
Practical Nutrition Counseling at Well Child Visits

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Childhood Obesity MOC QI Learning Collaborative



CME Accreditation

□ Accreditation

- This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of The George Washington University School of Medicine and Health Sciences is accredited by the ACCME to provide continuing medical education for physicians
- **Physicians CME Credit:**
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- Participants will be required to certify attendance or participation on an hour for hour basis.



Disclosure Statement

- Upon disclosure, the speaker indicated that she did not have any relevant financial relationships to disclose



Objective

- Obtain tools, resources, and helpful points of discussion to assist in addressing common weight management issues of children and teens



Presentation Outline

- Introducing Lifestyle Changes
- Consistent Evidence-Based Messages
 - Eat fruits and vegetables
 - Eat breakfast every day
 - Limit portion sizes
 - Limit or eliminate sugar-sweetened beverages
 - Eat healthy snacks
 - Limit dining out
 - Be active every day
- Heart Healthy Tips
- Goal Setting



INTRODUCING LIFESTYLE CHANGES



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Introducing Lifestyle Changes: Review of Important Points

- Assess BMI and family history
 - Is there a family history of weight-related issues?
- Use a visual explanation with BMI location on growth chart
- Use neutral terms: elevated BMI, unhealthy weight, excess weight, increased risk for diabetes and heart disease
 - Avoid: obese, fat
- Assess motivation
 - Is there concern about the child's weight?
 - What is the perception of the child's weight?
 - Has weight loss been attempted in the past?
 - Is there a desire to make changes in lifestyle?



Introducing Lifestyle Changes: Messages for Parents

- ❑ Be a good role model for healthy behaviors.
- ❑ Begin to make family-wide lifestyle changes by creating a healthier environment.
 - Serve regular, balanced family meals and snacks. Turn off the TV, computers, etc. Spend fun, active time together.
- ❑ Make sure that parents and any other important relatives are on the same page.



Introducing Lifestyle Changes: Messages for Parents

- Emphasize health, not weight.
- Don't play the blame game.
 - Never yell, bribe, threaten or punish children about weight, food or physical activity.
- Do not use food as a reward or punishment.
 - Instead use a non-food item or a fun activity.
- Label foods as “sometimes foods” rather than “bad” or “forbidden” foods.
 - Consider using “Go, Slow, Whoa” handout.



Consistent Evidence-Based Messages

- Eat fruits and vegetables
- Eat breakfast every day
- Limit portion sizes
- Limit or eliminate sugar-sweetened beverages
- Eat healthy snacks
- Limit dining out
- Be active every day



Eat fruits and vegetables

CONSISTENT EVIDENCE-BASED MESSAGES



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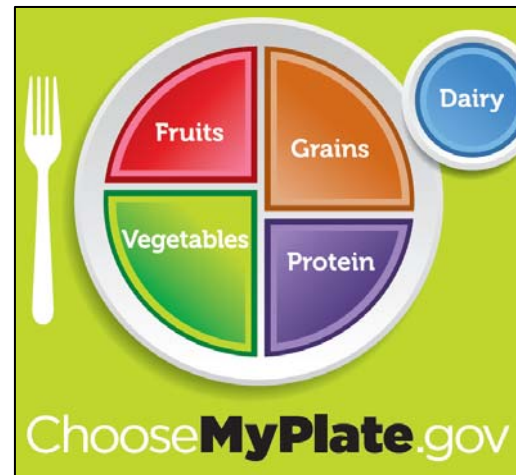
Eat Fruits and Vegetables

- Assess current fruit and vegetable intake.
 - How many times per week or per day do you eat fruits and vegetables?
- Explain why fruits and vegetables are important.
 - High in nutrients, low in calories.
 - Balancing your plate with the appropriate amount of fruits and vegetables helps to avoid overeating grains and protein.
- Explain that corn, peas, potatoes, and beans are starchy and would also be considered part of the grains group.



