

Counseling the Overweight Child

A Training for CHDP Providers

Mary DeBusman, MS, RD

Alameda County Public Health Dept./CHDP

Developed by:

CHDP Statewide Nutrition Subcommittee

December 2008

Faculty Disclosure Information

- I have no relevant financial relationship with the manufacturer(s) of any commercial product(s) and/or provider of commercial services discussed in this CME activity.
- I do not intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.

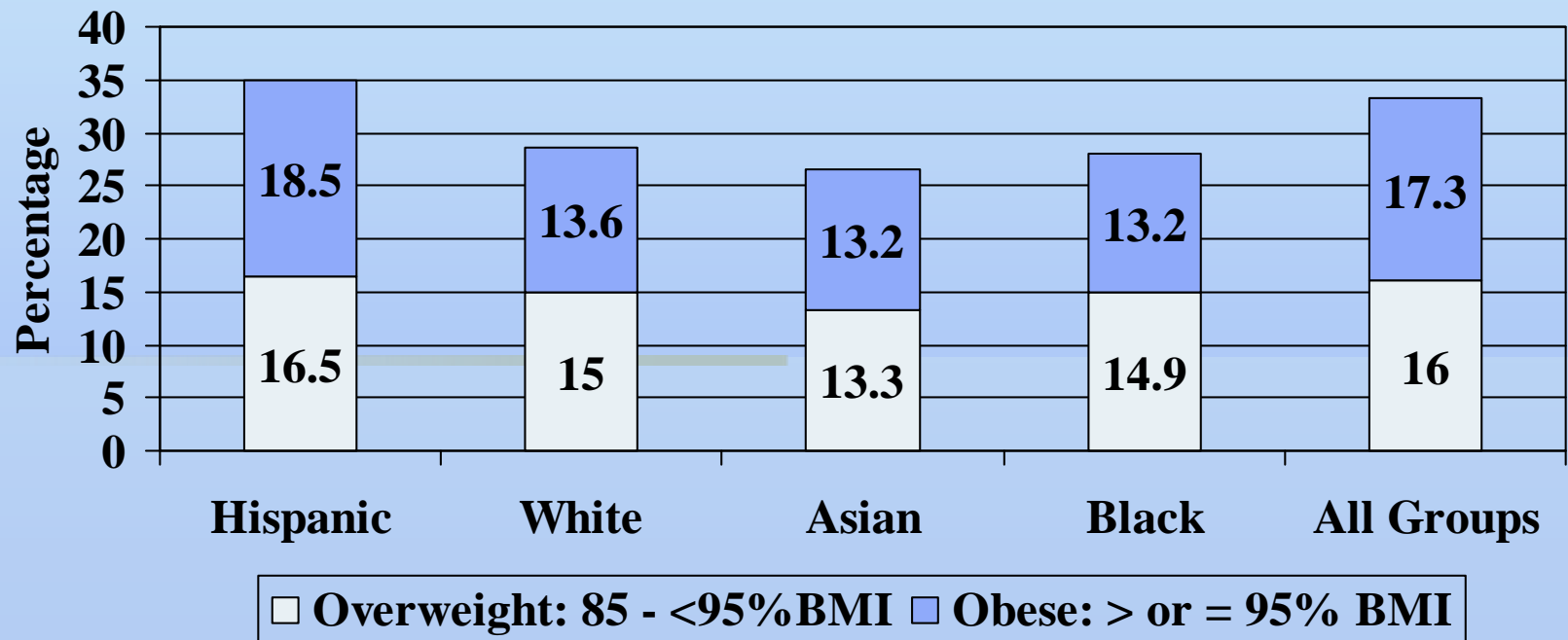
Goals

- Remind providers to disclose BMI %ile for all children over the age of 2 years
- Reinforce the physician's role in initiating childhood obesity prevention and treatment
- Demonstrate counseling skills using Brief Focused Advice to deliver key messages

