

What matters most in family based obesity treatment?

Colleen Kilanowski, MS

Introduction

- Treatment for pediatric obesity
 - Family based
 - Diet
 - Activity
 - Behavioral modification

Family based treatment

- Readiness for change
- Motivation
- Parents role
- Child's choices

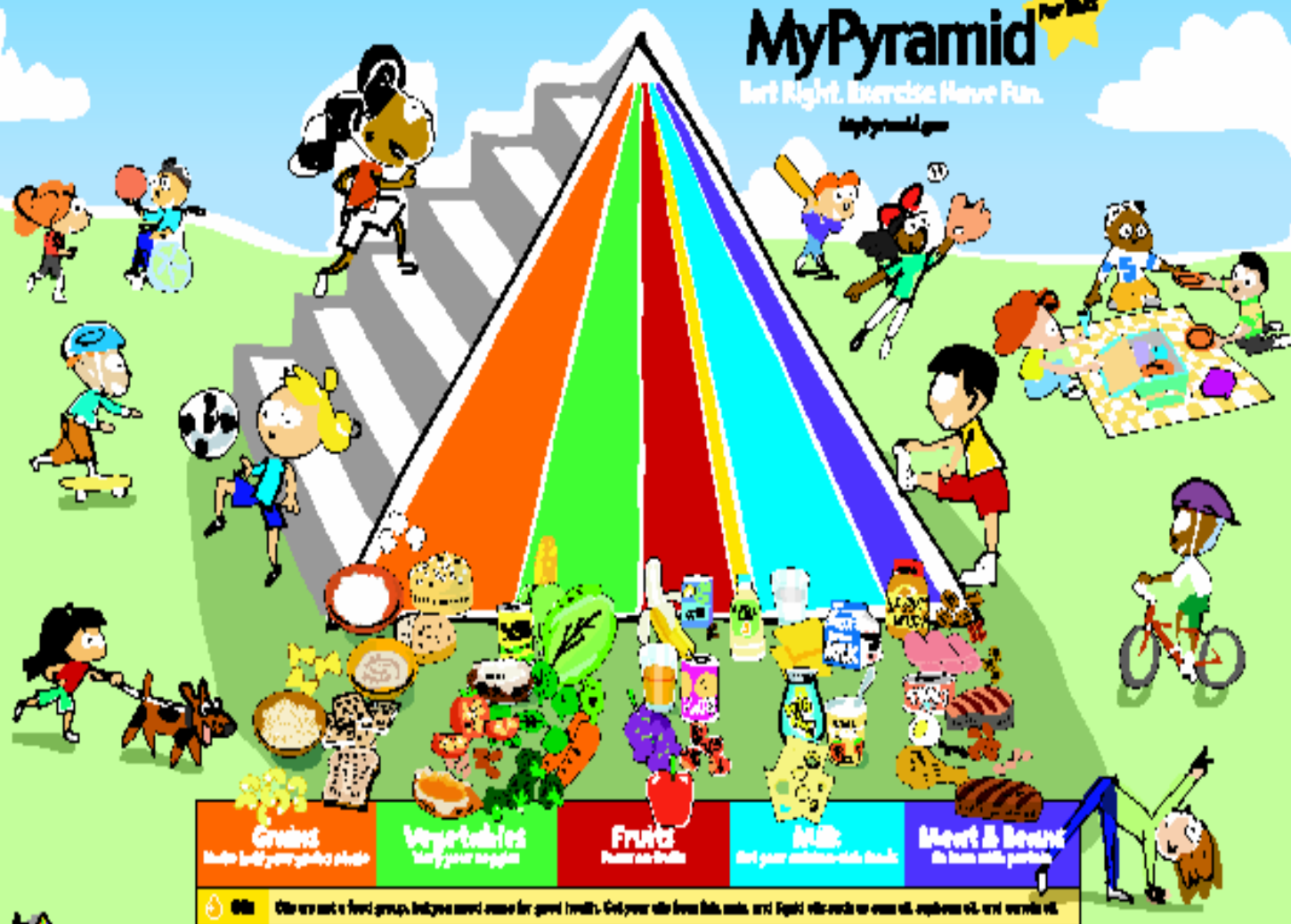
Diet

- Reduce Calories
 - Low fat?
 - High protein?
 - Low carbs?
- Eating a healthy low energy dense and high nutrient dense diet
 - Traffic Light Eating Plan

MyPyramid ^{For Kids}

Eat Right. Exercise Have Fun.

