



Welcome!

Pediatrician

Physical
Therapist

Registered
Dietitian

Psychologist

Healthy Lifestyles Clinic

Doernbecher Children's Hospital and
Pediatrics Westside



Why am I here?



- Child's PCP (pediatrician, family doctor, nurse practitioner, or physician's assistant) referred you or
- A specialty doctor referred you
- Concerns about your child's health and growth

+ What will you help us with?

- Decrease child's risk of diseases
- Focusing on nutrition and activity changes
- Monitoring medical health and mental health

■ FEEL GREAT IN YOUR BODY!





What does being in the Program mean?



- Initial Visit (may take up to 4 hours)
 - See whole team (4 members)
 - Assess family nutrition, activity, medical history, behavior and development
 - Decide **with you** on 2-3 goals to be healthier at home
- Follow Up Visits every 3 months (2 hour visit)
 - Check progress
 - Refine or make new goals



How will we know it's working?



- Better labs
 - Lipids, cholesterol, A1C
- Healthier growth - BMI
- Better fitness
 - Less pain, Stronger!, more Energy
- Happier
 - FEEL GREAT IN YOUR BODY!



Pediatrician

Healthy Lifestyles Clinic

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Pediatrician- Natasha Polensek

- Health history
- Family history
- Physical exam
- Labs



Which of the following are true about BMI (body mass index)?

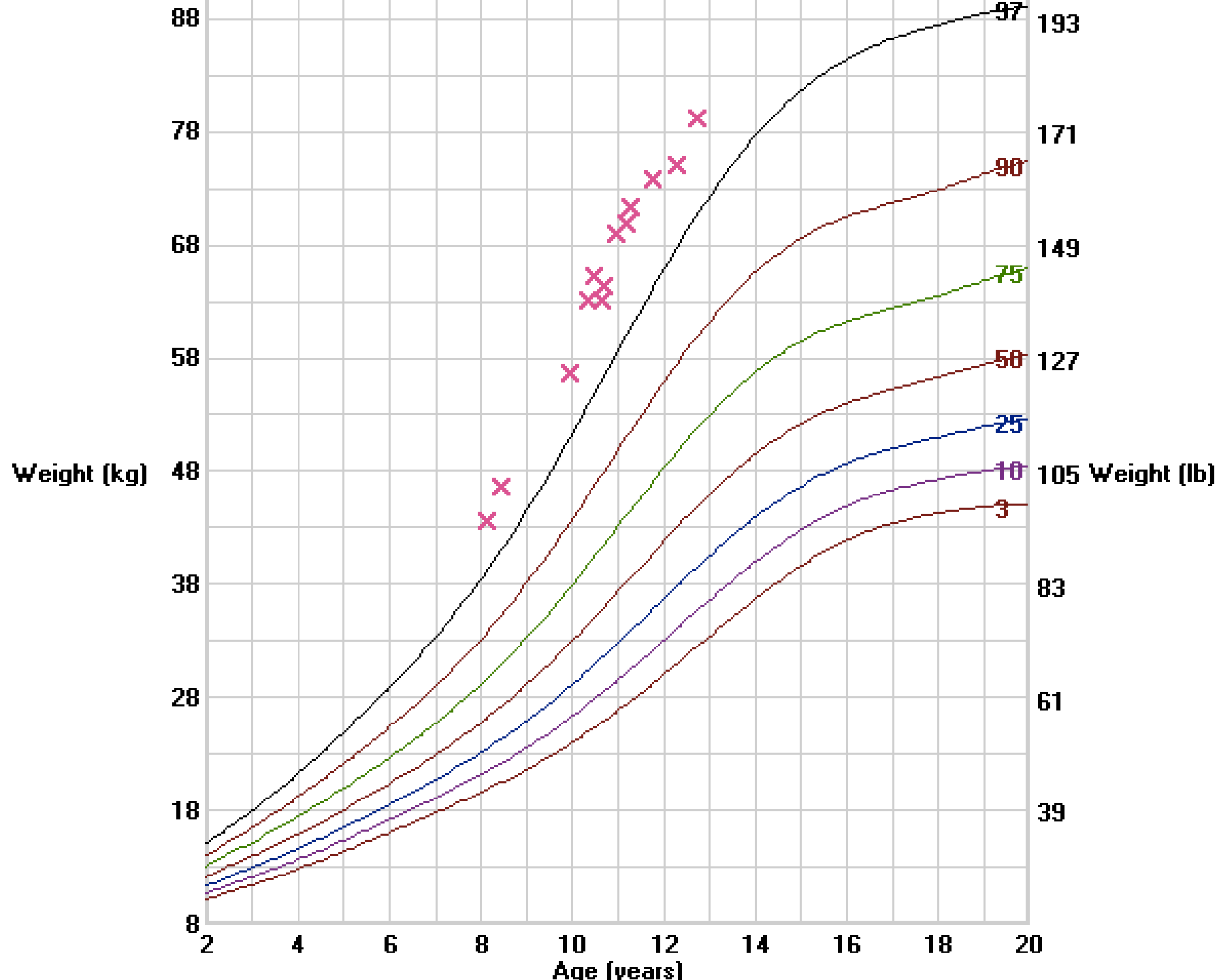
- a) It is a way to tell if your weight is healthy for your body in relation to your height
- b) It is an estimate of body composition
- c) It is high in body builders
- d) It is a new type of body scan

