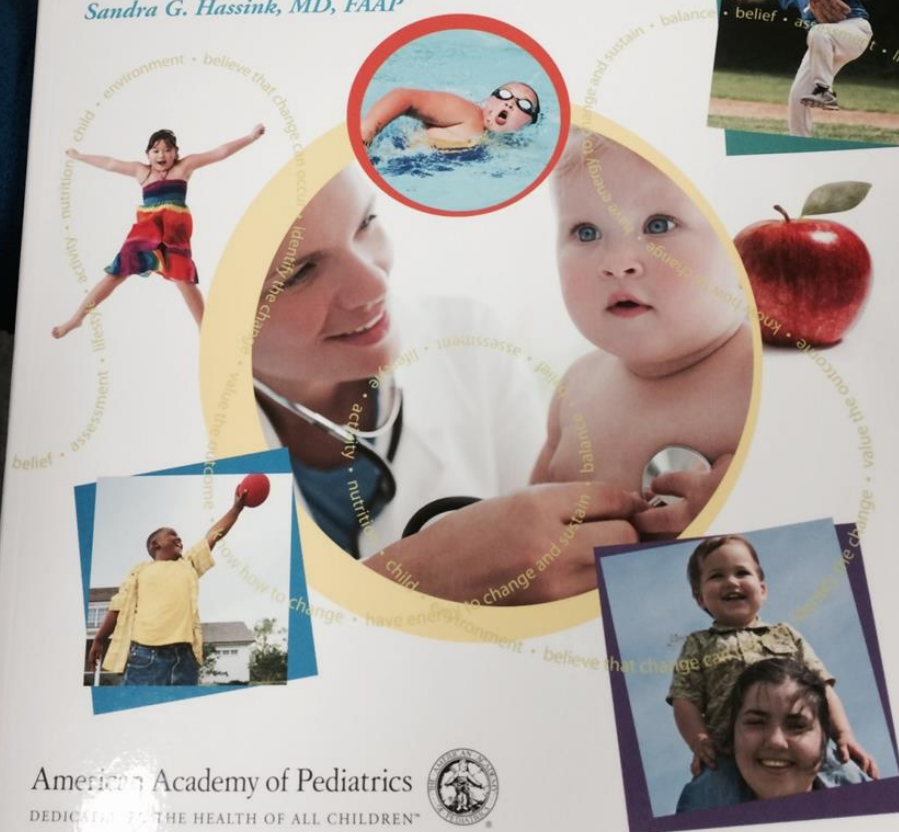


Pediatric Obesity

Prevention, Intervention, and Treatment
Strategies for Primary Care

2nd Edition

Sandra G. Hassink, MD, FAAP



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



Pediatric Obesity

4 Steps

Step 1: Prevention Plus

- Explore knowledge base, risks
- Counsel on 5-2-1-0 message
- Engage the entire family
- Set a weight goal
- Revisit with family in 1-3 months, if not improvement in 3-6 months proceed to Step 2

Step 2: Structured Weight Management

- Develop plan for macronutrient intake emphasizing portion size & high energy dense foods
- Increase frequency of structured family meals - plan with RD
- Reemphasize importance of monitoring log (age appropriate)
- Supervised play (60 minutes per day)
- Weight goal: maintenance or 1 lb per month & up to 1-2 lbs. per week for obese teens. Goal 85th percentile BMI
- Revisit monthly with MD, RD & office staff. Reassess in 3-6 months process to Step 3 prn

Step 3: Comprehensive Multidisciplinary Intervention, Specialized Program

- Eating and physical activity plans as in Step 2
- Behavioral support with structured program
- Motivational interviewing
- Revisit weekly, reassess in 6-12 months, if no progress order Step 4

Step 4: Tertiary Care: Hospital setting with experienced team

- BMI > 95th with significant co-morbidities, unsuccessful in stages 1-3 and children with BMI > 99th unsuccessful in Step 3
- Experienced Multidisciplinary Team with designated protocol
- Eating and physical activity plans as in Step 2 with consideration of additions of meal replacement, VLCD, Medication, and surgery



F3 – TAPAC Pediatric Obesity Program

TAPAC



**YOU'RE
INVITED TO
JOIN F3**

Fun Food & Fitness



F3 – TAPAC Pediatric Obesity Program

TAPAC

4020 West Royal Drive Traverse City MI 49684

**Join us for this exciting program every Thursday beginning
April 10, 2014
4:00 pm - 6:00 pm**

**Contact TAPAC for more information and to schedule your visit
231-421-8099**

F3 events will be held on Thursdays from 4:00 pm – 6:00 pm

Don't miss out on learning how Food & Fitness can become a part of a Fun & Healthy lifestyle!

