

## PRACTICAL PEARL: Obesity Management

<b>INTRODUCTION</b>	<ul style="list-style-type: none"><li>• Obesity remains a serious health threat to children and adults. The post-holiday 5 pounds is frustrating but not permanent!</li><li>• Preventative, diagnostic and treatment guidelines for pediatric obesity are available: <a href="https://doi.org/10.1210/jc.2016-2573">https://doi.org/10.1210/jc.2016-2573</a></li></ul>
<b>INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE</b>	<ul style="list-style-type: none"><li>• The guidelines emphasize:<ul style="list-style-type: none"><li>○ Avoiding sugary beverages, processed and fast food<ul style="list-style-type: none"><li>○ Increase fruit and vegetable intake</li><li>○ Portion control</li><li>○ Engage in 20-60 minutes of moderate to vigorous activity ≥5 days a week</li><li>○ Limit non-academic screen time to 1-2 hr/day</li></ul></li></ul></li><li>• New recommendations include:<ul style="list-style-type: none"><li>○ Consider genetic testing in children with obesity onset before 5 years old or clinical features of an obesity syndrome</li><li>○ DO NOT test for hypothyroidism or Cushing syndrome unless other clinical features exist, including poor linear growth</li><li>○ DO NOT obtain insulin levels, as it is not part of the diagnostic criteria for DM or metabolic syndrome</li><li>○ Emphasize sleep hygiene</li><li>○ Optimize mental health</li></ul></li></ul>
<b>WHEN TO REFER</b>	<ul style="list-style-type: none"><li>• 2-20 year olds with BMI ≥95<sup>th</sup> %ile for age and gender</li></ul>
<b>HOW TO REFER</b>	<ul style="list-style-type: none"><li>• (413) 794-KIDS</li><li>• Weight management appointments available at 50 Wason Ave. with Dr. Conroy and 140 High St. with Dr. Wittcopp</li></ul>
<b>WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT</b>	<ul style="list-style-type: none"><li>• Monthly dietitian visits focusing on lifestyle modification</li><li>• Physician evaluations 2-4 times per year</li><li>• Discussion of weight loss medication and/or bariatric surgery in interested candidates</li></ul>
<b>TRYING TO SHED THOSE HOLIDAY POUNDS? HERE ARE A FEW TIPS!</b>	<ul style="list-style-type: none"><li>• Go back to the basics! Avoid sugary drinks (including alcohol) and monitor your portions. A serving of starch is ½ cup cooked and a serving of protein is the size of the palm of your hand.</li><li>• Eat your veggies! Load half of your plate with fresh or cooked vegetables.</li><li>• Clean out the kitchen! Get rid of the leftover holiday treats and eats to help you stay on track.</li><li>• Get moving! 150-300 minutes of moderate to vigorous activity per week can prevent weight regain.</li></ul>