

New CPG for Treatment and Management for Children and Adolescents with Overweight and Obesity: What Primary Care PNP's need to know

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INTRODUCTION

Background & Significance

Children and adolescents with overweight and obesity frequently have comorbidities such as dyslipidemia, hypertension, obstructive sleep apnea, and nonalcoholic fatty liver disease. The American Academy of Pediatrics (AAP) have released updated Clinical Practice Guidelines (CPG) which include early treatment and management of children and adolescents who meet criteria for overweight and obesity.

Purpose

The purpose of this educational poster is to share clinical practice guidelines as well as resources that will assist the primary care pediatric nurse practitioner in the treatment and management of children who meet criteria for overweight or obesity.

Problem

Primary care pediatric nurse practitioners may not be aware that the AAP recently released new CPG guidelines. Primary care PNPs that are aware of the new CPG guidelines may experience barriers when attempting to apply treatment and management recommendations in their daily practice

RISK FACTORS

INDIVIDUAL FACTORS

| | | |
|------------------------|----------------------|-------------------|
| ↑ Maternal weight gain | Use of Medications | Eating Routines |
| ↓ Birth Weight | ACEs | Frequent Snacking |
| Genetic Factors | Special Health Needs | Over feeding |
| High sugar/fat foods | ↓ Physical Activity | Restricting foods |

FAMILY FACTORS

| | | |
|---------------------------|-----------------------------|---------------------------|
| ↓ SES | Food insecurity | Hx of Family trauma |
| Culture | Parenting feeding practices | Multiple households |
| Not eating meals together | | Parent/child relationship |

COMMUNITY FACTORS

| | |
|--------------------|-----------------------------------|
| Rural community | Under resourced community |
| School environment | ↓ Access to fruits and vegetables |
| Racism | ↓ Green space |
| Immigration status | |

POLICY FACTORS

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| ↓ SNAP availability |
| Unhealthy food advertising targeting children |

COMPREHENSIVE HISTORY AND PHYSICAL EXAM

- Chief complaint
- History of present illness
- Family history
- Medication history
- Nutrition and physical activity history
- Sleep history
- Social history includes SDoH.
- Past medical history
- Review of systems
- Unhealthy weight control practices

- Vital signs (Wt, Ht, BMI, RR, Pulse, BP)
- Skin
- HEENT
- Cardiopulmonary
- Gastrointestinal
- Genito-urinary
- Neurologic
- Orthopedic
- Neuromuscular

EVALUATION TOOLS FOR COMORBIDITIES

- Hypertension - Blood Pressure
- Dyslipidemia – Fasting lipids
- Prediabetes – Hgb A1c, Fasting Plasma Glucose, or OGTT
- Diabetes mellitus - Hgb A1c, Fasting Plasma Glucose, or OGTT
- NAFLD – ALT
- PCOS – Endocrine Society PCOS guidelines
- Obstructive sleep apnea – nocturnal polysomnography
- Anxiety – GAD-7 & SCARED
- Depression – PHQ9M and Columbia Depression Scale
- ADHD – Vanderbilt rating scale

General Intervention Guidelines

- Gradually work to change family eating habits and activity levels vs. focusing on child's weight
- Encourage parents to model eating healthy foods and engaging in physical activity
- Limit screen time (phones, computers, TV) to less than 2 hours daily
- Encourage eating slowly and only when hungry
- Avoid using food as a reward or withholding food as punishment
- Encourage consumption of water rather than beverages with added sugar, including fruit juice
- Encourage 60 minutes of moderate activity most days of the week (walking, biking, playing outside)
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/obesity/preventing-obesity>

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Evidence Based Programs

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| Choose My Plate | choosemyplate.gov . |
| Traffic Light Diet - | https://medicine.buffalo.edu/departments/pediatrics/research_and_facilities/im pact.host.html/content/shared/smb/research_highlights/traffic-light-diet.detail.html |
| 5-2-1-0 | https://www.unitedwaydm.org/5210dsm?hsCtaTracking=2a795500-785c-4e4a-8860-404520606576%7Cc396e81c-36a6-4457-97ba-5f919e9efddd |
| Intensive Health Behavior and Lifestyle Treatment | https://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/what-is-intensive-health-behavior-and-lifestyle-treatment-IHBLT.aspx |
| CDC- Recognized Family Healthy Weight Programs | https://www.cdc.gov/obesity/strategies/family-healthy-weight-programs.html |