

# What matters most in family based obesity treatment?

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# Introduction

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

# Family based treatment

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

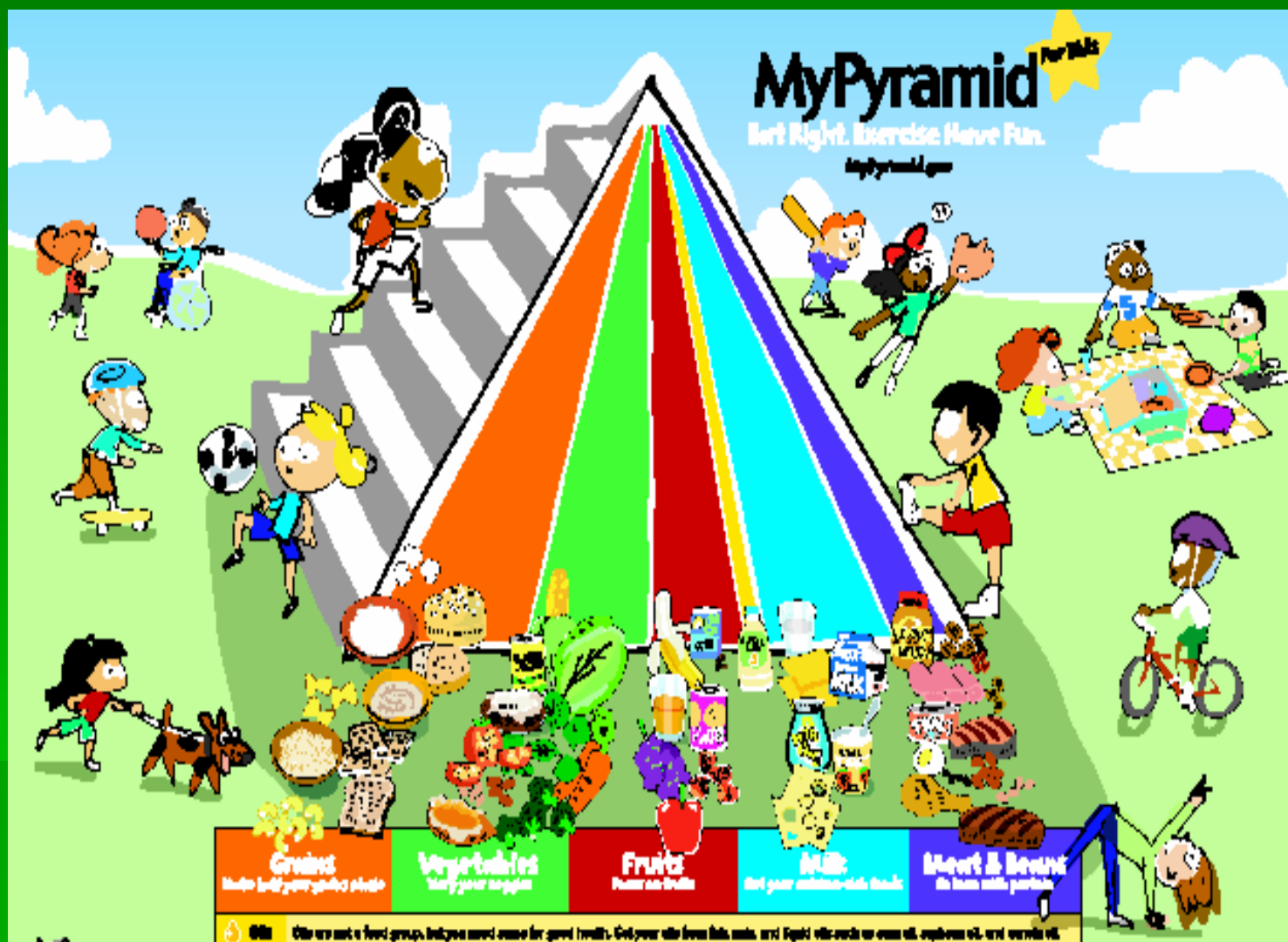
# Diet

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

# MyPyramid <sup>For Kids</sup>

Eat Right. Exercise Have Fun.

