Early Childhood Obesity Prevention: Clinical Breakout Section

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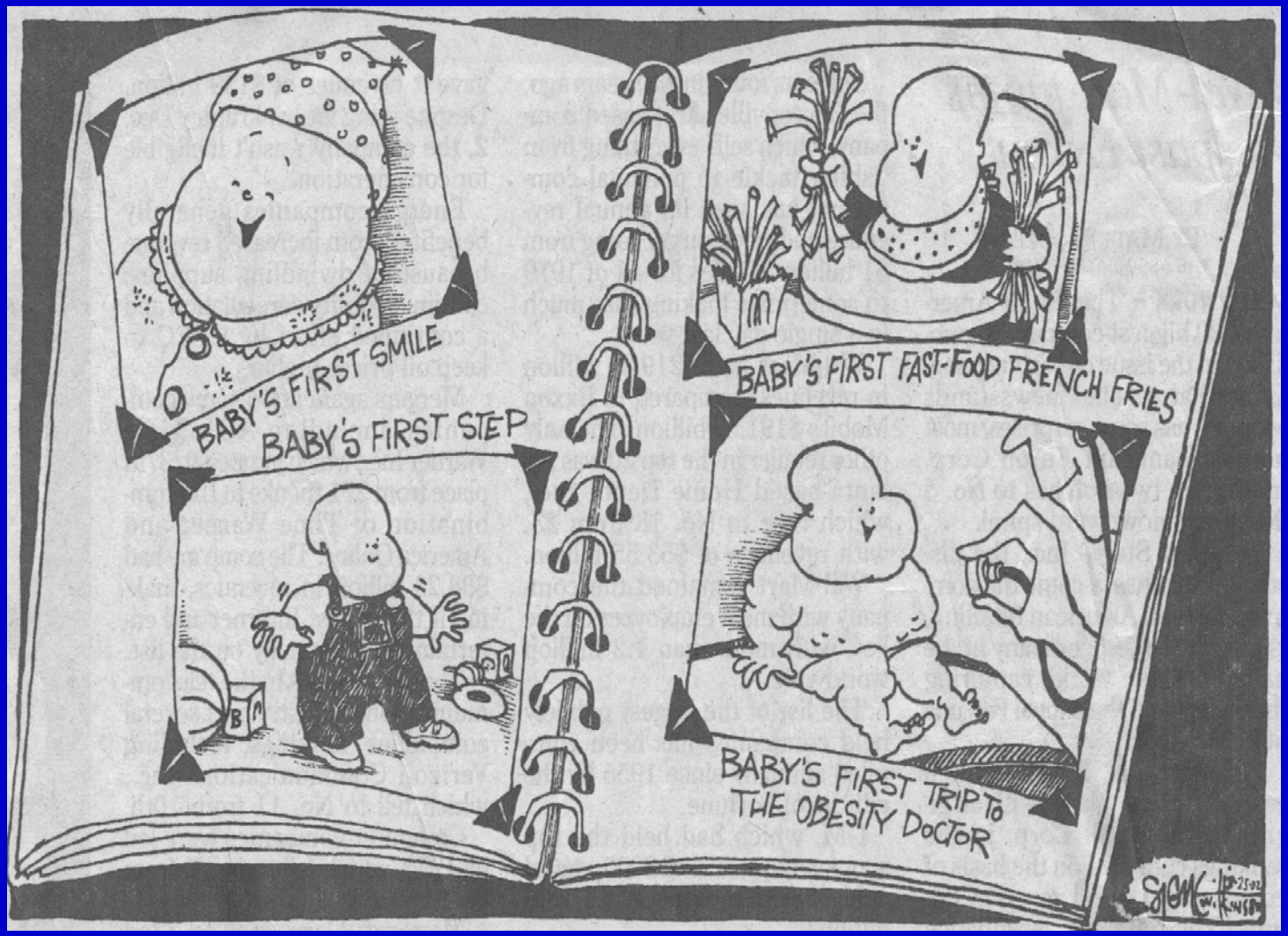
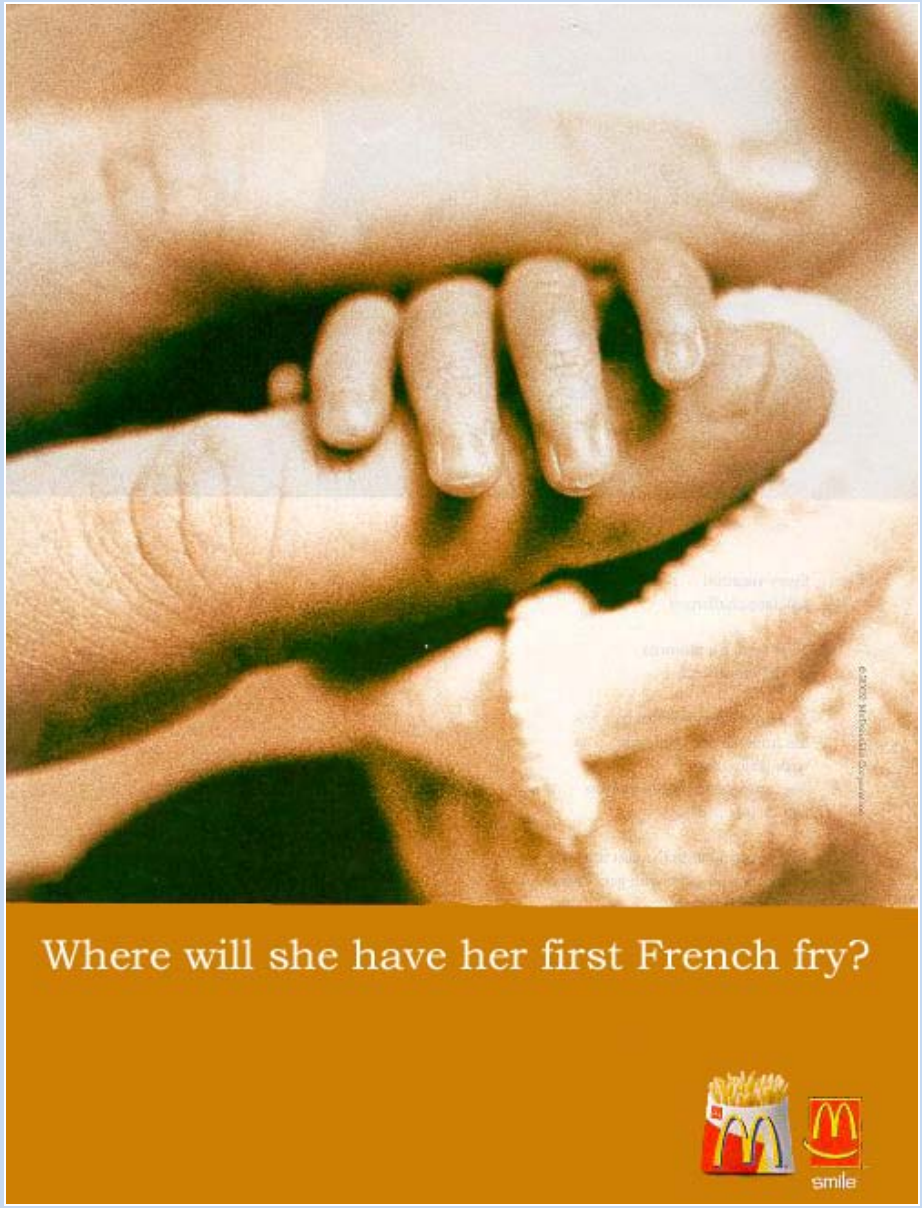
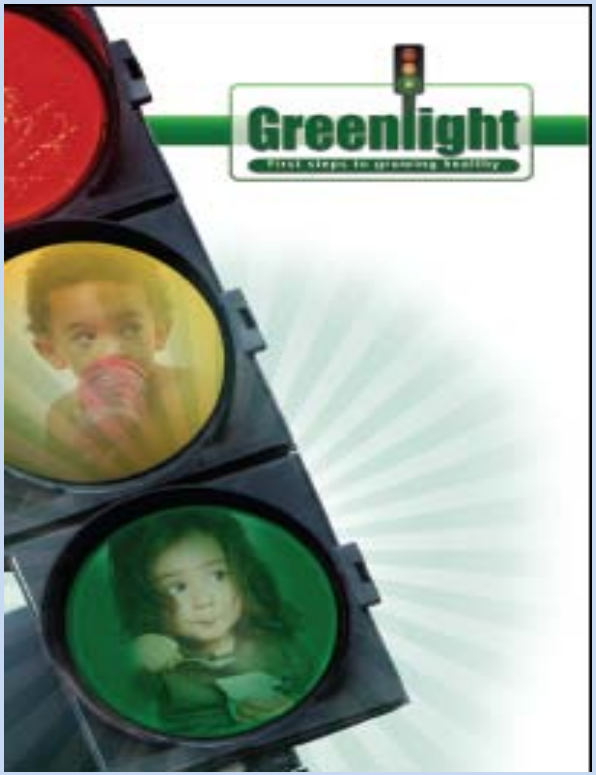

BABY'S FIRST SMILE
BABY'S FIRST STEP
BABY'S FIRST FAST-FOOD FRENCH FRIES
BABY'S FIRST TRIP TO THE OBESITY DOCTOR


Where will she have her first French fry?
smile

7UP
DIET PEPSI
DIET PEPSI
Dr Pepper
Dr Pepper
PEPSI
PEPSI
MOUNTAIN DEW
MOUNTAIN DEW
slice
slice

My current prevention study



Over 850 babies are enrolled at 2 months of age and followed until they are age 2.

