Obesity with change

Prevention is possible with the correct nutrition strategies and treatment options. With having the correct information, support, and programs that are available, target the source to bring the power down!

Tips for change!

1. Right nutrition = happy, healthy body
   - Lean protein — (chicken, ground turkey, fish, etc.)
   - Vegetables
   - Fruits
   - Dairy
   - Whole grains
   - Water

2. Nutrition is important
   - New recipes
   - Try new healthy foods
   - Get involved in classes for fun!
   - Nutrients are good for the body

3. Support!
   Support can come from anyone:
   - Friends
   - Family
   - Counselor
   - Teacher

4. Treatment = feeling better

Treatment may be limited but there are options.
- Pharmacotherapy—Lifestyle change with nutrition and physical activity
- Family-based approach—family involved with support thru counseling
- Dietary Intervention — Nutritional therapy
- Behavior modification = change old habits to new habits.

Four stages for treatment:
1. Prevention—Office visit—counseling
2. Structured weight management—office visit with support
3. Comprehensive weight management—weight management center
4. Tertiary Care intervention—Tertiary care center

5. Surgery is not always the key!

6. Programs available!
   - Pediatric obesity center
   - Nutrition education/counseling
   - Group based programs
   - Weight management

7. Exercise!
   - Make it fun
   - Take up a sport
   - Try some new moves

8. Research
   Do some research on how to start treatment yourself or with a parent.

9. Motivation!
   - Turn “junk” food into fun food.
   - Practice Moderation
   - Post encouraging words

10. Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it. —Lou Holtz

Your not alone!
- Many children and teens go through this struggle
- There is help available.
- You can make the change by making goals
Resources


Additional Resources:


Annotated Bibliography


The average weight of children did increase over the past three decades; due to low-income and middle-income countries. Obesity prevention is important if there are successful interventions implemented to help children and adolescents learn about nutrition and physical activity. Interventions to focus on meals, classroom activities, getting physically active can help sustain and be beneficial on obesity prevention. Getting others involved does help with the epidemic. Prevention can become costly but understanding what costs are for and how they will be used will be more understandable. Nutrient density is a feature of dietary intake throughout childhood. From age 7 to 12 years old, boys and girls need different energy demands. The nutrients help generate lean body mass and give energy throughout the day. Children need nutrient-rich foods than high-energy foods. The focus on meeting nutritional goals, integrating nutrition and health is important for children and adults to understand and know what is healthy and what is not. The author's challenge was to governance the food supply and food markets should be improved and other programs/activities should protect and promote children’s health.

Promoting healthy foods and meeting nutritional goals is what is important for everyone to understand. Parents who are encouraging and providing the necessary evidence can lead the children to a healthy habit. Interventions that focus on nutritious meals and physical activity is beneficial on obesity and combating the epidemic. The goal of this source is to meet goals, improve the nutrition and food supply. Promoting children for having better health should be implemented with the right resources. This resource will be used as evidence to support my claim towards treatment in childhood and adolescent obesity. This source helps shape my argument through a unique perspective on what is beneficial in combating obesity. When meeting nutritional goals, it shows that there is something done to help promote children’s health. Increasing the food supply can be given to help those goals.

This journal article is explaining how obesity among children, adolescents, and adults have increased over the past three decades. The growing epidemic among children and adolescents has been led to be a chronic disease at such an early age. Children are becoming overweight or obese at such an early age as young as 3 years old. Childhood obesity has its effects that hinder the health, including diabetes, hypertension, fatty liver disease, heart disease, etc. Preventing and treating the children and adolescents with obesity is to identify the cause and what treatment is going to help. Beginning treatment at such an early age, will be grateful and help the children and adolescents lose and maintain their weight.

