

114 Overweight- at Risk of Overweight (I/C)

- Description**
- I <12mo mother BMI ≥30 conception; ≥12mo mother BMI ≥30 at cert; I/C father BMI ≥30 2-5yo; C ≥85th & <95th percentile BMI or wt/ht
 - Greater risk of being overweight as an adult & increased risk of obesity related diseases

Assess Readiness for Change: with open ended questions

- “Sam is ≥85th but <95% on the growth chart. That means he is heavier than most children and at risk for obesity. 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
Not ready “He was 9 ½ pounds at birth. He has always been just a big boy like his dad.” Raise awareness & personalize change	<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 health problems.” • “Tell a little bit about Sam’s eating?” 	<ul style="list-style-type: none"> • “When a child is ≥ 85th <95th that may mean he is heading towards being too heavy, it is normal for some children, but for others it may mean they are eating too much.” • Share child’s plotted growth chart • “Children who overeat may continue those poor eating habits later in life.”
Record Plan or Goal	Participant viewed growth chart, feels child’s weight is normal. No desire to change. Re-assess next appointment.	
Unsure “Sometimes I think he is too heavy, but I let him eat whenever he asks.” Raise awareness & confidence & identify barriers to change	<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, parent weight, and emotional/reward uses of food • 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
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.	
Ready “I worry about his weight. He eats all the time. He cries if I don’t give him what he wants.” Help plan change-support	<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 could you do differently when feeding Sam?” • “How hard is it to get Sam to participant in active play?” 	<ul style="list-style-type: none"> • “It can be hard to not give in when calming a fussy child.” • 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
Record Plan or Goal	Discussed parents concerns. Mom plans to offer water & read a book when fussy close to mealtime.	

Education Resources	WIC Theme- <i>WIC Playtime</i> http://www.aahperd.org/naspe/publications/teachingTools/upload/brochure.pdf Resource & Handout- <i>Kids in Action (15 pgs but has activities by age)</i> http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm Resource- <i>Using WHO Growth Charts To Assess Children Birth to 2yrs</i>
----------------------------	---