American Academy of Pediatrics

Recommendations for Prevention of Childhood Obesity

Link: http://pediatrics.aappublications.org/content/120/Supplement_4/S229.full

Step 1: Assess

Weight/Height

Explain what you are assessing and why. Convert weight and height data to BMI percentile. Provide BMI percentile. Elicit and probe parent/child reactions. Reflect and probe.

Diet

Assess intake of fruit and vegetables (suggested measure: 2 items on daily usual intake; measure can be provided in handout), sweetened beverages (suggested measure: 2 items on daily usual intake; measure can be provided in handout), and fast food (suggested measure: 1 item on weekly average of meals at fast food establishments).

Activity

Assess sedentary time/screen time (suggested measure: 2 items on hours per day of television/video games/movies/computer; measure can be provided in handout) and daily activity (at least 60 minutes/day of moderate-to-vigorous activity).

Optional Behaviors to Assess

Consider assessing breakfast consumption (suggested measure not established), portion sizes (suggested measure not established), and family meals (suggested measure not established).

Provide/Elicit

Provide positive feedback for behavior(s) in optimal range. Elicit response. Reflect and probe. Provide behavior(s) not in optimal range. Elicit response. Reflect and probe.

Step 2: Set Agenda

Query which, if any, of the target behaviors not in the optimal range the parent/child/adolescent may be interested in changing or may be easiest to change. Sample language is as follows. Which, if any, of these might you and your child

be able to change? Which of these might be a good place to start? Which of these do you think might be the easiest one to start with? Agree on possible target behaviors.

Step 3: Assess Motivation and Confidence

Willingness/Importance
Assess willingness and importance, as follows. On a scale of 0 to 10, with 10 being very important, how important is it for you/child/family to change (insert target behavior) or to lose weight?

Confidence
Assess confidence, as follows. On a scale of 0 to 10, with 10 being very confident, assuming you decided to change (insert target behavior) or weight, how confident are you that you/she/he could succeed?

Probes
Explore importance and confidence ratings with the following probes. Why did you not choose a lower number (benefits)? Why did you not choose a higher number (barriers)? What would it take to move you to a higher number (solutions)? Use reflective statements to explore the advantages and disadvantages of changing.

Step 4: Summarize and Probe Possible Changes

Summarize the advantages and disadvantages of change. Query possible next steps. Sample language is as follows. So where does that leave you? From what you mentioned, it sounds like (insert target step) may be a good first step. How are you feeling about making a change? If change is indicated, probe the plan of attack. Sample language is as follows. What might be a good first step for you and your child? What might you do in the next week or even day to help move things along? What ideas do you have for making this happen? From our discussion, it sounds like (insert possible suggestions raised in session) might be a good place to start. If the patient has trouble generating ideas, consider offering the following: If it's okay with you, I'd like to suggest a few things that have worked for some of my patients. Summarize the change plan. Provide positive feedback.

Step 5: Schedule Follow-up Visit

If a change plan emerges, agree to follow up within x weeks/months. Sample language is as follows. Let's schedule a visit in the next few weeks/months to see how things went. If no change plan emerges, agree to revisit the topic within x weeks/months. Sample language is as follows. Sounds like you aren't quite ready to commit to making any changes now. How about we follow up with you at your next visit? Although you (or your family) do not sound ready to make any changes, between now and our next visit you might want to think about (insert discussion point raised in session).