Overweight & Obese Children

California children ages 2 to <5 years

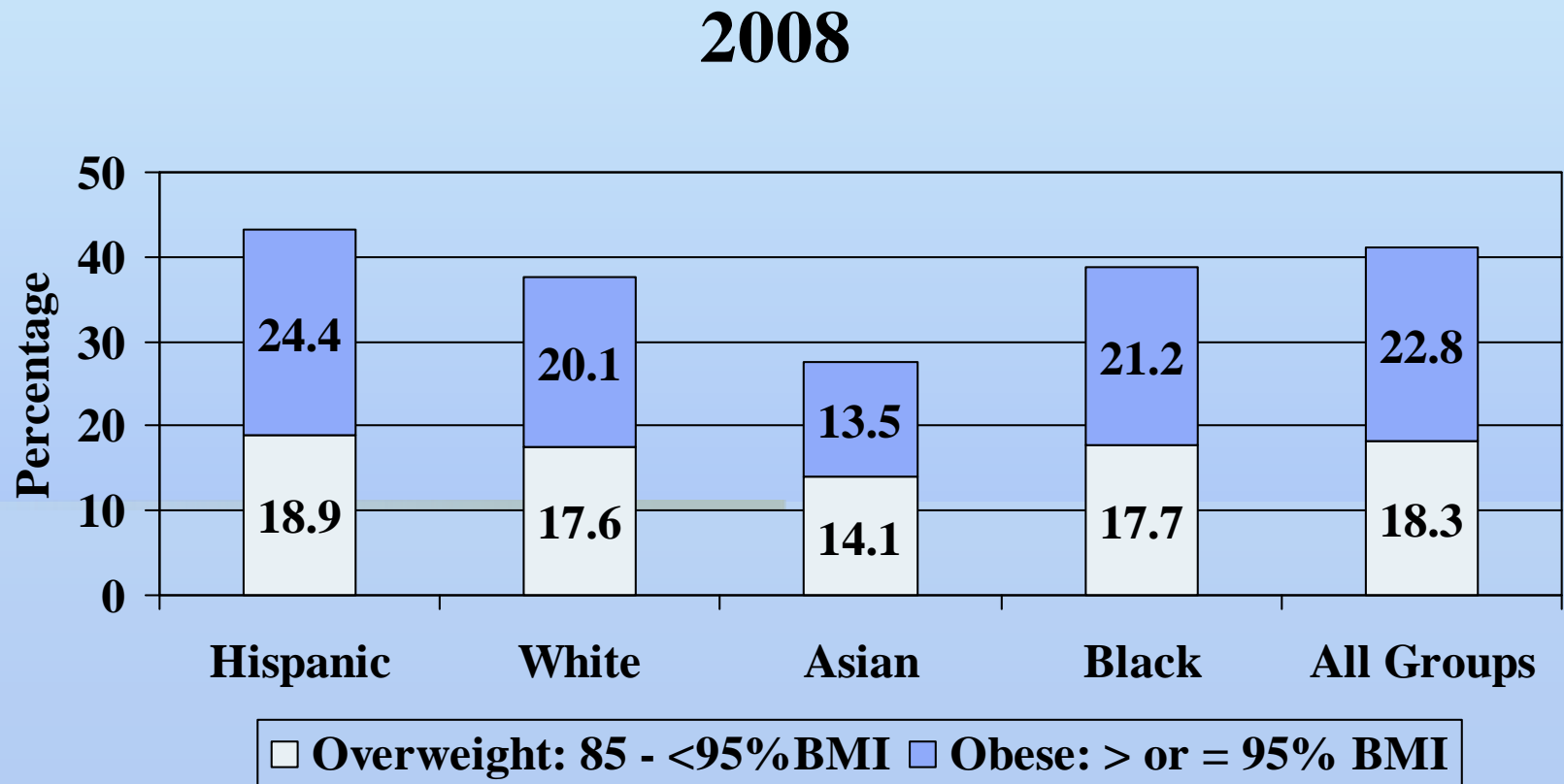
2008



2008 CDC Pediatric Nutrition Surveillance System