Doctors learn how to prevent obesity with parents

Why intervene so early in life?

(Perrin, et al, *Pediatrics*, In press)

- How many <u>2 month olds</u> in our clinics are:
  - exclusively formula feeding as opposed to exclusively breast feeding?
    - 45% vs. 19%
  - already introduced to solids?
    - 12%
  - put to bed with a bottle?
    - 43%

Why intervene so early in life?

(Perrin, et al, *Pediatrics*, In press)

- What percentage of 2 month olds:
  - actively watch tv?
    - 50% for an average of 25 minutes each time
  - are exposed to tv?
    - 90% for an average of 180 minutes/day

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At your age, an expanding waistline is a good thing.

You're growing 1/2 an inch a month, and Pampers Swaddlers™ are growing right along with you. That's because they have stretchy sides and soft, overlapping tabs for a "Grow-With-Me" fit.

Inspired by babies.
Created by Pampers.®

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Key element is prevention

For prenatal and newborn visits:

- Encourage breastfeeding; teach parents infant hunger cues & to feed by cue not by the clock; discourage bottle propping

For visits with babies and toddlers:

- Discussion as there is a transition to solids- time to focus on the whole family eating together & on healthy foods- fruits and vegetables, whole grains, lean meats, cooking styles, appropriate portion sizes

- Beverage counseling- milk as meal-time beverage and water for thirst quenching. Discourage sweet tea, soda, lemonade, JUICE

Culturally Appropriate Handouts

Bocadillos –
para su bebé de 15-18 meses

Durazno
Coliflor
Pasta
Mango
Vainitas
Kiwi
Papaya
Queso
Camote

Dale a su niño pequeño pedazos pequeños y cantidades pequeñas de bocadillos suaves.

¡Déjale que se alimente solo!

Esto podría causar un desorden- ponga una hoja plástica o periódico abajo de su asiento para que sea más fácil limpiar.

12

Planee El Plato Para La Cena-
para su bebé de 15 a 18 meses

Es fácil hacerlo - divide el plato en tres partes, el más grande para los vegetales.

1/2 vegetales
1/4 almidón
1/4 proteína

Plato de 7 pulgadas

El plato de cena tiene:
- 2 porciones de vegetales
- 1 porción de arroz con frijoles
- 1 porción de pescado

¡ Comience con 1 cucharada y deje que su niño pequeño le pide más!

8

Encourage physical activity

Encourage activity for the whole family while mom is pregnant- walking is wonderful & good to get into healthy family habits

Tummy time is great for babies as is exploration play

Outside activity/ getting out of the stroller important for toddlers!

Screening for obesity

- "Healthy People 2010" charged primary care providers with task of helping to stop the epidemic.
- Diagnosis of and screening for overweight considered one of the 1st steps.
- Multiple studies show physicians under-diagnose overweight and obesity in both adults and children. (McArtor RE, et al, 1992; Denen ME, et al, 1993; Eck LH, et al 1994; Stafford RS, et al, 2000, Jain, et al, 2001; Jeffery, et al, 2005; Huang, et al, 2007; Benson, et al, 2009)

Primary care provider's plight is difficult for two reasons

1. Much expected to do with limited time:

   BP, toilet training, temper tantrums, discipline, school, ADHD, vision and hearing, immunizations, anemia, lead screening, TB screening, cholesterol, sexuality and STD prevention, injury prevention, violence prevention, sleep positioning, and sleep disturbances, to say nothing of the physical exam, chronic problems, etc.