Eat Fruits and Vegetables

- Using 5-2-1-0 handout, encourage 5 fruits and vegetables per day
- Consider using MyPlate as teaching tool
- Tips for families:
 - Try to provide vegetables and/or fruit with every meal and snack
 - Include your child in growing, shopping, and/or preparation
 - Have fruits and vegetables available for kids to “grab and go”
 - Experiment with different preparation and presentation methods (low-calorie dips, spice, fruit cups, new salad combinations)



Eat breakfast every day

CONSISTENT EVIDENCE- BASED MESSAGES



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Eat Breakfast Every Day

- Assess frequency of breakfast consumption
- Explain the importance of breakfast
 - Improves performance of mind and body
 - Breaks the overnight fast to allow body to burn calories
 - May help you lose weight and keep it off
 - People who eat breakfast tend to weigh less, have a lower overall calorie intake throughout the day, and make healthier dietary choices throughout the rest of the day



Eat Breakfast Every Day:

Tips for Families

- ❑ Eat a healthy breakfast every day
 - Use MyPlate as a guide
 - Cereals: 3 g of fiber or more and 12 g of sugar or less
- ❑ Meal replacement may be appropriate for patients that are not willing to eat breakfast
 - No Sugar Added Carnation Breakfast Essentials
 - Slim-Fast
 - Glucerna
- ❑ Note: Ensure that patients do not eat 2 breakfasts per day (1 at home and 1 at school)



Limit portion sizes

CONSISTENT EVIDENCE-BASED MESSAGES



Limit Portion Sizes:

Portion vs. Serving

- Portion - amount of food that you choose to eat for a meal or snack
- Serving - recommended measured amount of food or drink
 - E.g. one slice of bread, one 8 oz. cup of milk
- Examples
 - 20oz. soda (typically consumed as 1 portion) = 2.5 servings
 - 3oz. bag of chips (typically consumed as 1 portion) = 3 servings.



Limit Portion Sizes:

How much of each food group is needed?

Food Group	Ages	Approximate Amount Recommended Daily
Grains	2-3	3 oz
	4-13, Girls 14-18	5 - 6 oz
	Boys 14-18	8 oz
Protein	2-3	2 oz
	4-8	4 oz
	9-18	5 - 6.5 oz
Dairy	2-3	2-3 cups
	4-8	2.5 cups
	9-18	3 cups
Fruits	2-8	1 - 1.5 cups
	9-18	1.5 - 2 cups
Vegetables	2-8	1 - 1.5 cups
	9-18	2 - 3 cups



Limit Portion Sizes:

Changes in portion sizes over time

Food / Beverage	20 Years Ago		Today		To Burn the Extra kcal You Would Need to:
	Portion	kcal	Portion	kcal	
Bagel	3" diameter	140	6" diameter	350	Rake leaves 50 minutes
Cheese-burger	1	333	1	590	Lift weights 1 hour and 30 minutes
Spaghetti with Meatballs	1 cup sauce, 3 small meatballs	500	2 cups sauce, 3 large meatballs	1,020	Houseclean 2 hours and 35 minutes
Soda	6.5 oz	82	20 oz	250	Garden 35 minutes



Limit Portion Sizes:

What are average estimated total calorie needs?

Gender / Ages	Average Estimated Calorie Needs (Dependent on Activity Level)
Child	
2–3	1,000
Female	
4–8	1,200-1,800
9–13	1,600–2,200
14–18	1,800-2,400
Male	
4–8	1,400-2,000
9–13	1,800-2,600
14–18	2,200-3,200



Limit Portion Sizes:

Serving sizes for toddlers (ages 1-3)

- Quick rule of thumb for toddler servings: tablespoon per year of age

Food	1 Serving Size (Approx.)	Servings / Day
Grains	$\frac{1}{4}$ - $\frac{1}{2}$ slice bread $\frac{1}{3}$ - $\frac{1}{2}$ cup cereal $\frac{1}{4}$ - $\frac{1}{3}$ cup rice or pasta	6
Meat and Other Protein Foods	1-3 Tbsp beef, pork, poultry, fish 2-4 Tbsp beans, chopped nuts 1 small egg	2
Milk and Milk Products	$\frac{1}{2}$ cup milk or yogurt $\frac{1}{2}$ ounce cheese	6
Fats and Oils	1 tsp oil, margarine, butter	3
Fruit	$\frac{1}{2}$ small fruit $\frac{1}{4}$ - $\frac{1}{3}$ cup cooked, canned, chopped $\frac{1}{3}$ - $\frac{1}{2}$ cup berries	2-3