growth statistics from CHDP PM160 report

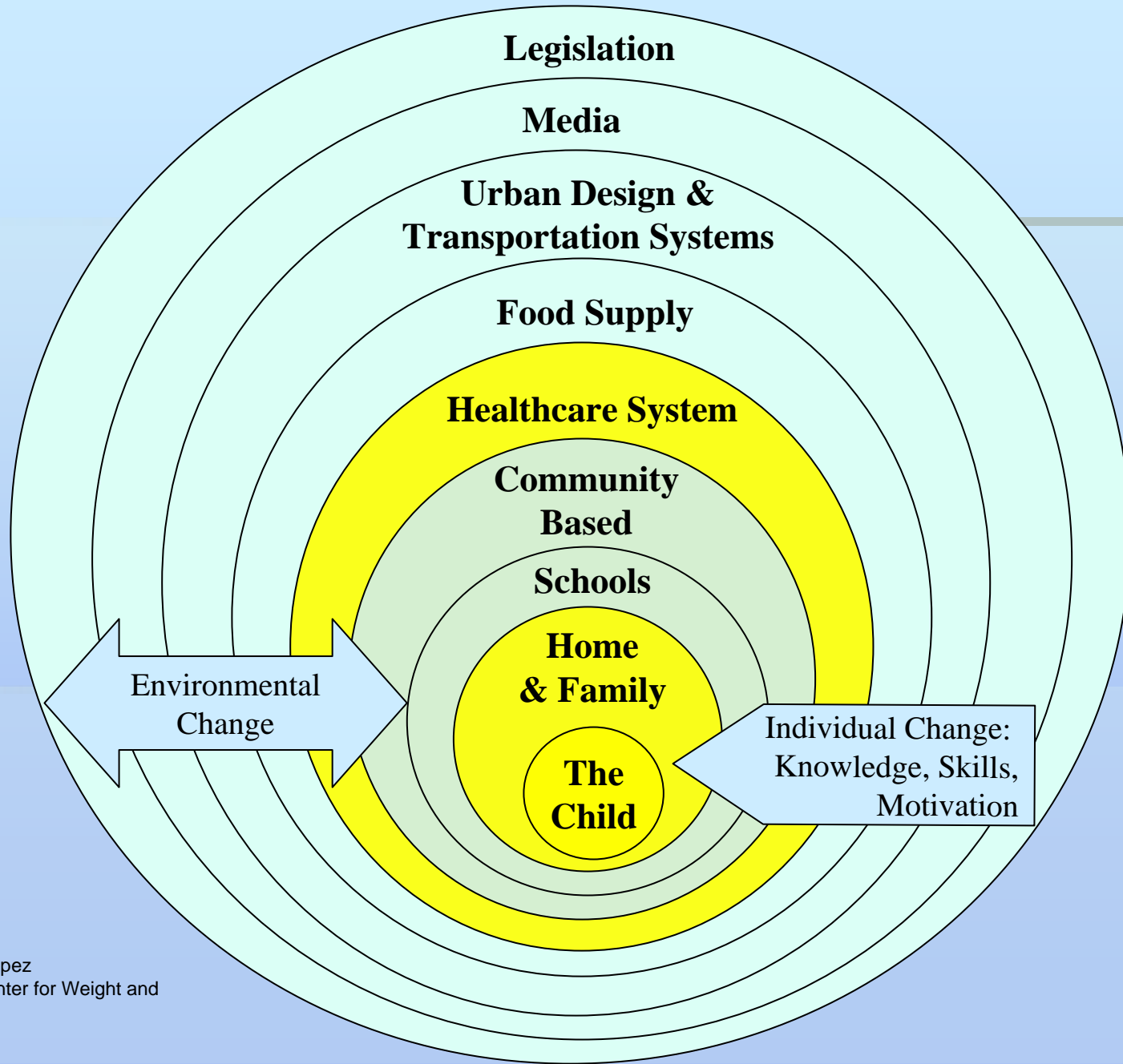
Overweight & Obese Children

California children ages 5 to <20 years



