



HEAVY FACTS

about the children we care for

from the APSA Committee on Childhood Obesity

- One third of children and teens are overweight (BMI in 85-95th percentile)
- 16% of children and teens are obese (BMI greater than 95th percentile)
- 60% of overweight children have associated co-morbidities: impaired glucose tolerance, systolic hypertension, elevated insulin and triglyceride levels

The surgical implications of caring for overweight and obese patients suggest pediatric surgeons should be involved in the discussion of weight management as part of a surgical consultation

- Elevated ASA status
- Increased thrombotic state
- Decreased wound healing
- Increased incidence of obstructive sleep apnea

How do we start the conversation?

- Start with the facts; show parents and patients their growth chart; talk about lifetime risks of overweight and obesity
- Suggest following the 5-2-1-0 guidelines (5 servings of fruits and vegetables daily, limit screen time to 2 hours daily, participate in 1 hour of physical activity over the course of a day, no sugar or high fructose corn syrup sweetened beverages)
- Be encouraging and recognize issues with low self-esteem and depression
- Offer referral to a Weight Management Program at your institution if available
- Practice what you preach

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