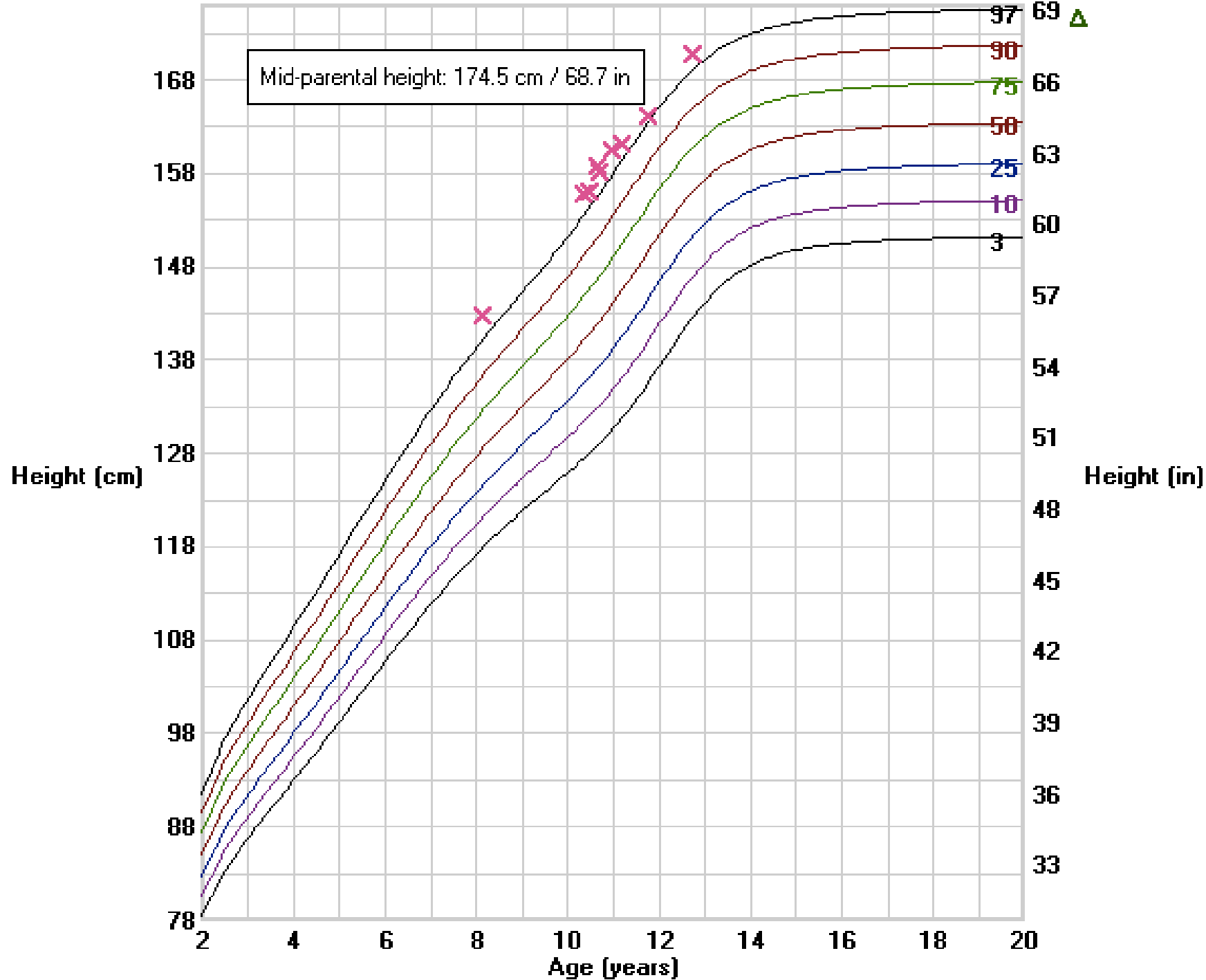
All are correct except d.

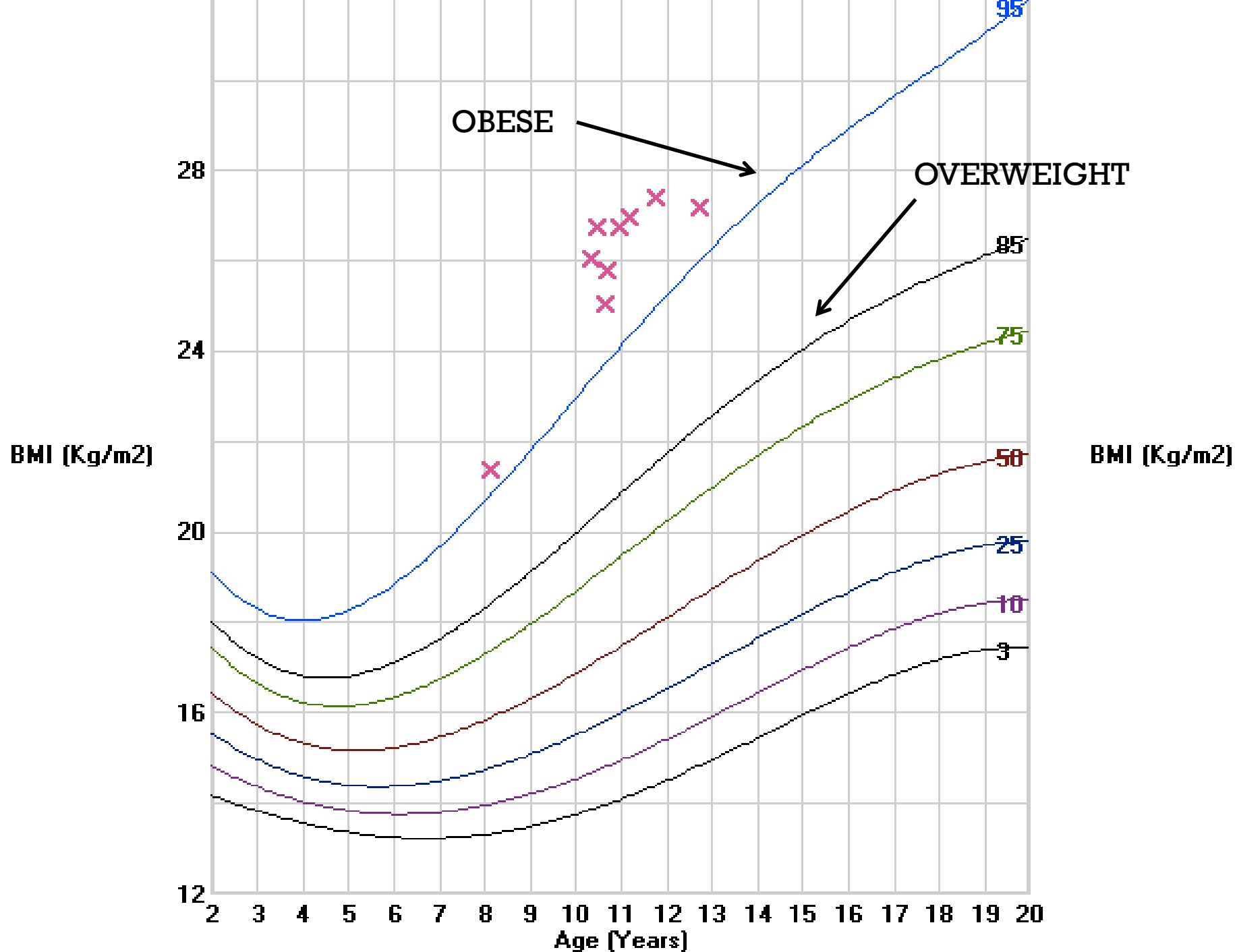
Body Mass Index

- Weight in kg/height in m²
- An estimate of how much “meat” is on your skeleton









Can genetics cause excessive weight gain?