mypyramid.gov



Find your balance between food and fun



Fats and sugars — keep your health



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Traffic Light Eating Plan

- Simplifies learning about healthy foods based on the Food Guide Pyramid.
- Categorize foods into three groups
 - Healthy low fat and/or sugar
 - Healthy with moderate calorie levels
 - Unhealthy high fat and/or sugar

Traffic Light Eating Plan

- **RED**: >5 grams of fat/serving or >25% sugar
- **YELLOW**: 2-5 grams of fat/serving, 10-25% sugar
- **GREEN**, 0-1 grams of fat/serving, <10% sugar

Changing eating behaviors

- Food preferences
- Reducing calories
 - Measuring portions
 - Modifying snacking
 - Limiting caloric beverages
- Modified foods
- Increasing healthy foods
 - Low energy dense foods

Energy and nutrient density

- Increasing volume without calories
 - High water content foods
 - Aerated (added air) foods
 - Swapping **RED** foods for **GREEN** and **YELLOW**

Rolls BJ, Drewnowski A, Ledikwe JH. **Changing the energy density of the diet as a strategy for weight management.** *Journal of the American Dietetic Association.* 105(5 Suppl 1):S98-103, 2005 May.

Low verses high energy density



Activity

- Increase physical activity and decrease sedentary
- Structured activity
- Lifestyle

Increasing physical activity

- Recommendations
 - 60 minute for health
 - more for weight loss
- Trying new activities
- Developing new habits
- Teaching intensity
- Activity patterns
 - Adults
 - Children

Decreasing sedentary activity

- Less TV, computer and video game time
 - Frees up time to be active
 - Four hours per day
 - Reduces time to eat
 - Children eat about 250 extra calories watching TV

Structured verses lifestyle

- Both is best
- Intensity
- Duration

Behavioral Modification

- Self monitoring
- Stimulus control
- Modeling
- Problem solving
- Planning
- Setting goals
- Reinforcement


Self monitoring

- Awareness of eating and activity patterns
- Feedback on behaviors to change
- Helps reduce calories consumed

Self monitoring

- Food recording
 - Time
 - Description of food
 - Amount
 - Calories
 - Color categories
- Physical activity recording
 - Duration
 - Description
 - Intensity
- Weight

Habit book

Time	Food Description	Amount	Calories	# of RED foods
7:00	Instant oatmeal	1 cup	200	1
	Skim milk	1 cup	90	
12:00	Sandwich:			1
	Bread	2 slices	140	
	turkey luncheon meat	2 oz.	60	
	provolone cheese	1 oz	100	
	mayonnaise	2 tsp	60	
	Low fat chips	1 oz	75	1
	apple	1	81	
		Total	816	3
Time	Physical Activity			Minutes
11:30	Running 3.8 miles			35 min

Habit book feedback

- Time - patterns of eating and episodes
- Food descriptions – identifies types of foods eaten and possible missing foods
- Amount – portions eaten
- Calories – guide to weight loss but very often under reported.
- RED foods- reduced number of RED foods identifies changes to healthier choices.