Limit Portion Sizes:

Serving sizes for older children and adults

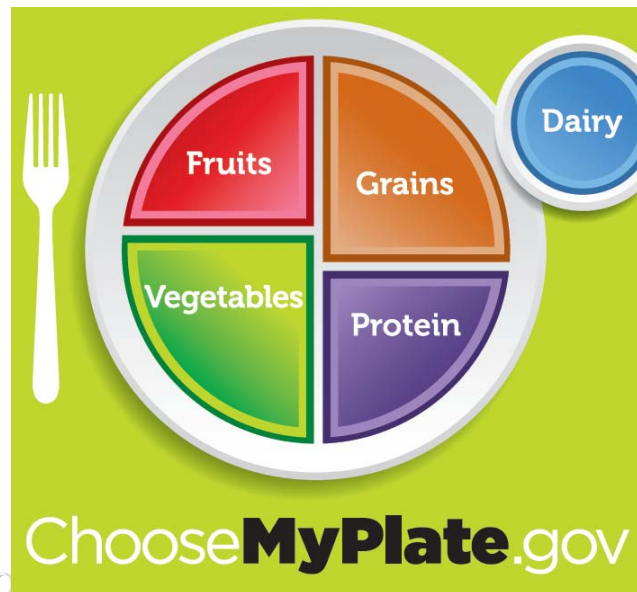
- Quick rule of thumb for preschool servings (ages 4-5): $\frac{1}{4}$ adult portion

Food	1 Serving Size (Approx.)
Grains	1 slice bread
	$\frac{3}{4}$ cup cereal
	$\frac{1}{2}$ cup rice or pasta
Meat and Other Protein Foods	3-4 oz beef, pork, poultry, fish
	2-4 Tbsp beans, chopped nuts
	1 egg, 2 egg whites, $\frac{1}{4}$ c egg white substitute
Milk and Milk Products	1 cup milk or yogurt
	1 ounce cheese
Fats and Oils	1 tsp oil, butter
	2 tsp regular salad dressing, mayo
	2 Tbsp reduced-calorie dressing
Fruit	1 medium piece of fruit
	1 cup cooked, canned, chopped fruit



Limit Portion Sizes

- Consider asking what their normal portion of pasta, chicken, etc. looks like
 - Ask them to use their fist or palm of their hand to show you.
- Use MyPlate or portion size guide
- Portion size guide:
 - 1 cup of cereal, pasta, rice, fruit = size of fist
 - 3 oz meat = palm of hand / deck of cards



Limit Portion Sizes:

Tips for Families

- ❑ Resign from the “Clean Plate Club” today!
- ❑ Stop eating when you feel satisfied, not full.
- ❑ Permit younger children to self-regulate with appropriate choices.
- ❑ Use smaller plates, bowls, and cups. Larger containers encourage us to eat and drink more.
- ❑ Try measuring out appropriate portion sizes and see how they look in your plates and cups.
- ❑ Take at least 20-30 minutes to eat a meal before taking seconds. Try to take seconds of vegetables.