2008 CDC Pediatric Nutrition Surveillance System growth statistics from CHDP PM160 report

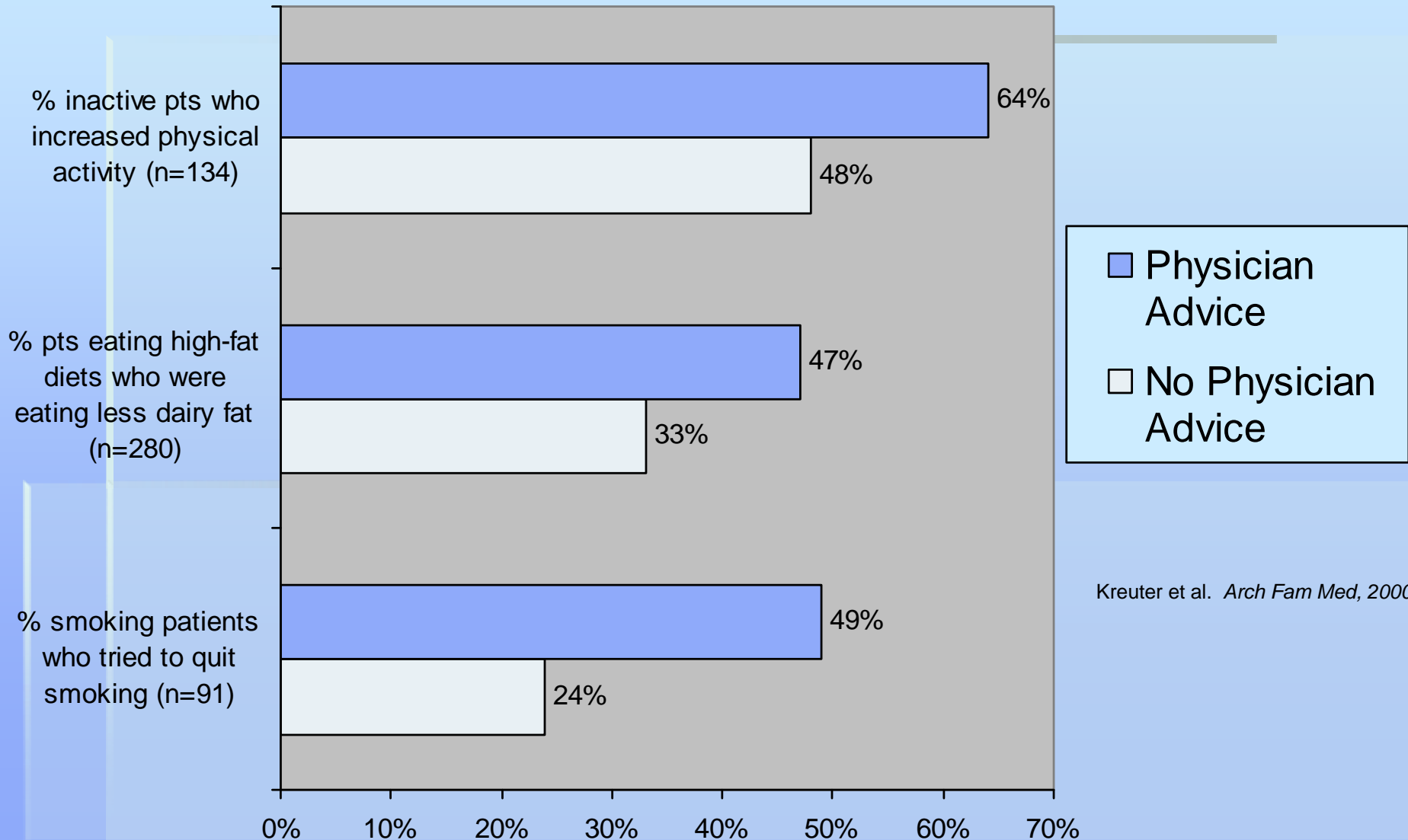
Framework for Childhood Obesity Prevention