**Doernbecher
Children's Hospital**
A division of Oregon Health & Science University

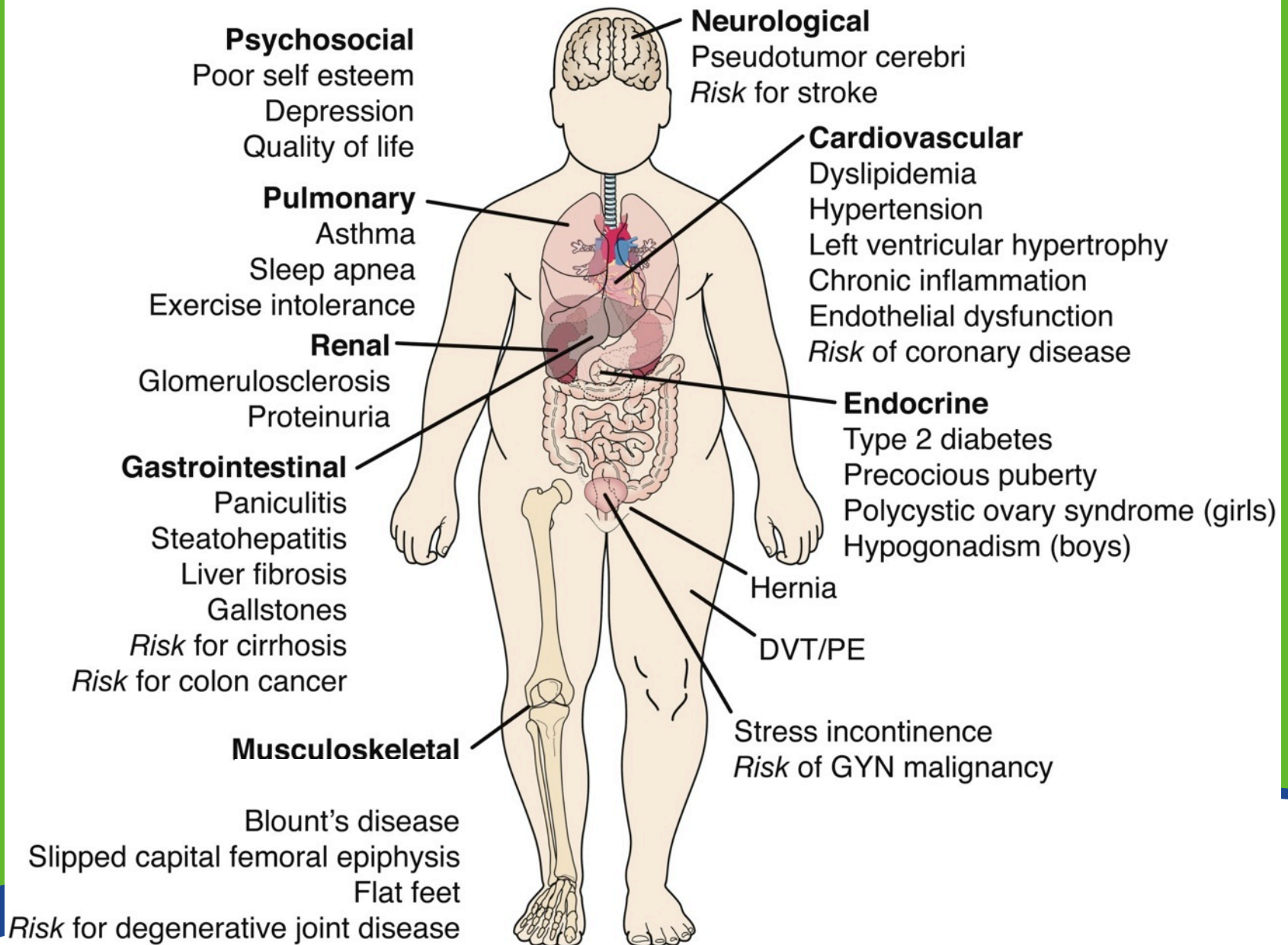
Which of the following is NOT related to carrying extra weight on your body?

- a) Diabetes
- b) Liver disease and gallstones
- c) Cancer
- d) Asthma
- e) Infertility
- f) nosebleeds
- g) Heart disease and stroke
- h) Sleep apnea

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Complications of Childhood Obesity