Limit or eliminate sugar-sweetened beverages

CONSISTENT EVIDENCE-BASED MESSAGES



Limit or Eliminate Sugary Drinks

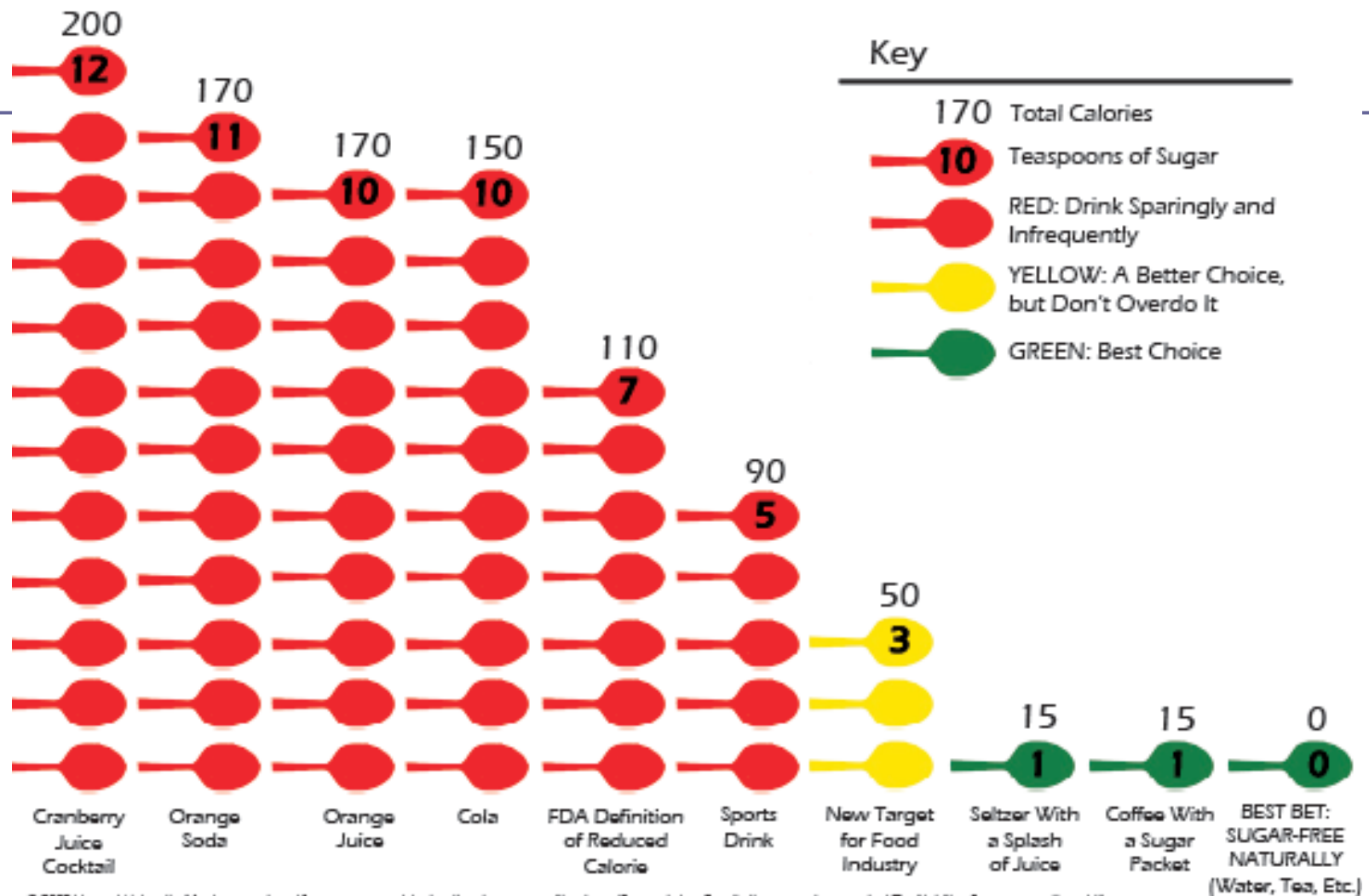
- ❑ Assess consumption of sweetened beverages and juices.
 - How often do you drink soda, other sweetened drinks (lemonade, iced tea, Kool-Aid, sports drinks), and/or juice?
 - How much do you drink each time?
- ❑ Explain that sugary drinks can add pounds of body weight per month.
 - 3500 kcal = 1 pound
 - 24 fl. oz. of sweetened beverages and juices per day can add $\frac{3}{4}$ lb. per week.
 - To burn the calories from one 20 fl. oz. soda, you would need to bike at a moderate pace for 55 minutes.



How Sweet Is It?

Calories and Teaspoons of Sugar in 12 Ounces of Each Beverage

For more information, see The Nutrition Source, www.hsph.harvard.edu/nutritionsource/healthy-drinks/



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Limit or Eliminate Sugary Drinks:

Tips for families

- ❑ Limit intake of 100% juice to 4-6 fl. oz / day or less. Eat your fruit instead of drinking it.
- ❑ Drink water, nonfat (skim) or low-fat (1%) milk, or drinks with 10 calories or less.
- ❑ Remove sugary drinks from the house.



