



Georgia Health Care Professionals — Taking Charge of Childhood Obesity: Tips for Action in Clinical Practice

Georgia Obesity Facts¹

- 27% of young children 2 to 5 years are overweight or at risk for overweight.
- 33% of middle school and 26% of high school students are overweight or at risk for overweight.
- 59% of Georgia adults, 18 years and older, are overweight or obese.

Body Mass Index-for-Age Classification: Children 2-20 Years²

Healthy Weight — Between the 5th and 84th BMI-for age percentile

At Risk of Overweight — Between the 85th and 94th BMI-for-age percentile.

Overweight — At or above the 95th percentile.

Assessment Recommendations for all Pediatric Clients^{1,3,4}

Beginning at age 2 years, annually assess Body Mass Index (BMI) and BMI-for-age Percentile (%ile).

- Measure and chart BMI-for-age percentile annually to assess a child's growth trajectory. Routine BMI monitoring provides early insight to and emphasizes the importance of a healthy body weight.¹
- Significant changes in growth patterns between annual well child visits, such as a substantial increase in BMI-for-age percentile, should be examined and addressed by the clinician.
- Counsel **ALL** pediatric patients and their families about food choices, meal patterns, regular physical activity, and reducing TV and video time, computer use, and video games.

Addressing Reimbursement Concerns⁵

The Georgia Chapter of the American Academy of Pediatrics and other health care professional associations recognize the difficulties in obtaining reimbursement for obesity treatment. Correct diagnosis coding rules stipulate that the code for the diagnosis, condition, problem or other reason for an encounter shown in the medical record to be chiefly responsible for the services provided be reported. *Additional codes can and should be reported describing any coexisting conditions that require or affect patient care treatment or management during a particular visit. Codes from the list below may be used to identify obesity and its related conditions.*⁵ See www.gaaap.org/WIC.htm for more information.

Obesity Treatment Reimbursement Codes

278.00	Obesity, unspecified	701.2	Acquired acanthosis nigricans
278.01	Morbid obesity	780.51	Insomnia with sleep apnea, unspecified
313.81	Oppositional behavior disorder	780.79	Other malaise and fatigue
300.4	Dysthymic disorder	783.1	Abnormal weight gain
V18.0	Family history of diabetes mellitus	783.5	Polydipsia
V18.1	Family history endocrine/ metabolic diseases	783.6	Polyphagia
V61.20	Counseling for parent-child problem, unspecified	788.41	Urinary frequency (micturition)
401.9	Essential hypertension, unspecified	790.29	Other abnormal glucose; pre-diabetes not otherwise specified

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Clinician Questions to Examine Weight Concerns^{6,7,8*}

- Can we talk about the change in your weight or how you have grown compared to last years' visit?
- Are you concerned about your growth or being teased about your weight?
- Would you like to talk about changes you could make that may help you achieve a healthier lifestyle?

*Children 10+ years may be able to address their own weight concerns.

- Changes in weight could happen for many reasons. Can we talk about your eating and activity habits?
- What would have to happen to make you concerned and ready to talk about (NAME's) weight?
- Sometimes parents and kids differ in their concerns about weight. It's OK to disagree but can we address your child's concerns today?

Clinician Questions to Assess Weight-related Health Behaviors^{7,8,9}

Food Choices & Meal Patterns

How many **times per day** do you:

- Eat vegetables (excluding French fries) and fruit?
- Eat fried food, sweets or salty snacks?
- Drink soda or sweetened fruit drinks?
- Eat whole grain or high fiber foods?
- Drink low fat or skim milk?

How many **days per week** do you:

- Eat breakfast?
- Eat a meal with the family at a table with no TV?
- Eat "fast food" meals?
- Eat meals or snacks in front of the TV?
- Eat meals or snacks in the car?
- Drink water or low fat or skim milk with a meal?

Physical Activity & Sedentary Behaviors

How many **days per week** do you:

- Participate in physical education at school?
- Participate in physical activity after school or on weekends (walk, ride bike, etc.) for a total of 60 minutes or more?
- Participate in physical activity with a parent or family member?

What are your favorite **physical activities**?

How many **hours per day** do you:

- Watch TV alone?
- Watch TV with a parent?
- Use a computer for non-homework activities?
- Play video games?
- Does your child have a TV in his/her bedroom?

Tips for Families to Improve Eating and Activity Behaviors^{7,8,9}

Tips for Healthy Eating!

- *Start Small* - serve a fruit or vegetable at every meal (1 serving = ½-1 cup, or 1 piece of fruit).
- *Ultimate Goal* = 5 to 9 fruit & vegetable servings per day.
- Eat healthy family meals together 3 to 6 times per week.
- Avoid eating meals or snacking in front of the TV.
- Let young children dish out their food portions.

Tips for Taking Action!

- *Start Small* – 10 minutes of activity is healthy.
- *Ultimate Goal* = 60 minutes of activity per day!
- Participate in daily family physical activity — choose activities that are fun for all family members!
- Limit TV and video games to 1-2 hours per day.
- For Parents — share at least one 10 minute "walk-and-talk" with each of your children every week.

References

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