Physician Advice Does Make a Difference



Behavioral Changes Among Patients Who Did and Did Not Receive Physician Advice to Change



Role of the Practitioner

2007 AMA Recommendations

- **Screen weight status using BMI percentile**
- **Routinely deliver obesity prevention messages (regardless of weight) during well-child exams**
- **Order the appropriate lab tests**
- **Follow-up and/or refer**



Motivational Interviewing (MI)

- MI was developed for addiction counseling
- It is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence
- MI is now successful with chronic illness patients



Brief Focused Advice

Step #1: Engage the Patient/Parent

- How do you feel about your child's weight?

Step #2: Share Information

- Your child's current weight puts him/her at risk for diabetes, heart disease, asthma...

Step #3: Make a Key Advice Statement

I would strongly encourage you to ...

- Get up and play hard at least one hour a day
- Cut back on screen time to < 2 hours a day
- Eat at least 5 helpings of fruits & vegetables every day
- Cut back on soda, sports drinks, juice and sweetened drinks

Step #4: Arrange for Follow-up

- Let's set up a future appointment to talk about how things are going.

Overweight Sensitivity



Avoid:

- **Obese, heavy, overweight, fat**
- **Ideal weight**
- **Fix the child**
- **Focus on weight**
- **Diets or “bad foods”**
- **Exercise**

Replace with:

- ✓ **Unhealthy weight**
- ✓ **Healthy weight**
- ✓ **Family behavior change**
- ✓ **Focus on lifestyle**
- ✓ **Healthier food choices**
- ✓ **Activity or play**