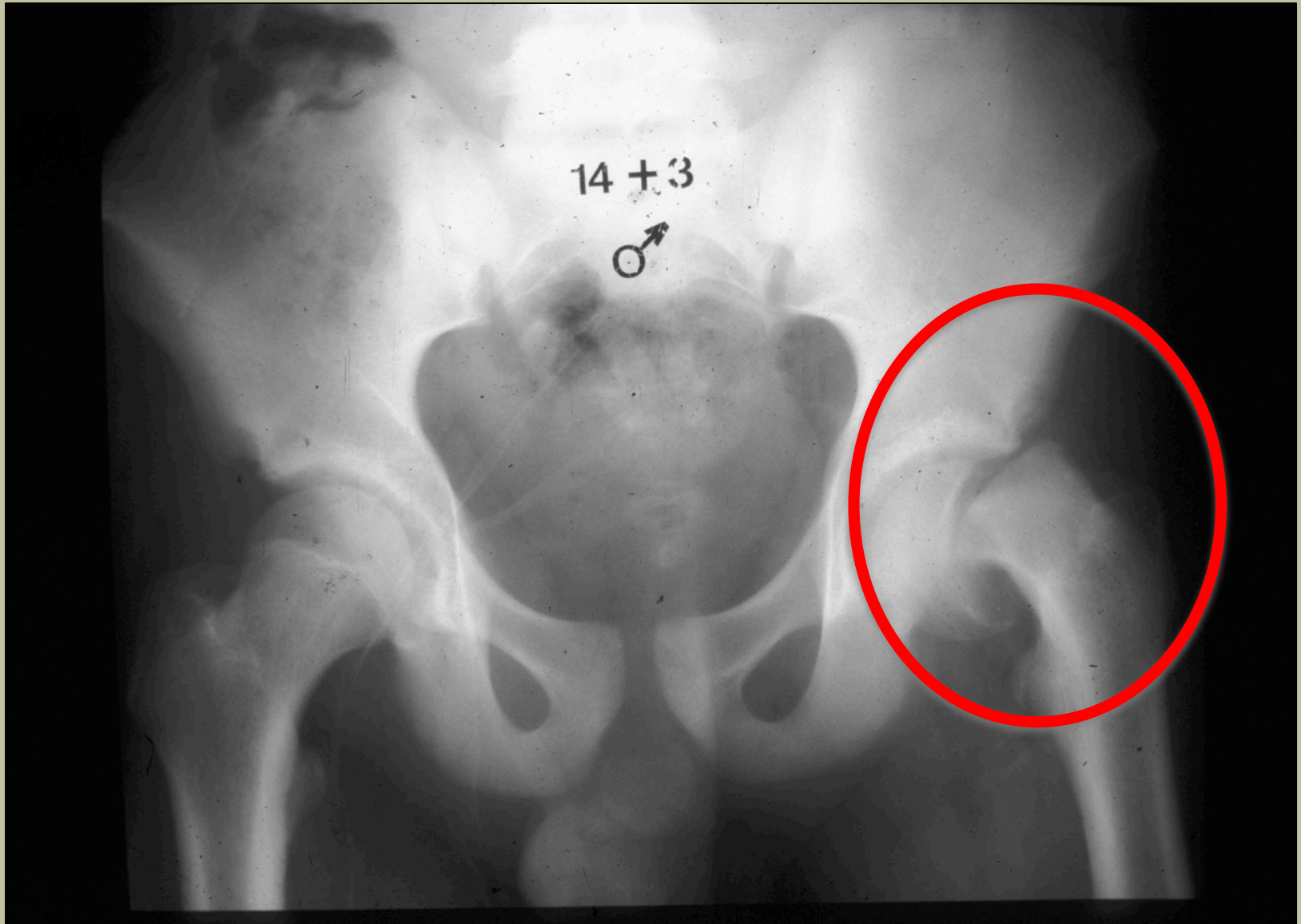


Early warning sign of possible prediabetes





Slipped hip



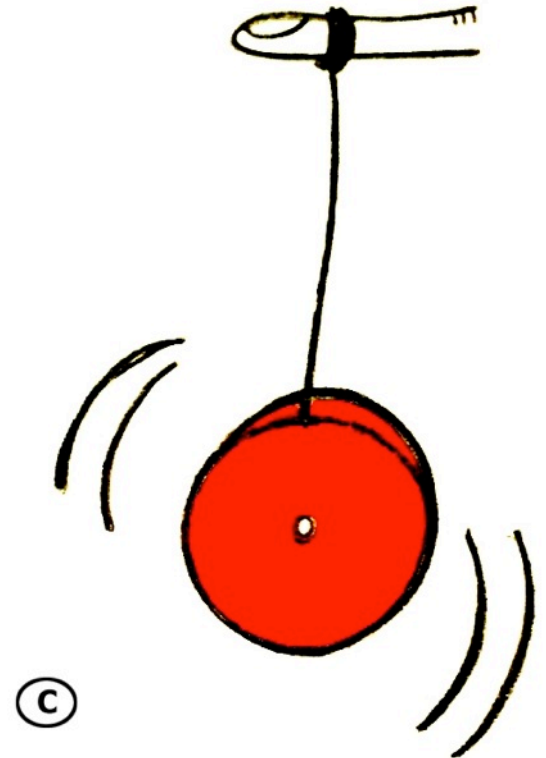


Labs to get before the visit at your health care provider's office

- 8-12 hour fast for lipids (fats=cholesterol + triglycerides) and blood sugar.
- A1C (blood sugar control over 3 months), liver
- May also consider kidney function, thyroid hormones

Weight Loss Medications and Surgery

- Only 1 medication approved <18 years old.
- No local surgery program
- Some weight loss at first
- Can gain the weight back
- **HABIT CHANGE IS STILL THE KEY**





Welcome!

Registered
Dietitian

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+ Nutrition

Christina Gross

- Registered Dietitian
- Nutrition Expert





Nutrition

What to expect at the appointment...

- Bring a 3-day Food Diary
 - All food & beverages
 - 2 weekdays & 1 weekend day (*ex. Wed, Thurs, Sat*)
- Ask nutrition questions
- Learn key ways to healthy eating
- Make ONE nutrition goal **with** you



+ Nutrition

In the meantime...

What are some ways to start eating healthy?





Nutrition – Sweetened Beverages

How many **packets of sugar** do you think are in the following drink?

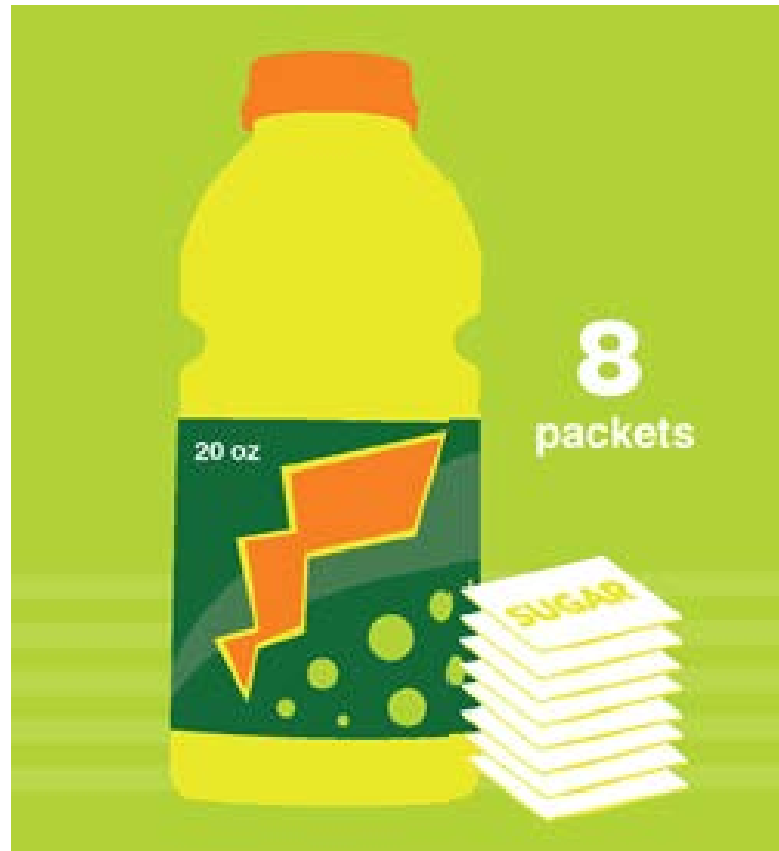


Soda (12oz can)



Nutrition – Sweetened Beverages

How many **packets of sugar** do you think are in the following drink?



