Welcome!

Healthy Lifestyles Clinic

Doernbecher Children’s Hospital and Pediatrics Westside
Why am I here?

- Child’s PCP (pediatrician, family doctor, nurse practitioner, or physician’s assistant) referred you or
- A specialty doctor referred you
- Concerns about your child’s health and growth
What will you help us with?

- Decrease child’s risk of diseases
- Focusing on nutrition and activity changes
- Monitoring medical health and mental health

FEEL GREAT IN YOUR BODY!
What does being in the Program mean?

- Initial Visit (may take up to 4 hours)
  - See whole team (4 members)
  - Assess family nutrition, activity, medical history, behavior and development
  - Decide with you on 2-3 goals to be healthier at home

- Follow Up Visits every 3 months (2 hour visit)
  - Check progress
  - Refine or make new goals
How will we know it’s working?

- Better labs
  - Lipids, cholesterol, A1C

- Healthier growth - BMI

- Better fitness
  - Less pain, Stronger!, more Energy

- Happier

  - FEEL GREAT IN YOUR BODY!
Healthy Lifestyles Clinic

Doernbecher Children’s Hospital and Pediatrics Westside
Pediatrician- Natasha Polensek

- Health history
- Family history
- Physical exam
- Labs
Which of the following are true about BMI (body mass index)?

a) It is a way to tell if your weight is healthy for your body in relation to your height
b) It is an estimate of body composition
c) It is high in body builders
d) It is a new type of body scan

All are correct except d.
Body Mass Index

- Weight in kg/height in m²
- An estimate of how much “meat” is on your skeleton
Can genetics cause excessive weight gain?
Which of the following is NOT related to carrying extra weight on your body?

a) Diabetes
b) Liver disease and gallstones
c) Cancer
d) Asthma
e) Infertility
f) nosebleeds
g) Heart disease and stroke
h) Sleep apnea
Which of the following is NOT related to carrying extra weight on your body?

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g) Heart disease and stroke  
h) Sleep apnea
Complications of Childhood Obesity

Psychosocial
- Poor self esteem
- Depression
- Quality of life

Neurological
- Pseudotumor cerebri
- Risk for stroke

Cardiovascular
- Dyslipidemia
- Hypertension
- Left ventricular hypertrophy
- Chronic inflammation
- Endothelial dysfunction
- Risk of coronary disease

Pulmonary
- Asthma
- Sleep apnea
- Exercise intolerance

Renal
- Glomerulosclerosis
- Proteinuria
- Risk for cirrhosis
- Risk for colon cancer

Endocrine
- Type 2 diabetes
- Precocious puberty
- Polycystic ovary syndrome (girls)
- Hypogonadism (boys)

Gastrointestinal
- Pancreatitis
- Steatohepatitis
- Liver fibrosis
- Gallstones

Musculoskeletal
- Blount’s disease
- Slipped capital femoral epiphysis
- Flat feet
- Risk for degenerative joint disease

Hernia
- DVT/PE

Stress incontinence
- Risk of GYN malignancy
Early warning sign of possible prediabetes
Slipped hip
Labs to get before the visit at your health care provider’s office

- 8-12 hour fast for lipids (fats=cholesterol + triglycerides) and blood sugar.
- A1C (blood sugar control over 3 months), liver
- May also consider kidney function, thyroid hormones
Weight Loss Medications and Surgery

• Only 1 medication approved <18 years old.
• No local surgery program
• Some weight loss at first
• Can gain the weight back
• HABIT CHANGE IS STILL THE KEY
Welcome!

Healthy Lifestyles Clinic

Registered Dietitian

Doernbecher Children’s Hospital and Pediatrics Westside
Nutrition

Christina Gross

- Registered Dietitian
- Nutrition Expert

“I’m not sure about this new dietitian.”

© 2006 Diabetes Health
Nutrition

What to expect at the appointment...

- Bring a 3-day Food Diary
  - All food & beverages
  - 2 weekdays & 1 weekend day (ex. Wed, Thurs, Sat)

- Ask nutrition questions

- Learn key ways to healthy eating

- Make ONE nutrition goal with you
Nutrition

In the meantime...

What are some ways to start eating healthy?
Nutrition – Sweetened Beverages

How many packets of sugar do you think are in the following drink?

Soda (12oz can)
Nutrition – Sweetened Beverages

How many **packets of sugar** do you think are in the following drink?

Sports Drink (20oz)
Nutrition – Sweetened Beverages

How many packets of sugar do you think are in the following drink?

Juice Pouch (8oz)
Would you eat that many packets of sugar?
Nutrition – Sweetened Beverages

True or False?
Orange Juice is just as healthy as eating an orange.
Nutrition – Sweetened Beverages

How many oranges does it take to make orange juice?

8 oz
Nutrition – Sweetened Beverages

How can we be smarter about sipping?