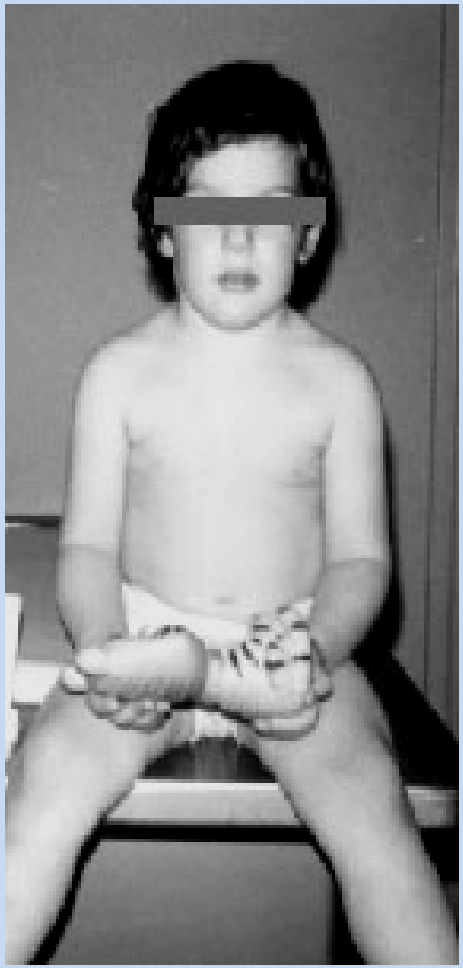
   (Belamarich PF, Gandica R, Stein RE, Racine AD. Drowning in a sea of advice: pediatricians and American Academy of Pediatrics policy statements. *Pediatrics.* Oct 2006;118(4):e964-978).

2. Even obesity screening is complicated…

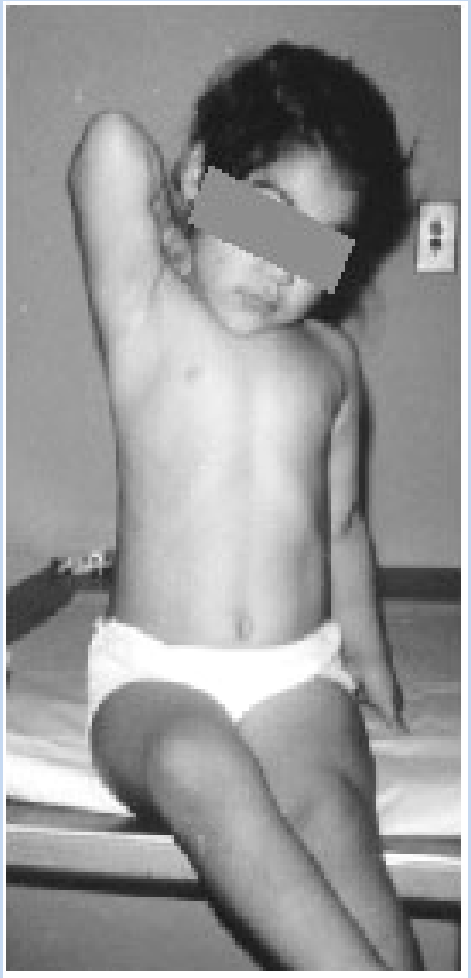
Screening for overweight always involves determining weight for height

“Visual impression”- how good is it?

“Visual impression”- how good is it?