[mypyramid.gov](http://mypyramid.gov)



**Grains**  
Make half your plate grains

**Vegetables**  
Half your plate

**Fruits**  
Half an apple

**Milk**  
Get your calcium-rich foods

**Meat & Beans**  
Go lean with protein

**Get** Get at least 8 food groups. Get your daily servings for each food group. Get your daily servings for each food group. Get your daily servings for each food group.

★ Find your balance between food and fun      ★ Fat and sugar – keep your health



# 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.

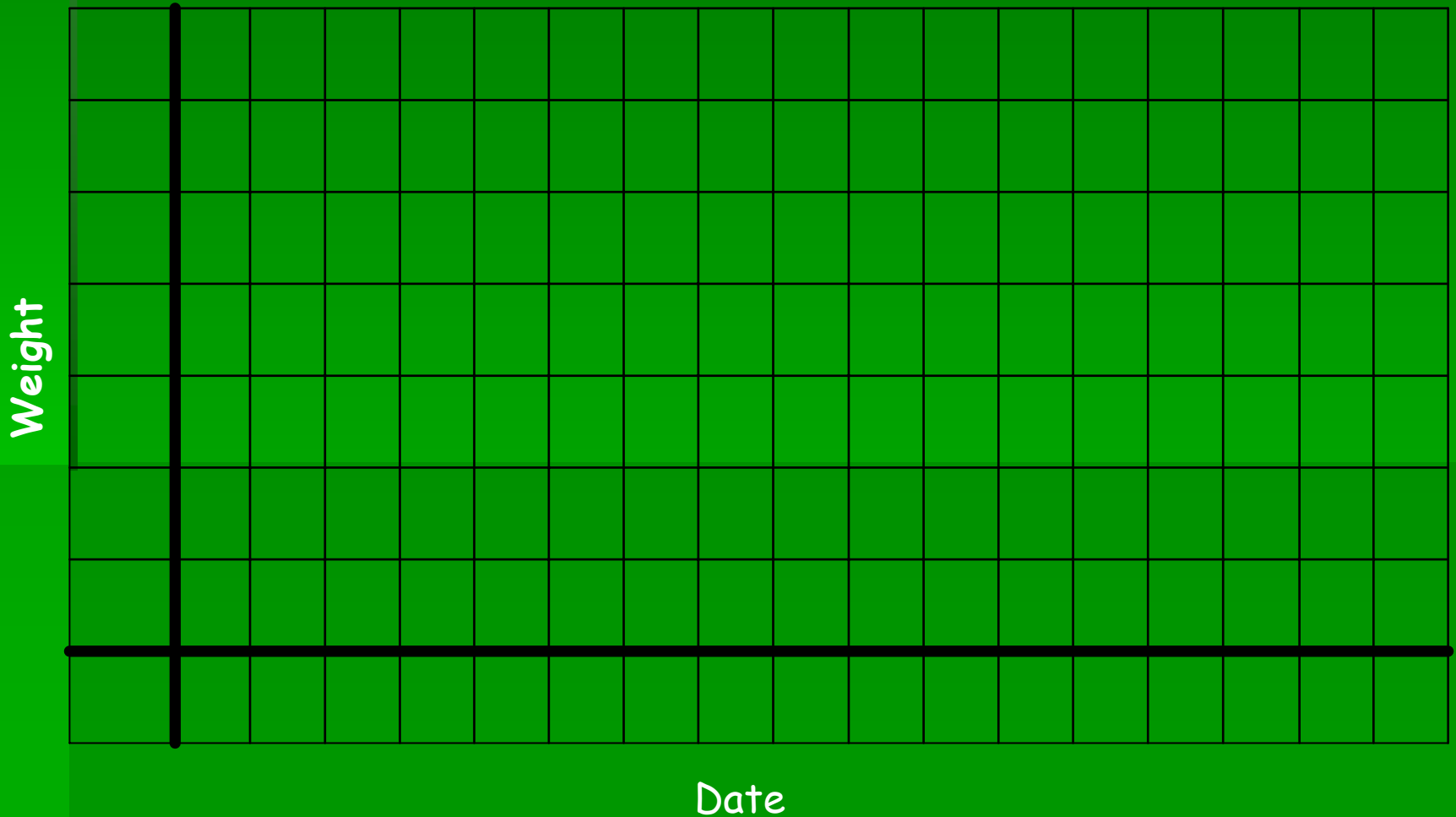
# Weighing

- 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.