

Clinical Care *of the* Child with Obesity

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Clinical Care of the Child with Obesity *A Learner's and Teacher's Guide*

Sandra G. Hassink, MD

Director, AAP Institute for Healthy Childhood
Weight
Assistant Professor of Pediatrics (Emeritus)
Nemours/Alfred I. duPont Hospital for
Children
Wilmington, Delaware

Sarah E. Hampl, MD

General Pediatrician, Weight Management
Children's Mercy Kansas City and Center for
Children's Healthy Lifestyles & Nutrition
Associate Professor of Pediatrics
University of Missouri-Kansas City School of
Medicine
Kansas City, Missouri

Associate editors

Jeannie S. Huang, MD, MPH

Associate Professor
Division of Pediatric Gastroenterology
Department of Pediatrics
Fellowship Director
Program in Pediatric Gastroenterology,
Hepatology, and Nutrition
Rady Children's Hospital/University of
California San Diego
San Diego, California

Wendy Slusser, MD, MS, FAAP

Associate Vice Provost
UCLA Healthy Campus Initiative
HS Clinical Professor
UCLA Schools of Medicine and Public Health
Medical Director, Fit for Health Program
Mattel Children's Hospital UCLA
Los Angeles, California



New York Chicago San Francisco Athens London Madrid Mexico City
Milan New Delhi Singapore Sydney Toronto

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I dedicate this book to my husband, Bill, who has been my support every step of the way as I have cared for children with obesity.

Sandra Hassink

To my husband, Kevin, and my daughters, Elisabeth and Hannah. Thank you for the patience, understanding, and love that you have shown to me through this time.

Sarah Hampl



(left to right: Sandra G. Hassink, Sarah E. Hampf, Wendy Slusser, Jeannie S. Huang)

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Sandra G. Hassink

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Contributors

Sarah Armstrong, MD

Associate Professor of Pediatrics
Pediatrics and Community/Family
Medicine
Duke University
Durham, North Carolina
Chapter 3

Holly Baker, MS, RD, LDN, CNSC

Clinical Dietitian
Penn State Hershey Medical Center
Hershey, Pennsylvania
Chapter 5

Sarah E. Barlow, MD, MPH

Associate Professor of Pediatrics
Baylor College of Medicine
Director of Center for Childhood
Obesity at Texas Children's Hospital
Houston, Texas
Chapter 12

Amy R. Beck, PhD

Clinical Child Psychologist
Weight Management Program
Center for Children's Healthy
Lifestyles & Nutrition
Division of Developmental and
Behavioral Sciences
Children's Mercy Hospital
Kansas City, Missouri
Assistant Professor of Pediatrics
University of Missouri-Kansas City
School of Medicine
Kansas City, Missouri
Chapter 18

Richard E. Boles, PhD

Associate Professor
Department of Pediatrics
University of Colorado Anschutz
Medical Campus
Aurora, Colorado
Chapter 9

Christopher Bolling, MD, FAAP

Community Pediatrician
Pediatric Associates, PSC
Crestview Hills, Kentucky
Volunteer Associate Professor of
Pediatrics
University of Cincinnati College of
Medicine
Cincinnati, Ohio
Chapter 20

Eric Bosley, MD

Managing Partner, Pediatric
Associates, PSC
Past President of the Kentucky
Chapter of the AAP
President of the Kentucky Pediatric
Society Foundation
Crestview Hills, Kentucky
Chapter 20

Adelle Cadieux, PsyD

Pediatric Psychologist
Helen DeVos Children's Hospital
Healthy Weight Center
Grand Rapids, Michigan
Chapter 9

Gerri Cannon-Smith, MD, MPH

Pediatric Consultant
Innovative Health Strategies
Brandon, Mississippi
Chapter 21

**Claire K. Dalidowitz, MS, MA, RD,
CD-N**

Manager, Clinical Nutrition
Department
Connecticut Children's Medical Center
Hartford, Connecticut
Adjunct Professor of Graduate
Nutrition
University of New Haven
West Haven, Connecticut
Chapter 4

George A. Datto, MD

Division Chief, Weight Management
Nemours/Alfred I. duPont Hospital
for Children
Wilmington, Delaware
Chapter 14

**Michelle Demeule-Hayes, MS, RD,
LDN**

Director, Center for Nutritional
Rehabilitation
Mt. Washington Pediatric Hospital
Baltimore, Maryland
Chapter 5

