



Successful Preliminary Results Of A Family Centered Approach To Treatment Of Pediatric Obesity

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Pediatric Obesity in the US

Defining obesity in children

- At Risk = BMI > 85th-95th % tile
- Overweight = BMI \geq 95th % tile

Himes JH, Dietz WH. Guidelines for overweight in adolescent preventive services: recommendations from an expert committee. The Expert Committee on Clinical Guidelines for Overweight in Adolescent Preventive Services. *American Journal of Clinical Nutrition* 1994;59(2):307316.

Scope of the problem

- 29.7% of US Children are “Overweight” or “At Risk”
- 34% Increase over previous decade

Polhamus B, Dalenius K, Thompson D, Scanlon K, Borland E, Smith B, GrummerStrawn L. *Pediatric Nutrition Surveillance 2002 Report*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2004.



Military Specific Data



Within the Military Family

- 18.9% of 12-18 year olds are overweight

Tricare. National Quality Management Specialty Study. Fact Sheet: Prevalence of Obesity in the Direct Care System 2003. [pdf] available from the web at: http://www.nqmp.info/ed/content/factsheet/download/ss_obesity_03.pdf

Military Specific Stressors

- Deployment
- Frequent moves
- Stressful environment



Fit Families—Fit Kids!

Physician Identifies
Overweight Child

Consult sent to dietitian

Described
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Preliminary meeting with
interested parents

Families Enter Program

Family signs contract



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Program Design

- Dietitian, Child Psychologist, Physicians
- 4 weekly sessions then 2 biweekly and 2 monthly
- 8-10 families per group (Child 6-12 years old)
- Mandatory
 - Parent must attend with child
 - Weekly evening meeting (1.5 hours long)
 - Non-monitored activity (goal of 6x/week)
- Cohesion building exercises
 - Weekend group exercise
 - Potluck dinner



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Weekly Meeting Content

- Parents meet with child psychologist
- Height and weight
- Children conduct monitored physical activity
- Both attend didactic lesson with dietitian
 - Topics include: grocery list activity (food grouping), healthy family eating, recipe modification, general nutrition & family exercise
 - Emphasis on “non-dieting”

Weight loss is not the goal



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Recipe Exercise

- 4 Food Groups (*Shapedown)
 - Free foods
 - Light foods
 - Heavy foods
 - Junk foods

*Mellin LM, Slinkard LA, Irwin CE Jr. Adolescent obesity intervention: validation of the SHAPEDOWN program. JADA. 1987;87(3):333-8.

- Count each category
- Goal is to eat fewer Heavy/Junk foods

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28 NAB RITZ	3.39 F
1015 PIL THK/FDG BRWN PC	2.15 F
7330 CHX HELPR GARLIC	2.49 F
104 WHT THNS SN CRAX	2.89 F
572 WBN RANCH	3.19 F
873B DIGIORNO RAVIOLI	3.49 F
6080 GM CORN CHEX	4.39 F
2007 CRAN/GRAPE JC PC	3.39 F
608 ANTIBACTERI	2.99 T
11 CHIPS AHQY CHEWY	3.39 F
**** TAX	.15 BAL
	31.91
CASH	32.00



Preliminary Results

- Sample:
 - 20 Children (18 families) started
 - 16 Children (15 families) completed
- Demographics:
 - 9 Females, 7 Males
 - Ages 6-12yrs; Mean: 9 yrs
- Statistics:
 - Paired students T test

Child Weight Loss Data

n=16	Initial	Completion	% Change	P Value
Weight	119.7	118.3	-1.2%	0.075
Height	56.6	57.3	1.2%	<0.0001
BMI	26.1	25.1	-3.8%	0.0002



Discussion



- Program Highlights
 - Activity, simplicity, goal setting, assertive parenting, health & well being, family support, and group cohesion
 - Dual reporting (parents ↔ children)
 - Follow-up
 - De-emphasize weight and obesity as a disease



What's Next



- Expand to include quantitative and qualitative outcomes
- Measurement of stress as a variable
- More children and wider age groups



Limitations



- Unsuccessful at keeping food records and reducing television
- No cost to participants in military health system
- No extremely overweight children participated



Fit Families—Fit Kids!



- Dr Paul Hauck—Child Psychologist
- Our many Family Practice and Pediatric Physicians:
Dr Kathy McElveen, Dr Jeanette Berrong, Dr Bradley Boetig, Dr Lee Brock, and Dr Heidi Gaddey
- Lt Col Patricia Petnicki, RD & Capt James Weinstein, RD for all their support and guidance

...and of course all the families that have
worked so hard!



Thank You...



**“Thank you for calling the Weight Loss Hotline.
If you’d like to lose 1/2 pound right now,
press 1 eighteen thousand times.”**