AMA Recommended Behaviors for Obesity Prevention and Treatment



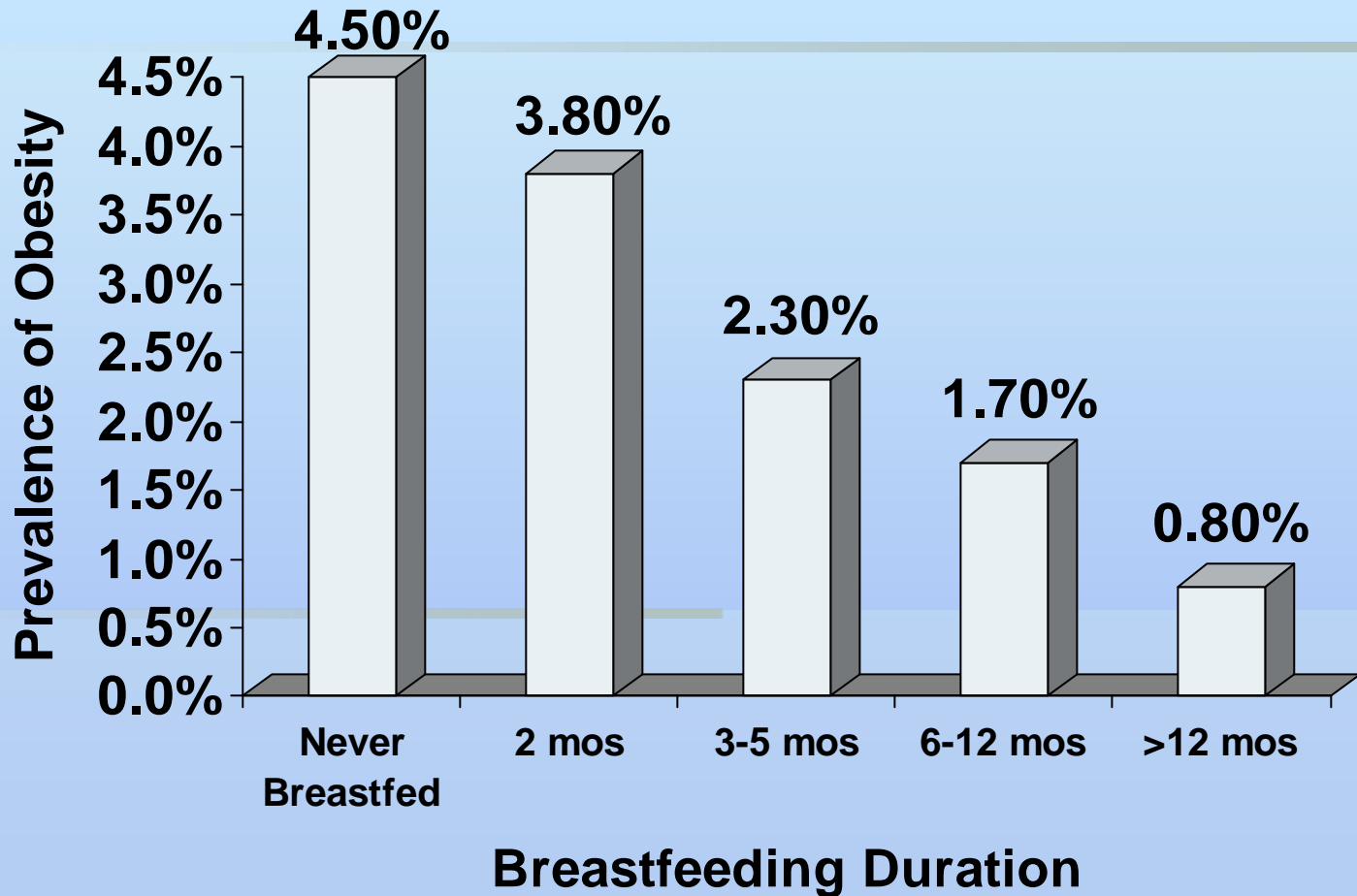
- Breastfeed
- Increase physical activity
- Limit TV and screen time
- Eat more fruits & vegetables
- Eat breakfast daily
- Eat out less often, particularly fast food
- Limit portion sizes
- Limit sugar-sweetened beverages

Does Breastfeeding Reduce the Risk of Pediatric Overweight?*

- Breastfeeding is associated with a reduced odds of pediatric overweight
- It also appears to have an inverse dose-response association with overweight

*CDC Research to Practice Series, No. 4,
July 2007

Babies Who are Exclusively Breastfed are Less Likely to Become Obese



Von Kries R. et al. (1999). Breast Feeding and Obesity: Cross Sectional Study. Brit Med J 319: 147-150.

Little Changes. Big Rewards.



Little changes. Big rewards.
Are you ready?



Every body needs a balance of nutritious foods and active living to achieve a healthy weight and prevent problems such as diabetes and heart disease. As a parent, you have the power to teach your children healthy habits that will last a lifetime.

Here are some simple steps that can bring big rewards for your entire family.

Get moving

- Aim for at least 60 minutes of activity a day.
- Escape the pull of the couch—get up and get moving.

Pull the plug

- Limit screen time (TV, computers, and video games) to 1 to 2 hours a day.
- Move the TV out of the bedroom.

Eat smart

- Aim for 5 to 9 servings of fruits and vegetables a day.
- Fuel up with breakfast every morning.

Drink well

- Choose water or non-fat milk.
- Limit soda, sports drinks, juice, and sweetened drinks—one can is equal to drinking a candy bar!