Sports Drink (20oz)



Nutrition – Sweetened Beverages

How many **packets of sugar** do you think are in the following drink?



Juice Pouch (8oz)



Nutrition

Ask yourself...

Would you eat that
many packets of sugar?



Nutrition – Sweetened Beverages

True or False?

Orange Juice is just as healthy as eating an orange.





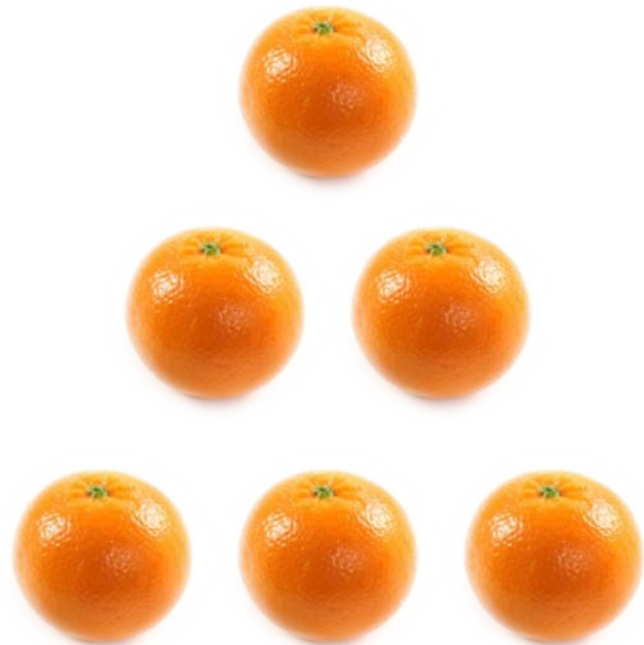
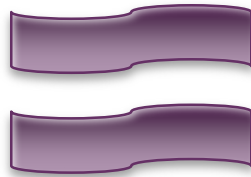
+

Nutrition – Sweetened Beverages

How many oranges does it take to make orange juice?



8 oz





Nutrition – Sweetened Beverages

How can we be smarter about sipping?

- Drink more water!
- Cut back slowly
- Dilute juice with water
- Skip the chocolate milk for 1% or fat-free milk



+

Nutrition – “Portion Distortion”

Which plate contains the most food?



A



B



C



Nutrition – “Portion Distortion”

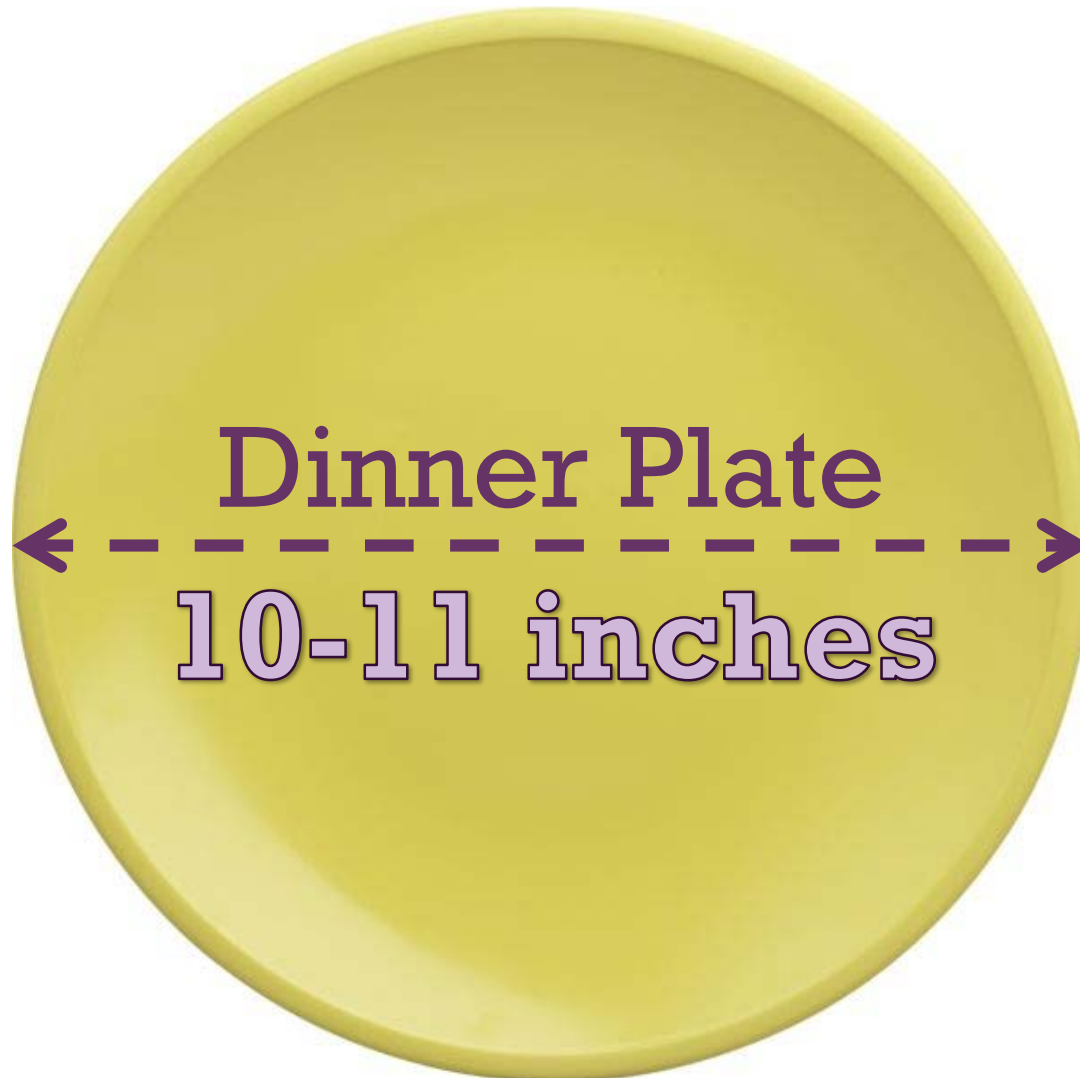


There is exactly the same amount of food on each plate!



Nutrition – “Portion Distortion”

Today's Average Dinner Plate





Nutrition – “Portion Distortion”

Instead, use...





Nutrition – “Portion Distortion”

For toddlers, use...





Nutrition – “Portion Distortion”

How should you plate your food?