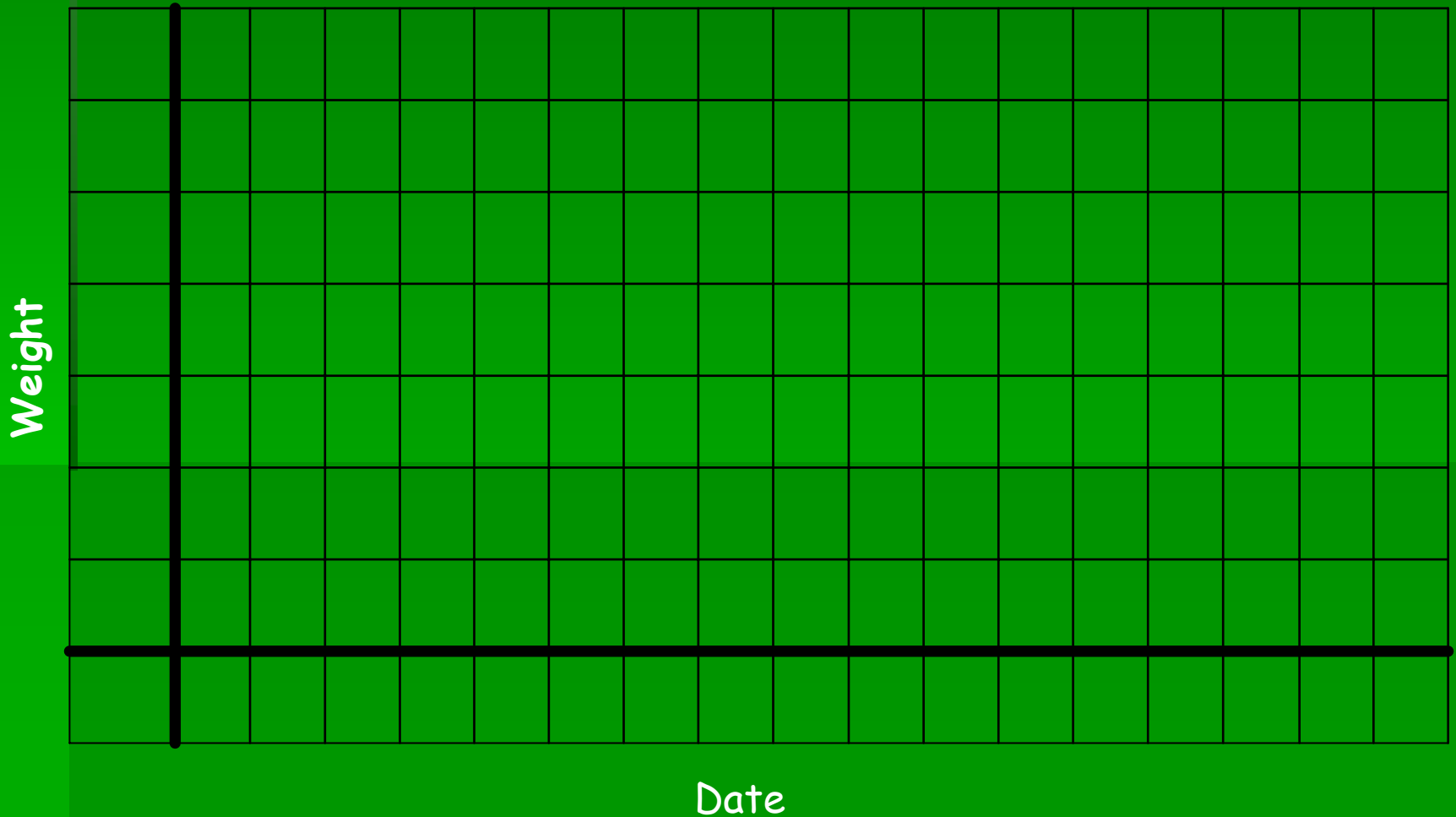
Weighing

- Weekly and bi-weekly weighing
- Graphing weight
- Feedback of behaviors

Weight Graph

Name: _____

Instructions: Write in weights that are mostly below your current weight along the left side of the graph. Each time you weigh yourself, write the date at the bottom of the graph, and then plot your current weight on the graph.



Stimulus Control

- Setting up the home
 - Healthy eating
 - Grocery shopping
 - Getting the **REDS** out
 - Stocking your shelves with **GREENs**
 - Physical activity
 - Cues to exercise
 - Accessibility
 - Scheduling
 - Lifestyle

Stimulus control

- Making changes to traditions
 - Parties/ Holidays
 - New healthy traditions
 - Focus on activity instead of food
 - Health food choices
 - Staying away from food table
- School
 - Pack healthy lunches
- Restaurants
 - Limit portions
 - Select healthy choices

Modeling

- Parents teach their children behaviors through their behaviors
 - Active parents are more likely to have active children
 - Obese parents are more likely to have overweight children.

Problem solving

- Teaching formal steps to solve challenges
 - ABCDE way
 - Assess the problem
 - Brain storm solutions
 - Compare solutions
 - Develop plan
 - Evaluate results

Planning

- Parents need to think about challenges before they happen
- Time
- Organization

Setting goals

- Identifiable behaviors (able to be monitored)
- Realistic
- Shaped
- Modified
- Impact weight and health

Motivating children

- Reinforcement
 - Point system
 - Target behaviors
 - Reinforcers
 - Parent-child interactions
 - Privileges
 - Contingency management

Positive parenting

- Praising
 - Specific
 - Genuine
 - Immediate
- Active listening
- Modeling

Daily meetings

- Parent and child meeting
 - Daily 15-30 minutes
 - Feedback from self reporting
 - Planning
 - Positive parenting
 - Praise

Applications

- Have families pick one or two techniques to use that they feel they will do.
- Schools
 - Stimulus control
- Treatment programs
 - Family based behavioral modification approach

Conclusion

- Positive parenting of using praise and modeling along with behavioral modification techniques are successful methods to impact childhood obesity by teaching ways to eat health and increase physical activity.