

Resources

- **Action for Healthy Kids** helps schools become healthier, so kids can be healthier. <http://www.actionforhealthykids.org/>
- **UW Center for Public Health Nutrition** works to improve nutrition, physical activity, and health. <http://depts.washington.edu/uwcphn/>
- **Childhood Obesity Prevention Coalition** works to improve our environment, so kids can live healthy, active lives. <http://copcwa.org/>
- **Seattle Children's Hospital Obesity Program** <http://www.seattlechildrens.org/about/community-benefit/obesity-program/>
- **Obesity Action Coalition** obesity support groups <http://www.obesityaction.org/advocacy/support-groups/washington-support-groups>
- **Solid Ground** is a non-profit that provides nutrition and cooking training. <https://www.solid-ground.org/our-impact/hunger-nutrition/nutrition-education/>
- **Food Lifeline** find food banks and nutrition programs near you <https://foodlifeline.org/need-food>
- **National School Lunch Program** ask at your child's school about free or reduced-price assistance. <https://www.fns.usda.gov/nslp/national-school-lunch-program-nslp>

Eating disorder help

- **Seattle Children's hospital** <http://www.seattlechildrens.org/clinics-programs/eating-disorders/>
- **Emily Program** <https://www.emilyprogram.com/locations/washington>

Talking to Teens About Diet



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Getting Started

A parent's guide to structured weight management

Structured weight management means making a plan to help your teen reach a healthy weight to avoid health complications.¹ Embarking on a lifestyle change can be overwhelming. Let's break it down:



1. **Be a role model.**
Kids, even older ones, look to you for an example. Make sure you're demonstrating healthy eating patterns and physical activity.²
2. **Eat breakfast every day.**
Mornings are hectic but make an effort to ensure your children eat something low-sugar, like toast with nut butter, eggs, or oatmeal, before starting their day.
3. **Encourage 60 minutes of active play.**
The American Academy of Pediatrics recommends that parents monitor physical activity time to ensure the child is getting active.² Better yet, join in with a family bike ride or some games at the park.
4. **Have family dinners**
Get your teen involved in meal planning and cooking to build confidence.³ See back page for resources to get started.
5. **Reward your teen**
Motivate your teen for meeting physical activity and nutrition goals (not weight loss) with non-food rewards, such as a new clothing item or new music.²

Have the conversation

Weight and diet are sensitive topics, especially during adolescent years when body image and self-esteem are intertwined.

Without intervention, teenagers with overweight and obesity are at increased risk for diabetes, coronary artery disease, cancer, high-blood pressure, and depression. Teens with obesity also tend to get teased by their peers, which can affect self-esteem.¹

Get support

Weight management can trigger disordered eating. 36% of adolescents who seek treatment for an eating disorder have a history of overweight or obesity.

Watch for signs such as meal skipping, excessive weight loss, purging, excessive exercise, or use of laxatives, weight-loss supplements or diet pills.³

Stress to your teen that her body is beautiful. She is just working to make it healthier. Listen to her concerns, and know that mental health counseling, nutrition counseling, and support groups are all available. Also know that weight management programs have also been shown to improve psychological functioning and self-esteem in teenagers.²