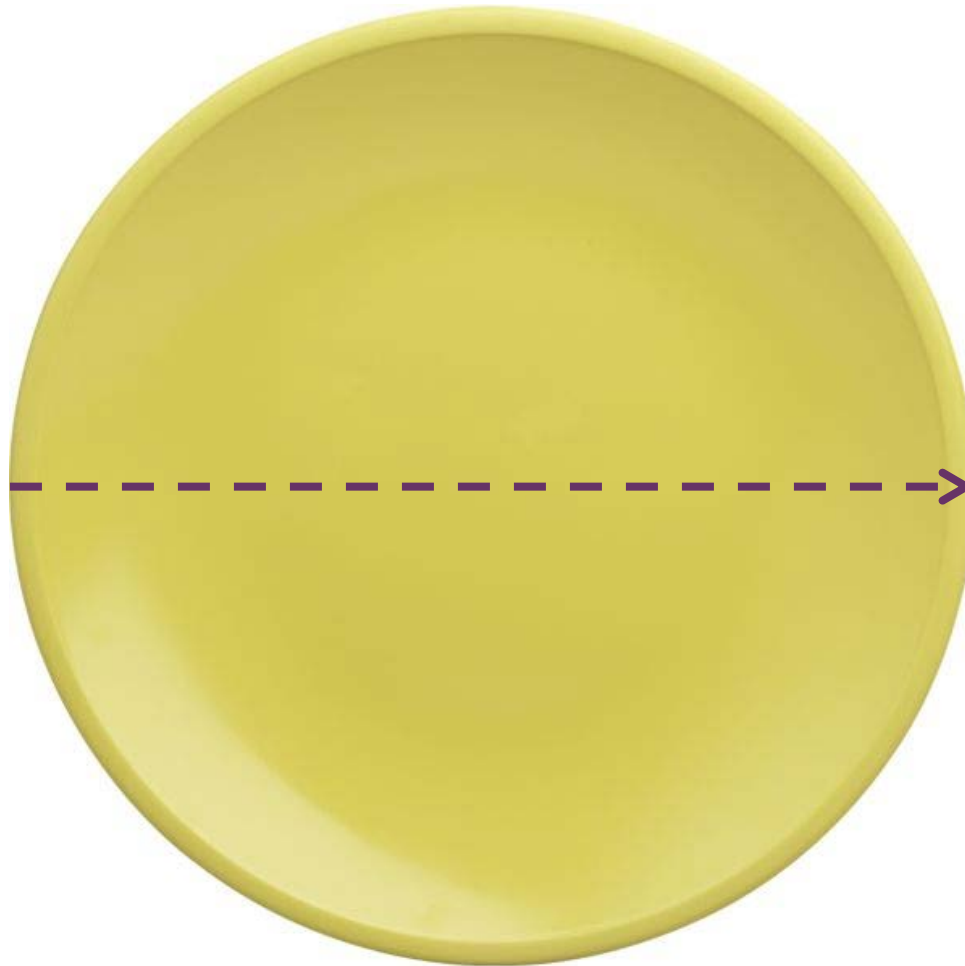
A large, yellow, glossy plate graphic that serves as a background for the text.

Use the
Plate Method!



Nutrition – The Plate Method

1. Cut your plate in half





Nutrition – The Plate Method

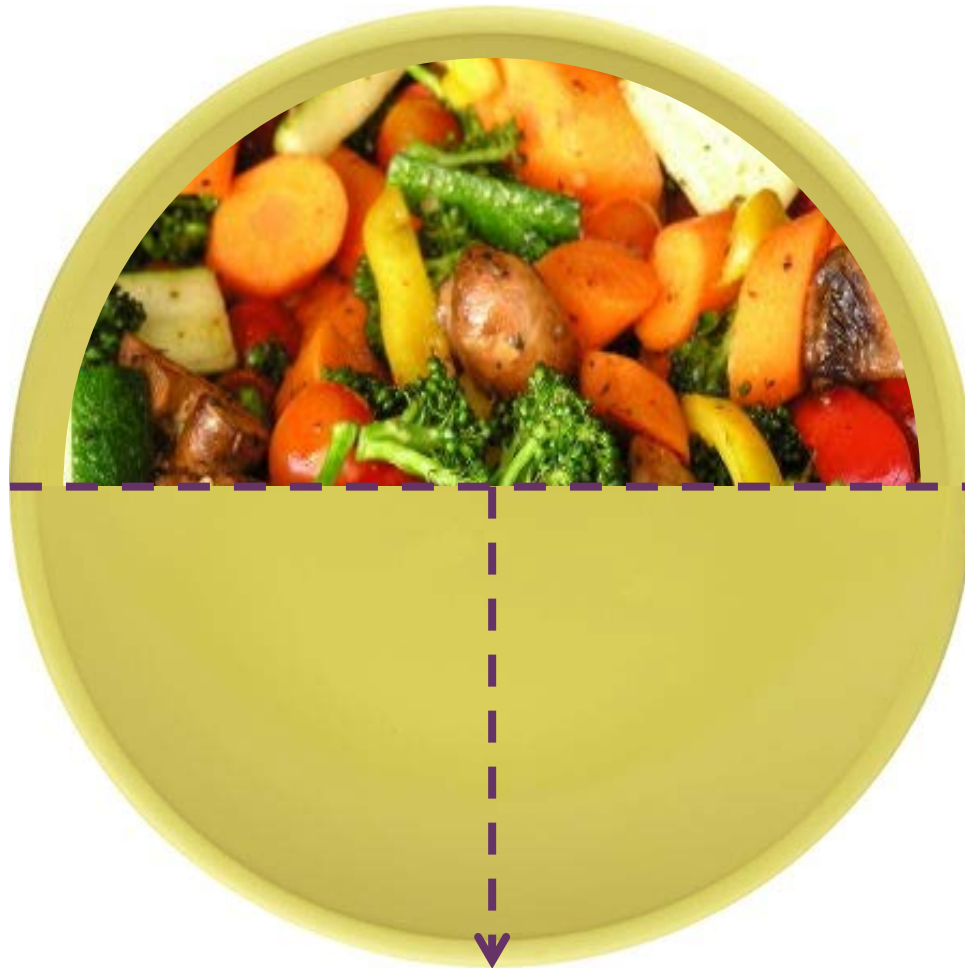
2. Make $\frac{1}{2}$ your plate non-starchy vegetables





Nutrition – The Plate Method

3. Cut the rest of your plate in half





Nutrition – The Plate Method

4. Fill $\frac{1}{4}$ of your plate with protein





Nutrition – The Plate Method

5. Fill the remaining $\frac{1}{4}$ of your plate with starch





Welcome!