BMI ~98th Obese



BMI ~93rd Overweight

BMI ~12th Healthy

Obese

Age 4, 98th
BMI=18.5

Age 6, >99th
BMI=23

Age 12, >99th
BMI=29.8

2 to 20 years: Boys
Stature-for-age and Weight-for-age percentiles

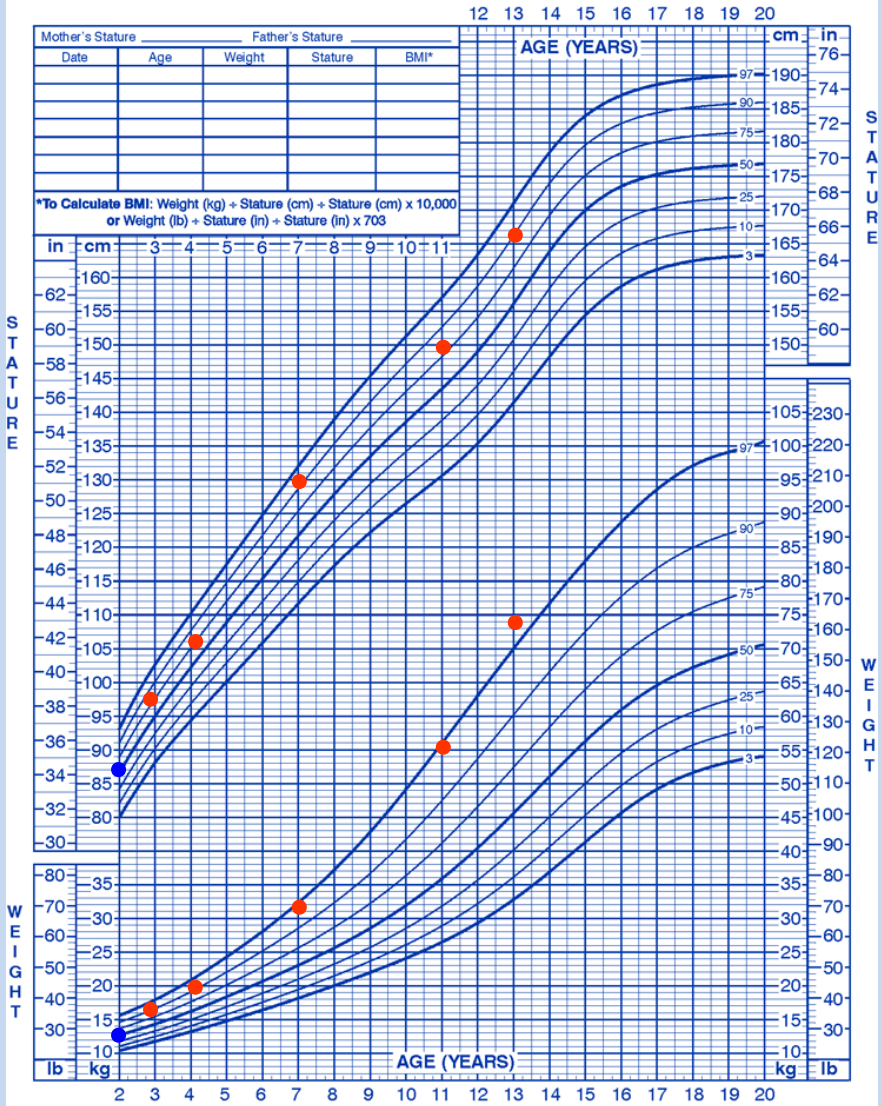
NAME _____

RECORD # _____

Mother's Stature _____ Father's Stature _____

Date	Age	Weight	Stature	BMI*

***To Calculate BMI:** Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



Published May 30, 2000 (modified 11/21/00).
SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).
http://www.cdc.gov/growthcharts

SAFER • HEALTHIER • PEOPLE™

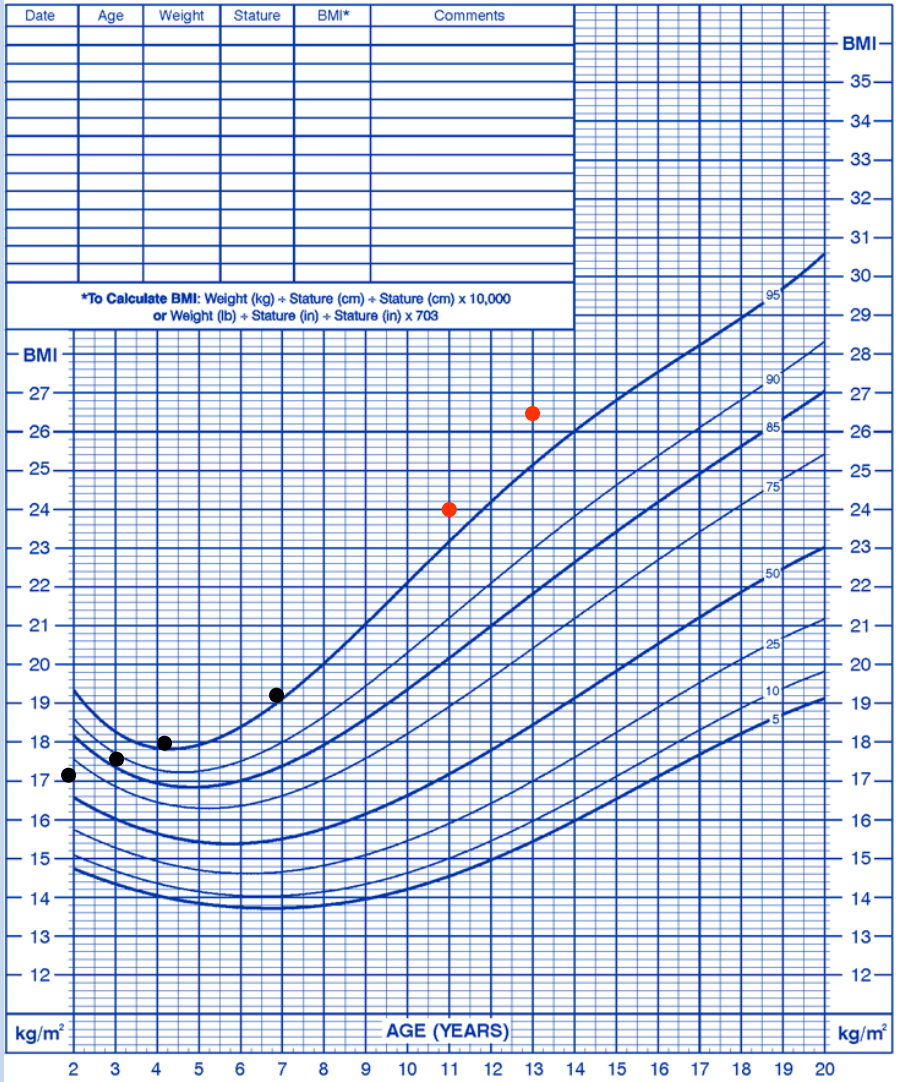
2 to 20 years: Boys
Body mass index-for-age percentiles

