Addressing Pediatric Obesity
In a Well Child Visit

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Background

- General Pediatrician
  Eskenazi Health Forest Manor Health Center
  1998-present

- AAP CATCH Grant 2006,
  Forest Manor Fit Kids

- Medical Director
  Wishard/Eskenazi Health
  STOP program 2008-2014
In 2011-2012, 8.4% of 2- to 5-year-olds had obesity compared with 17.7% of 6- to 11-year-olds and 20.5% of 12- to 19-year-olds.
KIDS, IT'S NOT POLITE TO STARE...
Yearly for children 2-19
http://www.cdc.gov/growthcharts

- BMI = wt(kg) / {ht (cm^2)} × 10,000 or
- BMI = wt(lb) / {ht (in^2)} × 703

- BMI 85-95% = overweight
- BMI > 95% = obese
Always review vital and the growth chart at every single well child check with the parent/guardian.
Do you have any concerns about your child’s health today?

Would it be ok to discuss some healthy habits? (5210)

What do you feel about your child’s health and weight?

What have you tried so far to work towards a healthier weight?

Would it be ok with you if I share a few concerns I have about your child’s health?
Healthy Habits Questionnaire
Family Medical history
Medications
Review of systems
Physical Exam focused on Obesity Co morbidities
Labs
5210 Healthy Habits Questionnaire (Ages 2–9)

We are interested in the health and well-being of all our patients. Please take a moment to answer the following questions.

Patient Name: ____________________________________________

1. How many servings of fruits or vegetables does your child eat a day?
   One serving is most easily identified by the size of the palm of your child's hand.

Age: _______ Today's Date: _______

2. How many times a week does your child eat dinner at the table together with the family?

3. How many times a week does your child eat breakfast?

4. How many times a week does your child eat takeout or fast food?

5. How many hours a day does your child watch TV/movies or sit and play video/computer games?

6. Does your child have a TV in the room where he/she sleeps?
   Yes □ No □

7. Does your child have a computer in the room where he/she sleeps?
   Yes □ No □

8. How much time a day does your child spend in active play (faster breathing/heart rate or sweating)?

9. How many 8-ounce servings of the following does your child drink a day?

   100% Juice _______ Fruit drinks or sports drinks _______ Soda or punch _______
   Water _______ Whole milk _______ Nonfat or reduced fat milk _______

10. Based on your answers, is there ONE thing you would like to help your child change now? Please check one box.

   □ Eat more fruits & vegetables.
   □ Spend less time watching TV/movies and playing video/computer games.
   □ Take the TV out of the bedroom.
   □ Eat less fast food/takeout.
   □ Play outside more often.
   □ Drink less soda, juice, or punch.
   □ Switch to skim or low fat milk.
   □ Drink more water.

Please give the completed form to your clinician. Thank you.
Family Medical History

- Diabetes
- Diabetes during pregnancy
- HTN/MI
- High Cholesterol
- Asthma
- Sleep apnea
- Depression/Anxiety
- Overweight
Medications

- Glucocorticoids
- Phenothiazines
- Tricyclic antidepressants
- Valproic Acid
- Carbamazepine
- Beta-adrenergic blockers
- Insulin
- SSRI
- Antipsychotics
THE CONSEQUENCES OF Obesity

Obesity is not about appearance...it is about health risks. Obesity leads to a multitude of diseases.

The Brain
Depression and sleep disturbance are associated with obesity, health issues and may pose threats to one's life. Unhealthy choices such as smoking and alcohol may increase the risk of heart disease and stroke.

Lungs
Obesity presents an increased risk of asthma and breathing difficulties. The excess weight can constrict the chest, restricting the lungs and making it difficult to breathe.

Heart
Fatty plaque builds up in the blood vessels, causing an increase in blood pressure and overwork the heart. Obese children are at a higher risk for heart attacks.

Kidneys
Obese children with increased abdominal fat may experience more problems with kidney related issues.

Digestive System
Obese children with increased abdominal fat may experience more problems with abdominal pain, liver disease and gallstones.

Osteoporosis
Joint Strain
Obese children put too much pressure on their bones and joints, leading to painful conditions such as osteoporosis and joint strain.

It’s not about appearance. It’s about lifetime health!
Help prevent childhood obesity today

1. Drink milk with meals
2. Offer only water for refreshment
3. Eat meals and snacks at the table

www.maoreasy3.org
Review of Systems

- Headaches
- Depression
- Anxiety
- Snoring
- Daytime sleepiness
- Always thirsty
- Asthma
- Trouble breathing with exercise
- Chest Pain
- Diabetes
- Heartburn
- Heartburn
- Vomiting
- Abdominal pain
- Constipation
- Irregular /missed periods
- Frequent urination
- Hip, Knee, or foot pain
- Limping
BMI
Blood Pressure
General: Flat affect, poor eye contact, dysmorphic features
Skin: acanthosis nigricans, dermatitis in skin folds, striae, stasis ulcers, hirsutism, acne
HEENT: funduscopic exam, tonsillar hypertrophy, dry lips, mouth breathing

Cardiopulmonary:
- discomfort on reclining flat, wheezing
Abdominal:
- epigastric tenderness, right upper quadrant tenderness, stool
GU:
- delayed or advanced SMR (Tanner stage), fat pad
Musculoskeletal:
- hips with pain on log roll/internal or external rotation, knee pain, bowed legs, flat feet
Evaluate for Co morbidities

- **Dyslipidemia**: Lipid Panel
  Chol:170, LDL:110, Trig:130, HDL>40

- **NAFLD**: AST and ALT
  95% ALT
  boys: 25.8 and girls: 22.1 U/L
  *Gastroenterology* 2010;138:1357-1364

- **Diabetes**: Glucose, HgbA1c: 5.7-6.5 prediabetes, >6.5 diabetes,
  glucose >100 fasting and >126 random

- **Thyroid Disease**: TSH <8, if >8, check anti-thyroglobulin and
  thyroid peroxidase abs

- **Obstructive Sleep Apnea**: sleep study

- **Asthma**: PFT’s

- **Orthopedic Problems**: Blount Disease and SCFE: x-rays

- **Acne/PCOS**: testosterone, DHEA-S, 17-OH, LH, FSH

- **Anxiety/Depression**

- **Barlow**, *Pediatrics* 2007;120;S164-S192
Healthy Habits

- Introduce 5210 Plan

- Consider using RX for Healthy Active living
  
  [Link](http://www.aap.org/obesity/whitehouse/rx)
Resources

- **Letsgo.org**
- Motivational Interviewing in Healthcare, Steven Rollnick
- **Pediatric Obesity Prevention, Intervention, and Treatment Strategies for Primary Care, Sandra Hassink MD (AAP)**
- **Next Steps, A prationer’s guide of Themed Follow-up visits to Help Patients Achieve a Healthy Weight (AAP)**
- Change Talk Childhood Obesity, [https://www.kognito.com/changetalk/](https://www.kognito.com/changetalk/)
- Let’s Get a Move On! Riley Youth Diabetes Prevention Clinic 6-8 pm, Tuesdays Chase Legacy Center, Julie Pike jpike7@iuhealth.org, >10yo, BMI>85%