Physical
Therapist

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Pediatrics Westside

+ Physical Therapy

- Kerry Michaelis
 - Pediatric Physical Therapist
 - Exercise and Activity Specialist





EXERCISE: How much is enough?



- a) 7 days per week for 2 hours at a time
- b) At least once per week for 1 hour at a time
- c) 1 hour every day
- d) 30 minutes once per month





Which of the following is NOT a benefit of exercise?



- a) Exercise strengthens your muscles
- b) Exercise increases your allowance
- c) Exercise relieves stress
- d) Exercise improves sleep





WHAT ARE SOME REASONS WHY WE DON'T EXERCISE?



- Too much homework!
- It's raining!
- It's boring!
- It's difficult!
- I don't know what to do!
- My cell phone/video game/TV show is much more interesting!





SCREEN TIME: How much is too much?

- A child between 8-18 years of age spends an average of ____ hours using entertainment media.
 - (Smart phones/tablets, video games, TV, movies, computers)



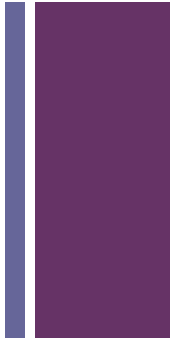
- 5 hours
- 2 hours
- 7.5 hours
- 12 hours



Recommendation: Limit non-school related screen time to 1-2 hours per day



WHY IS EXERCISE IMPORTANT?



- Helps the heart (it's a muscle!) get stronger
- Helps the muscles of the body get stronger
- Makes muscles more flexible
- Keeps bones strong
- Helps manage weight
- Improves mood
- Improves sleep





EXAMPLES OF EXERCISE ACTIVITIES:

- Running
- Playing at the park
- Riding a bike
- Team sports like basketball, baseball and soccer
- Dancing
- Martial Arts
- Swimming
- Yoga
- Kickball at recess
- Walking or hiking





YOUR CLINIC VISIT with the physical therapist (PT)

- Getting to know you
 - What do you like to do for fun?
 - Activities or exercise you like and dislike.
 - Is it difficult to get regular exercise?
 - What are activities you enjoy doing as a family?





YOUR CLINIC VISIT with the physical therapist (PT)

•Is your body ready for exercise? We'll find out with a brief physical exam.

- Alignment of your bones
- Strength of your muscles
- Flexibility of your muscles
- Stability of your joints
- Pain limitations





YOUR CLINIC VISIT with the physical therapist (PT)

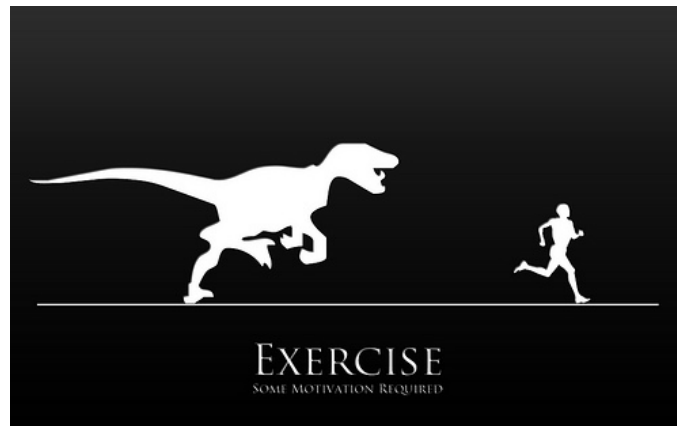
- Assessing your body's readiness for exercise activities:
 - 3 minute step test
 - 2 minute walk
 - Stair climbing
 - Other activities





Goals of the visit

- Have fun!
- Identify barriers to regular activity
- Develop strategies to overcome barriers
- Find available activities to add into routine
- Create 1-2 physical activity goals





TAKE HOME TIPS



- **“Sneaky” exercise:**
 - Walk the dog
 - Empty the dishwasher
 - Vacuuming and sweeping
 - Fold laundry
 - Climb stairs
 - Park far away from store or school
 - Walk or bike to school





TAKE HOME TIPS



- Gradually reduce screen time
- Take active breaks
- Turn off the TV/put away cell phones while eating
- Remove TV from the bedroom





Welcome!

Psychologist

Healthy Lifestyles Clinic

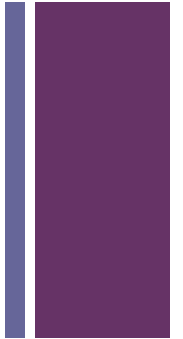
Doernbecher Children's Hospital and
Pediatrics Westside

+ Psychology

Kim Reynolds

Psychologist

- Development and Behavior
- Habit Expert



+ Psychology



Development and Behavior

- Friends
- Self Esteem
- Sleep
- Cooperation
- School



+ Psychology

New Habits

- Specific
- Measurable
- Attainable
- Realistic/Relevant
- Timeline





+ What do we do next?

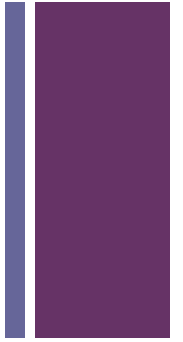


- Think: How ready are we to change?





+ What do we do next?



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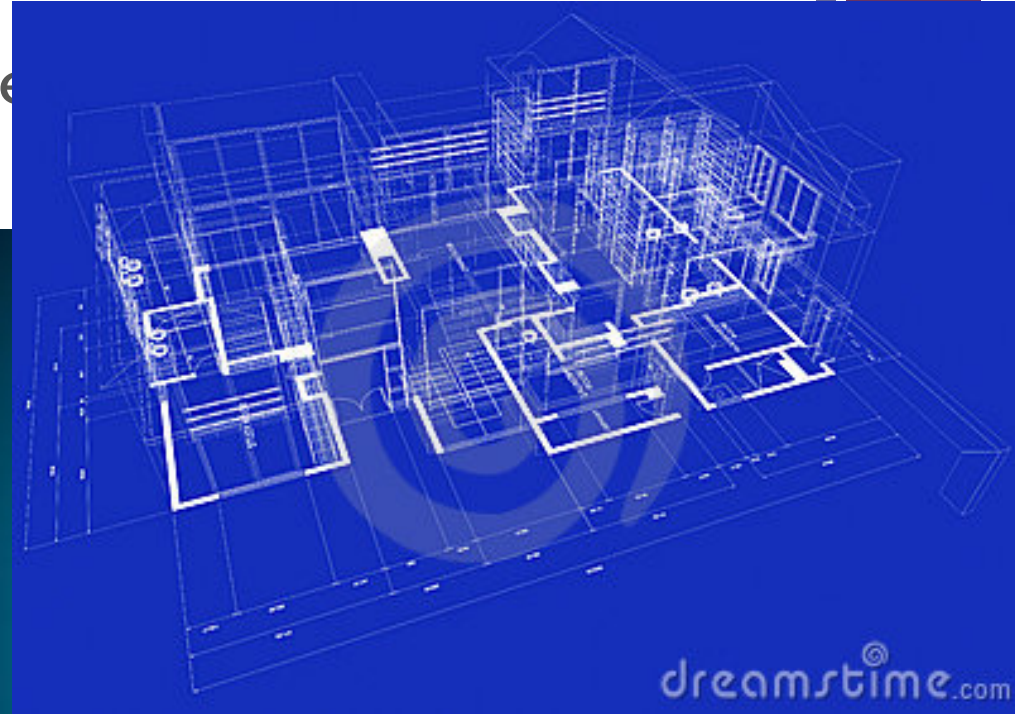