Obesity is a complex, multifactorial condition that is affected by genetic and non-genetic factors. Obesity can cause health problems with each body system. There are treatment options available but limited due to the age of the patients and their health status. There is pharmacotherapy treatment, lifestyle modification that involves nutrition and physical activity to help treat childhood obesity. Family-based therapy is another treatment choice to help the parents become involved in helping their child make better life choices and better eating habits. This resource is useful towards my claim of treatment options for children and adolescents for combating obesity. There are health risks that come with any child or adolescent who are overweight/obese. Preventing and treating is important and there are options to help. This source is reliable due to giving information for different programs that are available and which treatment is more effective than others. This resource will be used as evidence to support my claim towards treatment in childhood and adolescent obesity. It was helpful to give me the appropriate information that is needed to better understand what treatment options are most effective and that treatment is what’s best for children and adolescents. Without treatment, the individuals we increasingly become at risk for health conditions.
Combating the obesity epidemic is based on evidence-based tools and programs for parents and children. Treatments and programs were developed for children and adolescents to decrease the rate of obesity. There come consequences for obese children and adolescents for being at risk of having physical and emotional problems that are in relation to excess body weight. Experts developed guidelines for prevention, assessment, and treatment for childhood obesity. Treatment is based on targeting behaviors based on four stages. Stage one is towards prevention that begins with family/patient counseling. Focus on basic healthy lifestyle eating and activity habits. Having obesity prevention strategies to help improve BMI status. The second stage is about having weight management information with support from doctors. Planning a diet or daily eating plan with balanced macronutrients according to the Dietary Reference Intake recommendations. Stage three is a comprehensive weight management that is an approach to increase the behavior changes, maximize the support for those behavior changes. Specialists are involved to help support the individual. Stage four is tertiary care intervention where individuals will go to the center that is severely obese and no other treatment has helped. Medications, very low-calorie diet and weight control surgery are usually available to help the children and adolescents who have tried other programs and treatment options that have not helped. Having other providers and educators involved have influenced children and adolescents to change their lifestyle behaviors. This source has so much information and developing, implementing evidence-based tools and programs that they are used for decreasing the rate of obesity. The author has developed a treatment that is based on targeting behaviors among using the four stages. The goal is to give information to the parents and children who can understand what their life would be like after treatment, the support that they have along the path and that they are not alone during their journey. This resource will be used as evidence to support my claim towards treatment in childhood and adolescent obesity and management options. Like other articles about treatment options and beneficial criteria, this source explains more information about the stages of targeting behaviors and treatment options. With giving the motive on what each stage is about and their implementing plan on each stage does show they care. Each stage is different but one stage will work and that is what’s beneficial for my argument about obesity among children and adolescents.

Pediatric obesity is among its highest and remains in children who are overweight/obese. Those children and adolescents have an increased risk of having metabolic disorders, cardiovascular disease, and other health conditions. Their quality of life will decrease due to this chronic condition. Pediatric obesity is developed from a genetic factor from their parents. There is a maternal factor from breastfeeding is helpful to prevent obesity in children. Having physical activity and nutrition interventions is effective towards pediatric obesity. It is not too late to initiate preventive efforts in obesity in children and adolescents. Behavioral and family-based interventions do show its effectiveness in lowering the BMI of overweight and obese children and adolescents. Lifestyle-based interventions are towards lifestyle habits that are not good. For instance, family-based behavior treatment is a controlled intervention that targets children who are overweight and their patents. Having family support and strategies for behavior change. Other treatments are medications, group-based programs, and counseling. The treatment of pediatric obesity in a health-care setting is based on 4 stages. Those stages are based on the severity of the condition and what exact treatment will be best for the individual.

This source is reliable to show that there are prevention and treatment options available. Pediatric obesity can come from genetic factors. The different treatment options are available for parents to help their child understand. Encouraging them to make the change. The goal of this source is to show the interventions that are most effective and that having support and the strategies can be used for behavior change. This resource will be used as evidence to support my claim towards treatment options in childhood and adolescent obesity. This source changed how I thought about my topic for treating child and adolescent obesity because only knew about certain programs. When knowing that there was more that can be done, just gave me a whole other perspective that is worth using for future use.

Parents play a significant role in helping children with obesity and maintaining a healthy lifestyle change. A study was conducted to show the engagement that parents were using to help change the nutrition and physical activity habits in children who are overweight/obese. Medical records of children showed children are overweight/obese and their lifestyle behaviors. Parents’ engagement in some healthy lifestyle behaviors does vary among each individual and family. More engagement for treatment and prevention is important to focus on the importance of weight loss and management. Making healthy lifestyle changes are important not just mentally but health wise. More parental involvement in treatment and weight management does help encourage the children to make changes. Without parental engagement, children and adolescents are not able to make the changes and will continue the non-healthy lifestyle habits and behaviors. Those parents who are involved with encouraging children with making lifestyle changes are willing to help themselves make changes too.

This source is a very useful source because having parental involvement is well worth and beneficial for children and adolescents to understand that they are not alone. Parents do things that may or may not be ok to do, but their children to follow. So, when it comes to nutrition and physical activity habits, showing an example, being a role model is important. Encouraging treatment if nothing else has worked is another path to take. The goal of this source is to show that parents to play a role in their children’s lives and that when there is parental involvement, weight loss, weight management can be accomplished. This resource will be used as evidence to support my claim towards treatment in childhood and adolescent obesity with support. This source helps my argument about treatment options for obesity because it just advises me that parental involvement is beneficial. When a parent is involved in losing weight or maintaining, changing nutrition habits; their child will follow along and health will get better.
Bibliography


