Brenner FIT: Childhood Obesity Training

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Welcome

• Pediatric Obesity
• Allure of Diets
• Environmental Stressors
2 out of 3 Adults

1 out of 3 Children

Brenner Children’s Hospital
North Carolina

• Nearly 1/3 of children 10-17 years old are overweight or obese
  • 50% in some areas

• National rankings
  • 5th in childhood obesity
  • 10th in overall obesity
Body Mass Index

- Best screening tool for weight status in children
- Predicts adiposity well
- Varies by age and sex in children
- $\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$

<table>
<thead>
<tr>
<th>Adult Classification</th>
<th>BMI kg/m²</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight:</td>
<td>&lt;18</td>
</tr>
<tr>
<td>Normal weight:</td>
<td>18-24.9</td>
</tr>
<tr>
<td>Overweight:</td>
<td>25-29.9</td>
</tr>
<tr>
<td>Obese:</td>
<td>30-39.9</td>
</tr>
<tr>
<td>Morbidly Obese:</td>
<td>≥ 40</td>
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</tbody>
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5.NPA.3.3   8.NPA.1.1
BMI and Children
What’s the Difference?

110 Pounds
9 years old
5 feet tall
BMI = 22

110 Pounds
14 years old
5 feet tall
BMI = 22
110 Pounds
14 years old
5 feet tall
BMI = 22

110 Pounds
9 years old
5 feet tall
BMI = 22
NEW USDA DIETARY GUIDELINES

AVOID FATTY MEATS

GET DAILY EXERCISE

EAT YOUR VEGETABLES
New studies show all foods bad for you.
Allure of Diets and Exercise
What Has Already Been Tried

- Diets
- Counting calories
- Eliminating foods & food groups
- Skipping meals
- Snacks are bad
- Restriction/Forbidden foods
Evidence

• During 3 year follow up, dieters gained more weight than non-dieters. (Field, AE Pediatrics 2003)

• Dietary restraint, self-labeled dieting, exercise for weight control, and use of suppressants and laxatives predicted increased risk of obesity. (Stice, J Consult Clin Psych 1999)

• Girls who were already overweight at 5, who received higher levels of restriction, have the highest EAH (Eat-in-Absence-of Hunger) scores at 9, and the greatest increases in EAH overtime. (Birch, Am J Clin Nutri 2003)

• Among those at high risk for obesity, elevated weight appears to elicit restrictive feeding practices, which in turn may produce additional weight gain. (Faith Pediatrics 2004)
We Live in an Unhealthy World
Weight Bias
Weight Loss Recommendations for Children

- Children ages 6-11 should also have slow, gradual weight loss of 1 pound per month
- Children ages 12-18 could safely lose 0-2 pounds per week
- As children grow, they become taller which naturally increases their weight. During this time a small weight gain is a success.
She was called fatty and chubby and other names that were very cruel."
Weight Bias
MAKING FUN HURTS
What is it like to be me?

In 1961 a study was conducted
  • Overweight children were liked the least in comparison to other children by peers.

In 2001 The study was repeated
  • The outcome was the same, with one exception, results indicated the dislike was 41% worse
Reframing how we see and treat our kids

All children, despite physical size, just want to belong
Self Esteem & Body Image as it relates to Obesity

Challenges of “Average” size kids

- Fear of becoming the one who is picked on / bullied.
- Disconnected understanding of health consequences of poor nutrition, if weight gain is not evident.
- Looks to unrealistic media images for role-models
Self Esteem & Body Image as it relates to Obesity

Challenges of overweight kids

- Fear of being bullied about weight
- Clothing not fitting well
- Boys and gynecomastia
- Cannot fit in desk
- Not able to keep up physically with other kids
- Feeling like people don’t look beyond their weight
Helping a Child to Create a Positive Body Image

• Take the time to listen
• Ask for permission if you give advice
• Be a role model
• Be inclusive in all activities
• Demystify the media
• Compliment actions and be specific
Teasing and Bullying

When does teasing become bullying?