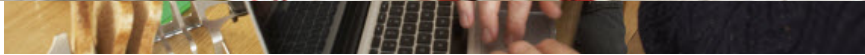
- Complete Forms
- Schedule Initial Appointment



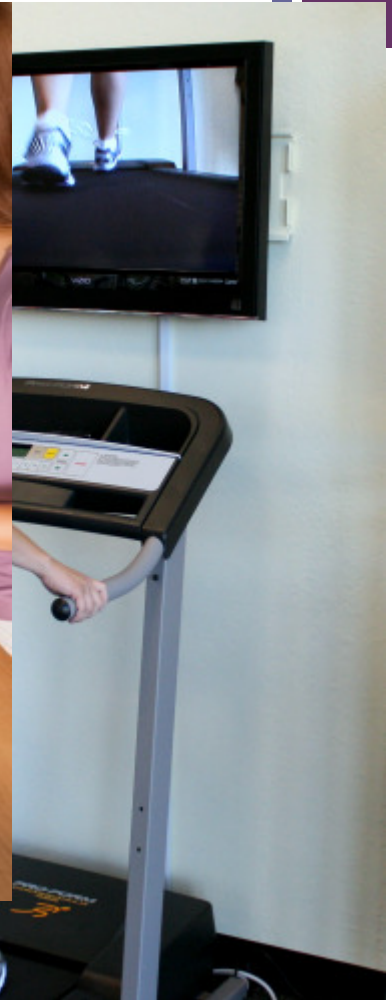
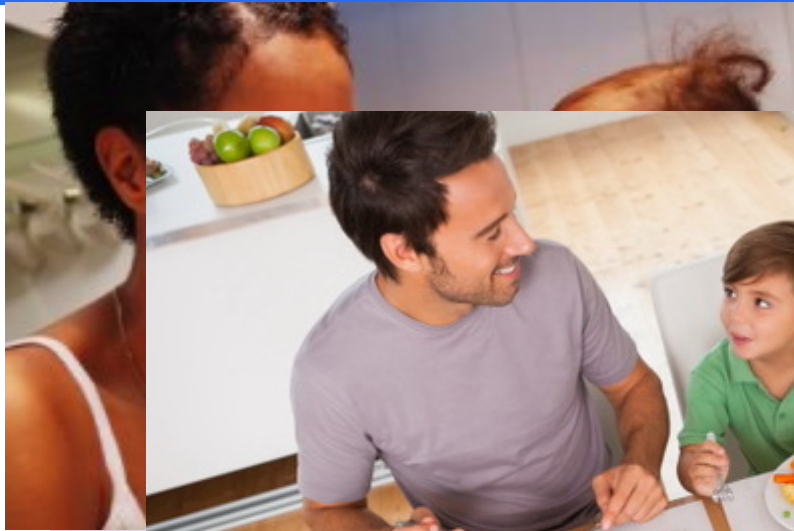
+ What do we do next?

- THINK: How ready are we
- DO: Work as a team!





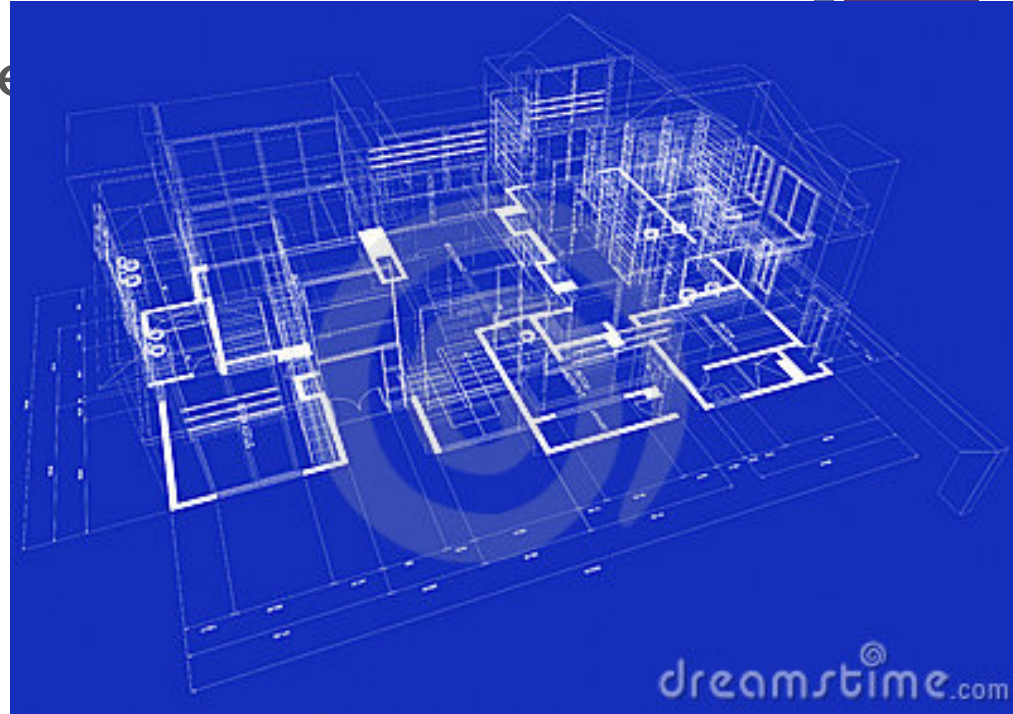






+ What do we do next?

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- Complete Forms
- Schedule Initial Appointment



Go Team!