NAME _____

RECORD # _____

Date	Age	Weight	Stature	BMI*	Comments

***To Calculate BMI:** Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



Published May 30, 2000 (modified 10/16/00).
SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).
http://www.cdc.gov/growthcharts

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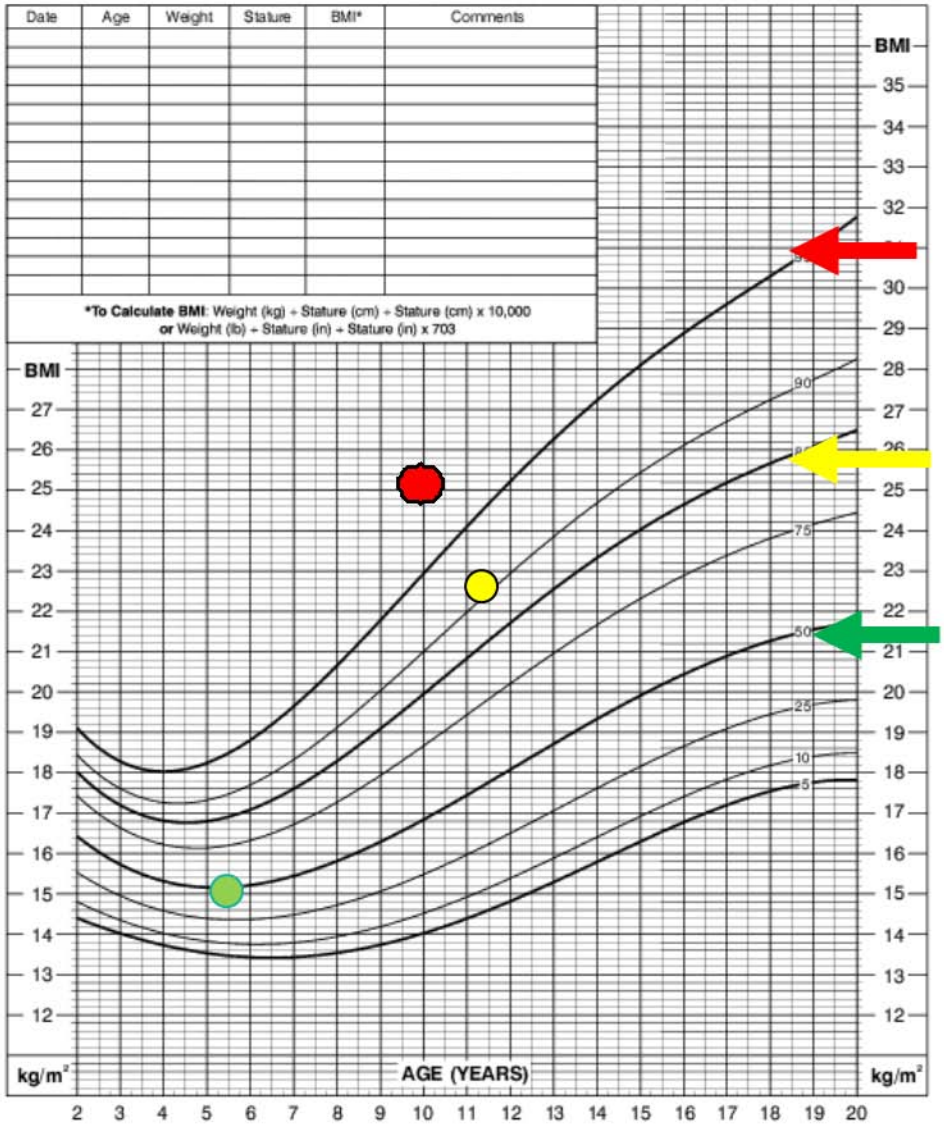
2 to 20 years: Girls
Body mass index-for-age percentiles

NAME _____

RECORD # _____

Date	Age	Weight	Stature	BMI*	Comments

***To Calculate BMI**: Weight (kg) ÷ Stature (cm) ÷ Stature (cm) x 10,000
or Weight (lb) ÷ Stature (in) ÷ Stature (in) x 703