• Pattern of behavior is established
• Behavior has a negative impact on victim
• An imbalance of power is established
• 42% of Brenner FIT patients have been teased
Modeling of Healthy Living and Social Inclusion

- Live the healthy lifestyle you talk about
- Take interest otherwise rejected children
- Find what is truly interesting about a child and highlight it
- Be Genuine
Our Tool box

• Rewards and Incentives
• Balanced Plate
• How We Eat
• Traffic Light Foods
Classroom Tools
Draw your dinner from yesterday
Typical American Plate
Classroom Tools
Food Zones

- Green Zone
- Yellow Zone
- Red Zone
Protein

- Chicken/Turkey Breast
- Lean deli meat
- Egg whites/substitutes
- White fish, Shrimp
- Salmon
- Lean ground beef
- 2% low-fat cheese
- Egg with yolk
- Hot dogs
- Regular ground beef
- Fried Fish
Starch

Whole Wheat bread products
Old Fashioned Oatmeal
High Fiber/Low sugar cereals
Wild or brown rice
White bread products
Honey Bunches of Oats
Regular Pasta
Enriched white rice
Croissants
Cinnamon Toast Crunch
Macaroni & Cheese/Ramen Noodles
Fruits & Vegetables

All non-starchy vegetables
- Salsa
- Whole Fruit
- Coleslaw with light mayo
- Starchy vegetables
- Fruit with added sugar
- Veggies in cream or cheese
- Fried vegetables
- Coleslaw with reg mayo
- Fruit Juice
Snacks
Examples of Mini-Meals
Snacks

Vegetables & Fruit
Lean deli meat, 2% String Cheese
Cheerios, Triscuits
Light popcorn
Pretzels, Baked Chips
Nuts, Peanut Butter
Goldfish crackers
Fruit snacks
Cheez-It, Pop tarts
Ice Cream, Cookies
Fruit Juice
GAME TIME!!!
What We Drink

- Sugar drinks
- Gatorade, 20 oz
  - Jumping jacks = 60 min
  - Walk = 1 hour 40 min
- 100% Orange Juice, 16 oz
  - Play with kids, 1 hour 40 min
  - Shoot baskets, 1 hour 25 min
- Low Sugar drinks < 3 grams sugar, 8 oz
Drinks

- Skim or 1% milk
- Water
- SF Flavored waters
- Crystal Light
- 2% milk
- Flavored milk
- Diet soda
- Whole milk
- Regular soda
- Fruit drinks
- Sports drinks
• 100 extra calories a day
  • 1 small juice box (6.75 oz)
  • 4 bites of pizza
  • 3 bites of cupcake
  • 1 snack size candy bar
• 180 days of school = 18,000 calories
• 5 pound weight gain over school year
Classroom Tools
How We Eat…

Just as important as what we eat

Environment and Mind-body connection
Building Awareness

- Eating Location
- Limiting Distractions
- Mindfulness
- Eating Pace
- Fork Game
- Conversations Starters
Food Messages

- Pressure and Expectations
- Clean Plate Club
- Food Hierarchy
- “You have to eat your vegetables”
- Cupcakes and pizza
- Modeling
Trying Something New

• “Ewww, that is gross!”
• Familiar foods
• Culturally diverse
• Repeated exposure
• Trying 14 times
“The best reward for any student is to help them find that intrinsic reward of knowing that they did their best.”

– Julie Johansen, Huntington Elementary, Emery S.D.
Rewards and Incentives

• Food Rewards:
  • Contradicts healthy messages taught in school
  • Contributes to poor health/eating habits
  • Increases preference for sweets
Rewards and Incentives

What do kids really want?

• Reduced homework
• Attention
• Recognition that they did a good job
• Encouragement
At Brenner Children’s Hospital, we work each day to help children grow into strong, healthy adults. By following these tips, you and your family will lead a healthier lifestyle.

5 - Eat five servings of fruits and vegetables per day

4 - Eat together as a family at least four times a week

3 - Eat three meals a day-no skipping meals

2 - Limit screen time (including computer and TV) to less than two hours a day

1 - Aim for one hour of physical activity each day

0 - Reduce the number of sugar-sweetened beverages (including soft drinks and juice) toward zero
Brenner FIT
713-BFIT(2348)

www.brennerchildrens.org/brennerfit