- Drink more water!
- Cut back slowly
- Dilute juice with water
- Skip the chocolate milk for 1% or fat-free milk
Nutrition – “Portion Distortion”

Which plate contains the most food?
There is exactly the same amount of food on each plate!
Nutrition – “Portion Distortion”

Today’s Average Dinner Plate

Dinner Plate

10-11 inches
Nutrition – “Portion Distortion”

Instead, use...

Salad Plate
8-9 inches
Nutrition – “Portion Distortion”

For toddlers, use...

Dessert Plate

6-7 inches
Nutrition – “Portion Distortion”

How should you plate your food?

Use the Plate Method!
Nutrition – The Plate Method

1. Cut your plate in half
Nutrition – The Plate Method

2. Make \( \frac{1}{2} \) your plate **non-starchy vegetables**
3. Cut the rest of your plate in half
Nutrition – The Plate Method

4. Fill \( \frac{1}{4} \) of your plate with protein
Nutrition – The Plate Method

5. Fill the remaining $\frac{1}{4}$ of your plate with starch
Welcome!

Healthy Lifestyles Clinic

Doernbecher Children’s Hospital and Pediatrics Westside
Physical Therapy

- Kerry Michaelis
  - Pediatric Physical Therapist
  - Exercise and Activity Specialist
EXERCISE: How much is enough?

a) 7 days per week for 2 hours at a time

b) At least once per week for 1 hour at a time

c) 1 hour every day

d) 30 minutes once per month
Which of the following is NOT a benefit of exercise?

a) Exercise strengthens your muscles
b) Exercise increases your allowance
c) Exercise relieves stress
d) Exercise improves sleep
WHAT ARE SOME REASONS WHY WE DON’T EXERCISE?

• Too much homework!
• It’s raining!
• It’s boring!
• It’s difficult!
• I don’t know what to do!
• My cell phone/video game/TV show is much more interesting!
SCREEN TIME:
How much is too much?

- A child between 8-18 years of age spends an average of ____ hours using entertainment media.
  - (Smart phones/tablets, video games, TV, movies, computers)

- 5 hours
- 2 hours
- 7.5 hours
- 12 hours

Recommendation: Limit non-school related screen time to 1-2 hours per day.
WHY IS EXERCISE IMPORTANT?

• Helps the heart (it’s a muscle!) get stronger
• Helps the muscles of the body get stronger
• Makes muscles more flexible
• Keeps bones strong
• Helps manage weight
• Improves mood
• Improves sleep
EXAMPLES OF EXERCISE ACTIVITIES:

- Running
- Playing at the park
- Riding a bike
- Team sports like basketball, baseball and soccer
- Dancing
- Martial Arts
- Swimming
- Yoga
- Kickball at recess
- Walking or hiking
YOUR CLINIC VISIT with the physical therapist (PT)

- Getting to know you
  - What do you like to do for fun?
  - Activities or exercise you like and dislike.
  - Is it difficult to get regular exercise?
  - What are activities you enjoy doing as a family?
YOUR CLINIC VISIT
with the physical therapist (PT)

• Is your body ready for exercise? We’ll find out with a brief physical exam.

  • Alignment of your bones
  • Strength of your muscles
  • Flexibility of your muscles
  • Stability of your joints
  • Pain limitations
YOUR CLINIC VISIT
with the physical therapist (PT)

• Assessing your body’s readiness for exercise activities:
  • 3 minute step test
  • 2 minute walk
  • Stair climbing
  • Other activities
Goals of the visit

• Have fun!
• Identify barriers to regular activity
• Develop strategies to overcome barriers
• Find available activities to add into routine
• Create 1-2 physical activity goals
TAKE HOME TIPS

- “Sneaky” exercise:
  - Walk the dog
  - Empty the dishwasher
  - Vacuuming and sweeping
  - Fold laundry
  - Climb stairs
  - Park far away from store or school
  - Walk or bike to school
TAKE HOME TIPS

- Gradually reduce screen time
- Take active breaks
- Turn off the TV/put away cell phones while eating
- Remove TV from the bedroom
Welcome!

Healthy Lifestyles Clinic

Doernbecher Children’s Hospital and Pediatrics Westside
Psychology

Kim Reynolds
Psychologist

- Development and Behavior
- Habit Expert
Psychology

Development and Behavior

- Friends
- Self Esteem
- Sleep
- Cooperation
- School
Psychology

New Habits

- Specific
- Measurable
- Attainable
- Realistic/Relevant
- Timeline
What do we do next?

- Think: How ready are we to change?
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What do we do next?

- Think: How ready are we to change?
- Complete Forms
- Schedule Initial Appointment
What do we do next?

- THINK: How ready are we?
- DO: Work as a team!
What do we do next?

- THINK: How ready are we?
- DO: Work as a team!
- Complete Forms
- Schedule Initial Appointment
Go Team!