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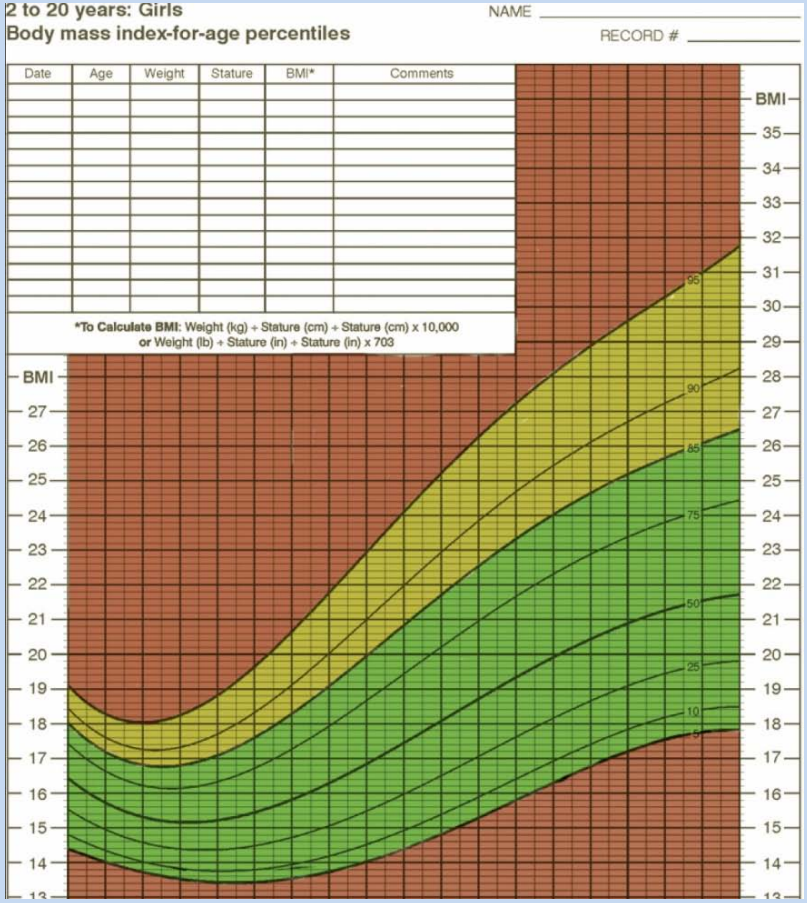
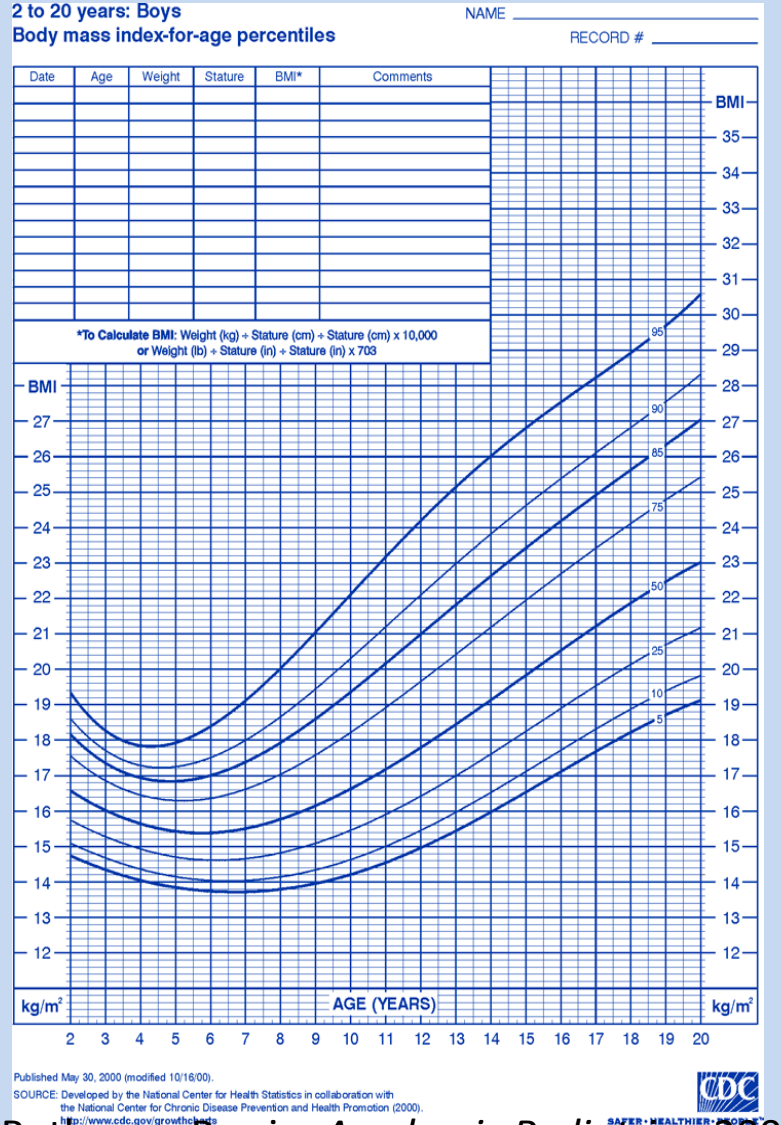
CDC

