

113 Obese Children 2-5 years (C ≥ 24mo)

- Description**
- Obese: ≥ 95th percentile weight-for-height or BMI
 - Greater risk of being overweight as an adult & increased risk of obesity related diseases

Assess Readiness for Change: with open ended questions

- “Sam is above 95% for his weight/height/BMI on his growth chart. That means he is heavier than most children. How do you feel about Sam’s weight?”
- “What has Sam’s Dr told you about his weight?”

Discussion, Counseling and Education

| If the answer is: | Try Counseling Strategies | Try Education |
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| <p>Not ready →</p> <p>“He was 9 ½ pounds at birth. He has always been just a big boy like his dad.”</p> <p>Raise awareness & personalize change</p> | <ul style="list-style-type: none"> • “He was born above average weight for an infant! When a child is over their recommended weight due to overeating, they are at risk for weight and health problems.” • “Tell me about Sam’s eating, his favorite foods and what he eats most often?” | <ul style="list-style-type: none"> • “A child’s whose wt/ht (proportions) is above 95th % indicates a child that is too heavy for their height and probably eating too much.” • Share child’s plotted growth chart • “Children who overeat may continue those poor eating habits later in life.” • <i>*Knowledge: BMI requires standing versus laying measure (use of the >2yr old growth grid)</i> |
| <p>Record Plan or Goal Participant viewed growth chart, feels child’s weight is normal. No desire to change. Re-assess next appointment.</p> | | |
| <p>Unsure →</p> <p>“Sometimes I think he is too heavy, but I let him eat whenever he asks.”</p> <p>Raise awareness & confidence & identify barriers to change</p> | <ul style="list-style-type: none"> • “It sounds like you are worried about Sam’s weight. Tell me what worries you the most?” • “If you could change his eating, what would you change?” • “On a scale of 1-10 how active do you think Sam is?” • “Describe Sam’s activity level? Inside & outside play?” | <ul style="list-style-type: none"> • Assess milk fat, bottle use, activity level, family obesity, satiety cues, family meal patterns • Provide suggestions based on mom’s concerns: <ul style="list-style-type: none"> ○ Set meal & snack times ○ Limit juice to 4oz daily & increase water ○ Fruit & vegs over higher calorie cheese/egg/PB ○ Increase playtime |
| <p>Record Plan or Goal Parent to try water except at mealtime and play outside at least 15 minutes. Will check weigh and re-asses next appointment.</p> | | |
| <p>Ready →</p> <p>“I worry about his weight. He eats all the time. He cries if I don’t give him what he wants.”</p> <p>Help plan change-support</p> | <ul style="list-style-type: none"> • “Why you think he wants to eat so often?” • “Have you noticed any reasons he cries for food besides being hungry (such as comfort)?” • “What is your biggest mealtime concern for Sam?” | <ul style="list-style-type: none"> • "It can be hard to not give in to calm a fussy child. What kind of other distractions have you tried?" • Tips to give attention without food: <ul style="list-style-type: none"> ○ Read to child ○ Go for a short walk ○ Offer water ○ Allow healthy low cal snack like fresh vegs |
| <p>Record Plan or Goal Discussed parents concerns. Mom plans to offer water & read a book when fussy close to mealtime.</p> | | |

Education Resources WIC Theme: *WIC Playtime*
http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/foodfunfamilies.htm Resource- *Fit WIC Materials*
<http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm> *Resource- *Using WHO Growth Charts To Assess Children Birth to 2yrs*