



**NEWS RELEASE**  
March 30, 2006

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## **New Clinical Practice Guideline Helps Practitioners Identify, Reduce and Prevent Childhood Overweight**

**WASHINGTON, DC** – Over the past three decades, the prevalence of overweight has increased rapidly among children and youth, creating a serious health issue for the future of today's children. This rapid increase is due largely to environmental and personal factors and is therefore preventable. To help stem this grim health problem, the National Association of Pediatric Nurse Practitioners (NAPNAP) today released an evidence-based clinical practice guideline for identifying, reducing and preventing childhood overweight.

*Identifying and Preventing Overweight in Childhood* is a part of NAPNAP's Healthy Activity and Eating Together (HEAT<sup>SM</sup>) Initiative, which was created to improve child health through culturally appropriate and strength-based interventions that build the family's ability to achieve the ideal balance between nutrition and physical activity to support optimal growth and wellness.

Developed by a volunteer steering work group of nurse practitioners with special expertise in childhood overweight, the guideline provides pediatric and family nurse practitioners in ambulatory care settings with the information they need to:

- Recognize risk factors for overweight in patients;
- Routinely perform assessments to identify overweight; and
- Plan and develop strategies in concert with children, teens and parents to maintain healthy weight status through education and behavior changes that focus on optimal feeding, nutrition and physical activity practices.

The recommendations for clinical practice are divided into the four stages of a child's life: infancy; early childhood; school age; and teen. Cultural appropriateness and public health policy advocacy are integrated into the recommendations at all stages to help practitioners maximize their effectiveness. This evidence-based clinical practice guideline is the only available guideline with a primary focus on prevention of overweight in children.

For more information on NAPNAP's HEAT<sup>SM</sup> Initiative, contact the NAPNAP National Office at 856/857-9700. To order the guide online, go to [www.napnap.org](http://www.napnap.org).

*NAPNAP is committed to improving the health care of infants, children, adolescents and young adults. An association of nearly 7,000 health care providers throughout the United States, NAPNAP has 48 Chapters in 31 states. For more information, call 856/857-9700 or visit NAPNAP's Website at [www.napnap.org](http://www.napnap.org).*

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