

115 High Weight for Length Infants & Children (I-C < 24mo)

- Description**
- Overweight:  $\geq 97.7$  percentile weight-for-length
  - 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 the 97.7 % on the 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
<p><b>Not ready</b> →</p> <p>“He has always been just a big boy like his dad.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “When a child is over their recommended weight due to overeating, they are at risk for health problems. That is one reason WIC screens a child’s weight.”</li> <li>• “Sounds like you feel good about Sam’s weight. Tell me about his growth before you started coming to WIC?”</li> </ul>	<ul style="list-style-type: none"> <li>• “WIC’s <math>\geq 97.7\%</math> cut-off is normal for some children, but for others it may mean they are eating too much.”</li> <li>• Share child’s plotted growth chart</li> <li>• “Children who overeat or overfed may continue those poor eating habits later in life.”</li> <li>• <i>Knowledge: New risk with Risk Revision 11 to identify overweight infants/toddlers under 2yrs</i></li> </ul>
<b>Record Plan or Goal</b>	Participant viewed growth chart, feels child’s weight is normal. No desire to change. Re-assess next appointment.	
<p><b>Unsure</b> →</p> <p>“Sometimes I think he is too heavy, but I let him eat whenever he asks.”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “It sounds like you are worried about Sam’s weight. Tell me what worries you the most?”</li> <li>• “If you could change his eating, what would you change?”</li> <li>• “On a scale of 1-10 how active do you think Sam is?”</li> <li>• “Describe Sam’s activity level? Inside &amp; outside play?”</li> </ul>	<ul style="list-style-type: none"> <li>• Asses milk fat, bottle use, activity level, family traits and family food habits</li> <li>• Provide suggestions based on mom’s concerns:                             <ul style="list-style-type: none"> <li>○ Set meal &amp; snack times</li> <li>○ Limit juice to 4oz daily &amp; increase water</li> <li>○ Fruit &amp; vegs over higher calorie cheese/egg/PB</li> <li>○ Increase playtime</li> </ul> </li> </ul>
<b>Record Plan or Goal</b>	Parent to try water except at mealtime and play outside at least 15 minutes. Will check weigh and re-asses next appointment.	
<p><b>Ready</b> →</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"> <li>• “When you say he eats all the time, tell me a little more about when and what he eats?”</li> <li>• “How do you decide what food to give him when he cries?”</li> <li>• “How does Sam eat at mealtime?”</li> </ul>	<ul style="list-style-type: none"> <li>• Tips to give attention without food:                             <ul style="list-style-type: none"> <li>○ Read to child</li> <li>○ Go for a short walk</li> <li>○ Offer water</li> <li>○ Allow healthy low cal snack like fresh vegs</li> </ul> </li> </ul>
<b>Record Plan or Goal</b>	Discussed parents concerns. Mom plans to offer water & read a book when fussy close to mealtime.	

<b>Education Resources</b>	<p>WIC Theme- <i>WIC Playtime</i></p> <p><a href="http://familyfun.go.com/playtime/">http://familyfun.go.com/playtime/</a> Resource- <i>games and snack ideas for children by age</i></p> <p><a href="http://www.nal.usda.gov/wicworks/Sharing_Center/UT/healthy_weight_eng.pdf">http://www.nal.usda.gov/wicworks/Sharing_Center/UT/healthy_weight_eng.pdf</a> Handout- <i>How Help Child Have Healthy Weight</i></p> <p><a href="http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm">http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm</a> Resource- <i>Using WHO Growth Charts To Assess Children Birth to 2yrs</i></p>
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