Get Moving:

Aim for at Least 60 Minutes
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 to < 2 hrs/day

Tips:

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

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 Smart:

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

Eat Smart:

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

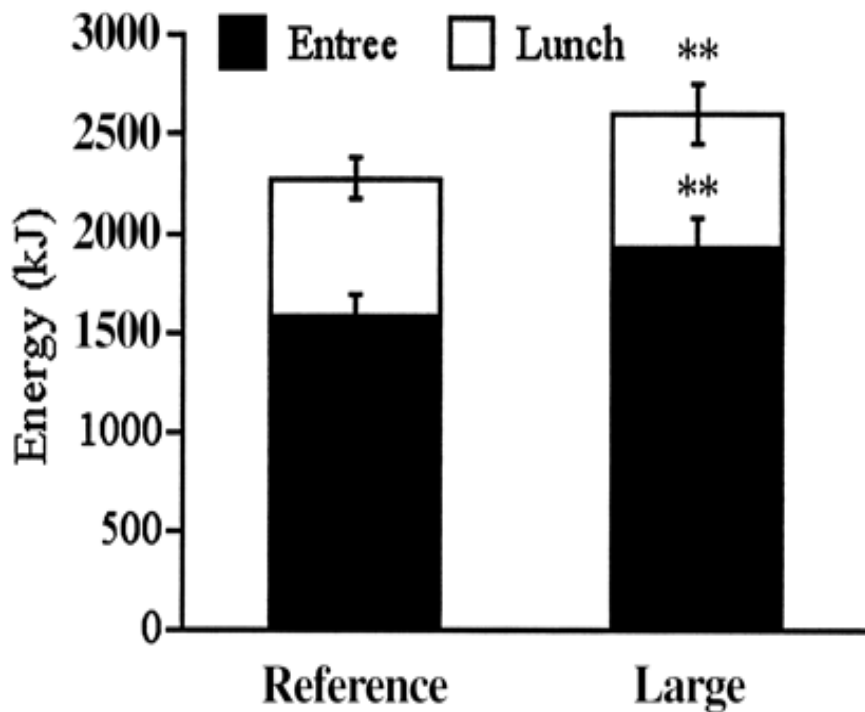
Eat Smart:

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

Impact of Increasing Portion Sizes in Children



- Doubling an age - appropriate portion of entrée → ↑ 25% entrée & ↑ 15% total energy intakes

- Children consumed 25% less of an entrée when allowed to serve themselves vs. being served a large portion

- (Stomach \cong size of child's fist)

** $P < .01$

Fisher et al, AJCN, 2003

What does a serving size look like for a 1-2 year old on different sized plates? • ¿Como se ve una porción para un niño de 1 a 2 años de edad en un plato chico, mediano o grande?



Small Plate/Plato Chico



Medium Plate/Plato Mediano



Large Plate/Plato Grande

Your child may want to eat more or less than this amount. Don't force or encourage your child to eat more or less than he or she wants. • **Pueda que su niño quiera comer más o menos de ésta cantidad. No force o anime a su niño a que coma más o menos de lo que quiera.**

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

My Healthy Lifestyle Goal Tracker

My Healthy Lifestyle Goal Tracker

Keeping track helps me make changes (See back page for helpful tips.)

Get Moving

Aim for at least 60 minutes of activity a day*

Color in **one circle for each 30 minutes** that you are active.

My goal is to Get Moving ___ hour(s) a day.

Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To Get Moving this week, I will:

* To view the 2008 Physical Activity Guidelines for Americans, visit www.cdc.gov/physicalactivity/

Eat Smart

Aim for 5 to 9 servings of fruits and vegetables a day*

Color in **one circle for each serving** of fruit or vegetables you eat.

My goal is to Eat ___ servings a day.

Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To Eat Smart this week, I will:

* Recommended number of servings varies by age, sex, and level of activity. Visit www.fruitsandvegetablesmatter.gov for more information.

Pull the Plug

Limit screen time to 1 to 2 hours a day

Color in **one circle for each 30 minutes** that you had any screen time. **Limit** TV, computer, and video game time.

My goal is to have no more than ___ hour(s) of screen time a day.

Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To Pull the Plug this week, I will:

Drink Well

Choose water and non-fat milk

Color in **one circle for each glass** of non-fat milk and water that you drink. **Limit** soda, sports drinks, juice, & sweetened drinks.

My goal is to drink ___ glasses of non-fat milk and water a day.

Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This week, I will Drink Well by choosing:

Tools to Accompany Training

The screenshot shows a Microsoft Internet Explorer browser window with the following details:

- Address Bar:** <http://www.dhcs.ca.gov/services/chdp/Pages/CounselTraining.aspx>
- Page Header:** Department of Health Care Services logo and navigation menu (Home, Services, Individuals, Providers & Partners, Forms, Laws & Publications, Data & Statistics). Search bar with options for 'This site' and 'California'.
- Breadcrumbs:** Home > Services > Child Health and Disability Prevention > Counseling the Overweight Child
- Main Content:**
 - Section:** Counseling the Overweight Child
 - Description:** This training is designed for local CHDP program staff to use when training CHDP providers and provider staff. The goal of the training is explained in the Training Cover Letter. A sample PowerPoint presentation and training materials are provided to facilitate and standardize CHDP provider training. The PowerPoint Presentation can be customized with county PedNSS data. The Counseling Tools are key health education tools that fit with existing CHDP childhood obesity tools; they are available in English and Spanish. The training packet is intended to include all of the following materials but it may be customized to meet the needs of interested providers.
 - Links:**
 - [Introduction](#)
 - [PowerPoint Presentation](#)
 - [Training Materials](#)
 - [Counseling Tools](#)
 - [Other Training Documents](#)
 - [Supplementary Training Links](#)
- Left Sidebar:**
 - MOST POPULAR LINKS:**
 - Apply for Medi-Cal
 - Birth/Death Certificates
 - Career Opportunities
 - QUICK LINKS:**
 - About Us
 - A-Z Index
 - Current Medi-Cal Procurements
 - Decisions Pending and Opportunities for Public Participation
 - DHCS Newsroom
 - Emergency Preparedness
 - Fraud & Abuse
 - Health Publications Finder
 - HIPAA
 - Privacy
 - Public Records
 - RELATED LINKS:**
 - California Department of Public Health

The Windows taskbar at the bottom shows the Start button, open applications (Inbox - Microsoft Outlook, Counseling the Overweight Child, Microsoft PowerPoint), a search bar, and system tray icons including the clock showing 11:43 AM.

Resources

- For additional online training on Brief Negotiation, go to:

www.kphealtheducation.org/roadmap/roadmap.html

- For CHDP tools to accompany training, go to:

<http://www.dhcs.ca.gov/services/chdp/Pages/CounselTraining.aspx>

- For the AMA 2007 Expert Committee Recommendations, go to:

<http://www.dhcs.ca.gov/services/chdp/Documents/Letters/chdppin0713.pdf>

- For current Pediatric Nutrition Surveillance System (PedNSS) data go to:

<http://www.dhcs.ca.gov/services/chdp/Pages/PedNSS2008.aspx#datatables>

Brief Focused Advice: Role Playing Exercise



Brief Focused Advice

Step #1: Engage the Patient/Parent

- How do you feel about your child's weight?

Step #2: Share Information

- Your child's current weight puts him/her at risk for diabetes, heart disease, asthma...

Step #3: Make a Key Advice Statement

I would strongly encourage you to ...

- Get up and play hard at least one hour a day
- Cut back on screen time to < 2 hours a day
- Eat at least 5 helpings of fruits & vegetables every day
- Cut back on soda, sports drinks, juice and sweetened drinks

Step #4: Arrange for Follow-up

- Let's set up a future appointment to talk about how things are going.

Summary

- The physician plays an important role in initiating childhood obesity prevention treatment
- Brief focused advice is easy to incorporate into a well child visit
- *'Little Changes. Big Rewards.'* is an effective tool from a national campaign to deliver key evidence-based health promotion messages