

Starter Kit Overview and Use

- 1) The basis for our starter kit relies on the 2007 AAP article: Recommendations for treatment of childhood and adolescent obesity (http://pediatrics.aappublications.org/content/pediatrics/120/Supplement_4/S254.full.pdf). This article contains detailed, evidence based recommendations, algorithms for evaluation and treatment. *It is a must read for the physician leader.* Additional and updated information is contained in a more recent article: The role of the pediatrician in primary prevention of obesity (<http://pediatrics.aappublications.org/content/pediatrics/early/2015/06/23/peds.2015-1558.full.pdf>) These references can also be accessed through the “For your Practice” sub folder.
- 2) The starter kit is divided into 3 sections:
 - a. For your practice
 - b. Community resources
 - c. Healthy tips
- 3) For your practice describes the nuts and bolts of setting up your office. This is a non-exhaustive list of resources and tools. It should be emphasized that this is a team effort involving all members of your practice, each with a specific role. Also, no two offices are alike and the materials should be customized to meet each practice’s goals.
 - a. Algorithm for the prevention, management and treatment and Management and treatment stages are designed to be front and back laminated tools to keep handy on your desk.
 - b. Office equipment and materials reviews minimal necessary tools
 - c. The office encounter reviews steps needed to successfully prevent, diagnose and treat.
 - d. Motivational interviewing provides tips for optimal messaging to set goals and achieve positive outcomes for your families.
- 4) Community resources is a continuously updated list of local resources for your families. It is suggested that that they be reviewed for those that are in proximity to your practice and of interest to your patient population. Most are free! The free fitness and nutrition evaluations offered by the YMCA need a physician referral, the monthly healthy lifestyle classes at Nemours do not.
- 5) Healthy tips includes downloadable information and handouts for caregivers and families. It is organized by age.
- 6) Additional useful information and details can be found in the powerpoint presentation: Childhood obesity: A practical approach in the primary care setting.

If you have any questions, comments or concerns I may be contacted at Jonathan.Evans@nemours.org.