Eat healthy snacks, Limit dining out, Be active every day

CONSISTENT EVIDENCE-BASED MESSAGES



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Eat Healthy Snacks

- ❑ Small healthy snacks help meet nutritional needs and prevent excessive hunger and consumption at meal times.
- ❑ Include fruits, vegetables, whole grain snacks and low fat dairy foods. Have these foods readily accessible.
- ❑ As a general guideline, include at least two food groups in snacks.
- ❑ Plan snacks as part of your day instead of as extras. Don't use them as entertainment or to keep children busy.
- ❑ Avoid grazing.



Limit Dining Out

- ❑ Dining out and ordering take-out results in loss of control over how food is prepared.
- ❑ Overweight adolescents are especially likely to overeat when eating fast food.
- ❑ May be unlikely for teens to choose lower calorie options.
- ❑ When you choose to dine out:
 - Plan ahead and choose foods carefully.
 - Choose simple food items (plain hamburger or cheeseburger, cheese pizza with vegetables).
 - For take-out or home delivery add a glass of milk, a side salad, and/or a piece of fruit.



Be active every day

- Activity patterns shown to impact body weight:
 - Sports participation
 - General physical activity
 - Tag, touch, football, wiffle ball, badminton, dance, jump rope, hula hoop, etc.
 - Active video games (e.g. Wii or Kinect fitness sports, and dance games) are better choices than passive video games and sedentary TV viewing.
 - Screen time (TV, computer, video games)
- Encourage 1 hour of physical activity per day.
- Limit screen time to 2 hours per day or less.



HEART HEALTHY TIPS



Heart Healthy Tips:

Fat Intake

- ❑ Assess current fat intake, especially of high-risk patients
 - Fried foods, high-fat meats, high-fat dairy products, added fats
- ❑ Explain that excessive fat intake, especially saturated and trans fats, have negative effects on heart health
 - Saturated fat: solid at room temperature (e.g. butter, animal fat)
 - Trans fat: found in partially hydrogenated fat and in fried and baked products



Heart Healthy Tips

- Recommendations for high-risk children:
 - Total fat limited to 25% to 35% of the total energy, dependent on age
 - Saturated fat restricted to 7% of the total energy
 - Trans fat limited to 1% of the total energy
 - Dietary cholesterol limited to 200 mg or less
 - Increased soluble fiber
 - Total dietary fiber
 - Children: Age + 5 g/day
 - Adults: 20-25 g/day



Heart Healthy Tips:

Tips for Families

- ❑ Select lean cuts of beef and pork, such as those labeled “loin” or “round.”
- ❑ Remove skin from poultry (such as chicken or turkey) before serving it.
- ❑ Bake, broil, roast, stew, or stir-fry lean meats, fish, or poultry.
- ❑ Cook ground meat and then drain off the fat.
- ❑ Only brush on enough oil to coat pans before cooking or use cooking spray. Consider a nonstick pan that requires no greasing.



Heart Healthy Tips:

Tips for Families

- ❑ Choose fat-free, 1 percent fat, and low-fat dairy products.
- ❑ Eat fish regularly.
- ❑ Incorporate more plant sources of protein (e.g. soy or dried beans and legumes) or egg whites instead of meat.
- ❑ When you do cook with fat, choose healthy, unsaturated fats (e.g. canola oil in recipes and for sautéing, olive oil for salad dressings).
- ❑ Cook with lemon juice or herbs. These add flavor to foods without adding fat or salt.
- ❑ Use DASH Diet Principles.



GOAL SETTING



Goal Setting

- ❑ Use the Empathize/Elicit-Provide-Elicit communication technique
- ❑ Set achievable goals
- ❑ Consider recommending self-monitoring
- ❑ Assess confidence/motivation in making changes
- ❑ Summarize plan and schedule follow-up

Please visit the QI Team Space Website for resources, handouts, and contact information for outpatient dietitians.



References

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