Color-coded vs. standard BMI chart





Oettinger, Finkle, Esserman, Whitehead, Spain, Pattishall, Rothman, Perrin, *Academic Pediatrics*, 2009

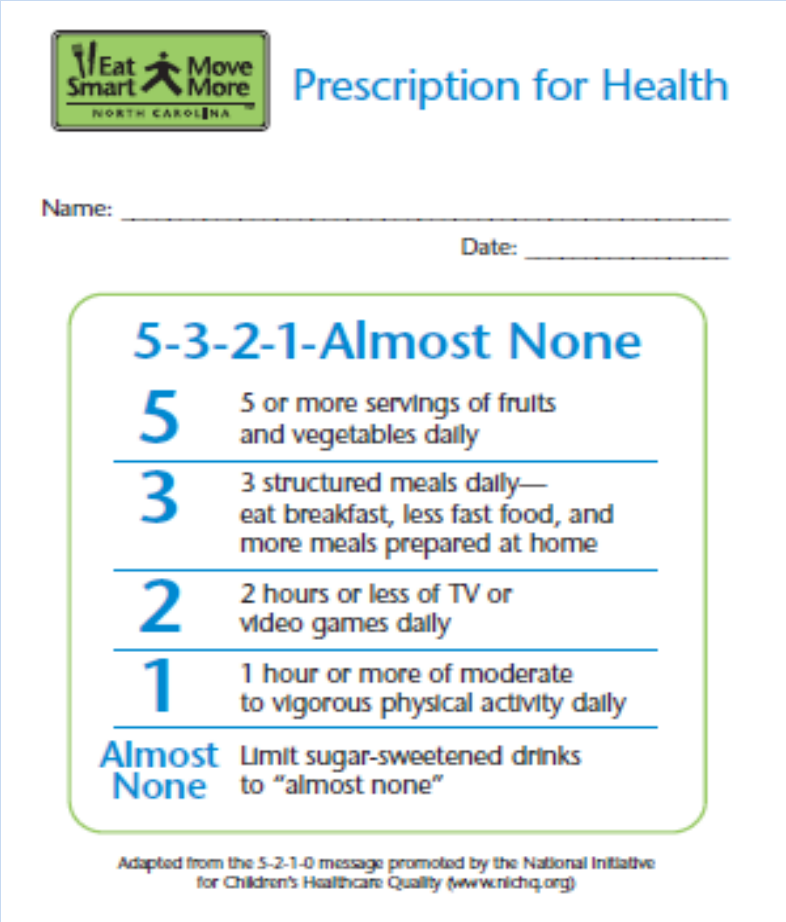
Older children

Starting at age 2: screen BMI

- Don’t force kids to finish plates; keep portion size the size of a child’s fist
- Replace whole milk w/ lower fat milk
- Limit “screen” time & eating in front of the television!
- Limit junk food and soda
- Encourage active play
- Substitute water and skim milk for juice, lemonade, sweet tea, and soda.

NC Eat Smart, Move More uses “5-3-2-1-Almost None”

- Prescription pad
- Guides the goal-setting



Eat Smart Move More NORTH CAROLINA

Prescription for Health

Name: _____

Date: _____

5-3-2-1-Almost None

5	5 or more servings of fruits and vegetables daily
3	3 structured meals daily—eat breakfast, less fast food, and more meals prepared at home
2	2 hours or less of TV or video games daily
1	1 hour or more of moderate to vigorous physical activity daily
Almost None	Limit sugar-sweetened drinks to “almost none”

Adapted from the 5-2-1-0 message promoted by the National Initiative for Children’s Healthcare Quality (www.nichq.org)

Use a standard message template and tweak for each family

FUNDING SOURCES:
NIH/NICHD R01 HD059794
NIH/NICHD 5 K23 HD051817 (Complete)
UNC CTSA UL1RR025747

Questions?