Meet Dr. LuAnn Labian and the professional team who will help to customize a success plan to meet individual goals.

Most insurances accepted.



**Fun Food & Fitness only at
Traverse Area Pediatric & Adolescent Clinic**





Sample Template for your EMR

Confidential Information

Traverse Area Pediatric & Adolescent Clinic 4020 W. Royal Dr Traverse City MI

2314218099

Encounter Summary MARY TESTPATIENT (Sex: F, DOB: 05/16/1998) Date of Visit:10/23/2014

Chief Complaint

F3 first evaluation

Step 2 structured management- F3!! Initial Evaluation

BMI reviewed/ including education for risks for early disease, diabetes and cardiovascular

Initial review of life style habits and teaching healthy life style choices .reviewed questionnaire Assessed sleep and its importance to maintaining a healthy life

Discussed family changes, get unhealthy foods out of the house

Discussed family activity/exercise a priority

Discussed any emotional co morbidities and/or bullying

Assess readiness for change (scale of 1-10): scored Explored any reluctance: shared info with MSW

Healthy habits reviewed: reviewed age appropriate nutrition and activity assessment

Weight goal assessed and discussed with patient /caregiver

Goal setting prioritized in diet, fitness and behavioral I set with designated health professional goal 1:

potential blocks/parenting dilemma :

strategy:

goal 2:

potential blocks/parenting dilemma: strategy:

goal3:

potential blocks/parenting dilemma: strategy:

Exam Findings (abbreviated)

Constitutional: ABNORMAL Findings: visually overweight but well kept. Normal otherwise.

Eyes: Normal.

Ears, Nose, Mouth, Throat:

Normal. Neck: Normal.

Respiratory : Normal.

Cardiovascular: Normal.

Gastrointestinal: Normal.

Musculoskeletal: Normal. Skin:

Normal.

Psychiatric: Normal.

Sample Template for your EMR cont.

Assessment

F3 initial evaluation/ structured weight management

DX 1: 278.00 OBESITY UNSPEC DX

2: V85.54 BMI >95TH %

DX 3: V65.3 DIETARY SURVEILLANCE/COUNSELING OX

4: V65.41 EXERCISE COUNSELING

Plan

Be Positive

Assess readiness for change (scale of 1-10):

Goals (baby steps) set for change.

Goal setting prioritized in diet, fitness and behavioral goal 1:

Potential blocks/ parenting dilemma: strategy:
goal 2:

potential blocks / parenting dilemma: strategy:
goal 3:

potential blocks / parenting dilemma :
strategy:

Discussed self-monitoring logs and given to patient

Weight goal set to maintain wt . allow growth to correct weight to 85%

Revisit with family and patient in 2 weeks .with plan in action

Orders

Munson Lab Diag Tests: HEMOGLOBIN A1C; CBC W/ OIFF AND PLATELET; T4. FREE; TSH; GLUCOSE. FASTING; CO

In House Diag Tests: FASTING LIPID PROFILE

Sample Template for your EMR



Encounter Summary

MARY TESTPATIENT (Sex: F, DOB:05/16/1998)

Date of Visit:

10/23/2014

Handout; Promoting Healthy Eating Habits

Handout Parenting Corner Q&A: Diabetes

Handout NIH Tips for Teens: What Is Diabetes

Handout: NIH Tips for Teens: Healthy Weight

Handout: NIH Tips for Teens: Healthy Food

Handout: NIH Tips for Teens: Be Active

Counseling diet 15 min

Counseling exercise 15min

Munson Lab D1ag Tests: HEMOGLOBIN A1C, CBC W/DIFF AND PLATELET; T4, FREE; TSH; GLUCOSE, FASTING, CO

In House D1ag Tests: FASTING LIPID PROFILE

Handout: Promoting Healthy Eating Habits

Handout Parenting Corner Q&A: Diabetes

Handout NIH Tips for Teens: What Is Diabetes

Handout: NIH Tips for Teens: Healthy Weight

Handout: NIH Tips for Teens: Healthy Food

Handout: NIH Tips for Teens: Be Active

Coordination of Care

Follow up text set for mid-week to maintain motivation for change

Rendering Provider: LuAnn K Labian, MD

(309) Assisted By: LuAnn K Labian, MD

(309)

Finalized By: LuAnn K Labian, MD (309) 10/23/2014 02:15 PM

10/23/2014

Electronically Signed by LuAnn K

Date

Labian, MD License Number

LL093198