Alicia Dixon Docter, MS, RD, CD

Manager, Clinical Nutrition
Ambulatory and Regional Services
and Wellness Clinics/Programs
Seattle Children's Hospital
Division of Adolescent Medicine
UW LEAH (University of Washington
Leadership Education in
Adolescent Health) Faculty
UW School of Nursing—Family and
Child Nursing Clinical/Affiliate
Faculty
Seattle, Washington
Chapter 6

Karen B. Dorsey, MD, PhD

Associate Research Scientist
Yale School of Medicine
New Haven, Connecticut
Chapter 15

**Kimberly C. Avila Edwards, MD,
FAAP**

Austin Regional Clinic Kyle Plum
Creek
Kyle, Texas
Chapter 17

Joey C. Eisenmann, PhD

Assistant Professor
Department of Radiology
Michigan State University
East Lansing, Michigan
Chapter 7

Ihuoma Eneli, MD, MS

Medical Director, Center for Healthy
Weight and Nutrition
Nationwide Children's Hospital
Professor of Clinical Pediatrics,
Department of Pediatrics
The Ohio State University
Columbus, Ohio
Chapter 21

Elizabeth Estrada, MD

Clinical Professor, Department of
Pediatrics
Chief, Division of Pediatric
Endocrinology
University of North Carolina at
Chapel Hill, School of Medicine
Chapel Hill, North Carolina
Chapter 13

Peg Miller Evans, PhD

Psychologist, Children's Hospital &
Medical Center—Eating Disorders
Program
Omaha, Nebraska
Chapter 10

Ada M. Fenick, MD

Associate Professor
Department of Pediatrics
Yale School of Medicine
New Haven, Connecticut
Chapter 15

Celia Framson, MPH, RDN, CD

Clinical Pediatric Dietitian
 Seattle Children's Hospital
 Nutrition Department
 Division of Adolescent Medicine
 UW LEAH (University of Washington
 Leadership Education in
 Adolescent Health) Adjunct Faculty
 Seattle, Washington
Chapter 6

Bethany J. Gaffka, PhD

Associate Professor of Pediatrics
 Associate Director for Psychological
 Services
 Pediatric Comprehensive Weight
 Management Center
 University of Michigan Health System
 Ann Arbor, Michigan
Chapter 8

Elizabeth Getzoff-Testa, PhD

Director of Psychology Services for
 the Weigh Smart Program
 Division of Pediatric Psychology/
 Neuropsychology
 Mt. Washington Pediatric Hospital
 Baltimore, Maryland
Chapter 9

Meredith L. Dreyer Gillette, PhD

Associate Director
 Center for Children's Healthy
 Lifestyles & Nutrition
 Associate Professor of Pediatrics
 University of Missouri-Kansas City
 School of Medicine
 Divisions of Developmental and
 Behavioral Sciences and Weight
 Management
 Children's Mercy Kansas City
 Kansas City, Missouri
Chapter 8

Jane Gray, PhD

Director of Behavioral Health
 Texas Center for the Prevention and
 Treatment of Childhood Obesity
 Dell Children's Hospital of Central
 Texas
 Director of Psychology Training
 Texas Child Study Center
 Clinical Assistant Professor
 UT-Austin Department of
 Educational Psychology
 Austin, Texas
Chapter 10

H. Mollie Greves Grow, MD, MPH

Assistant Professor, Pediatrics,
 University of Washington
 Associate Program Director, UW/
 Seattle Children's Hospital Pediatric
 Residency Program
 Adjunct Assistant Professor, UW
 School of Public Health
 Seattle, Washington
Chapter 19

Alma Delia Guerrero, MD, MPH

HS Assistant Clinical Professor
 Pediatrics—Center for Healthier
 Children, Families and
 Communities
 Los Angeles, California
Chapter 2

Kimberly Guion, PhD

Assistant Professor of Pediatrics
 Oregon Health & Science University
 Child Development and
 Rehabilitation Center
 Portland, Oregon
Chapter 8

Sarah E. Hampf, MD

General Pediatrician, Weight
Management
Children's Mercy Kansas City and
Center for Children's Healthy
Lifestyles & Nutrition
Associate Professor of Pediatrics
University of Missouri-Kansas City
School of Medicine
Kansas City, Missouri
Chapters 1 and 18

Sandra G. Hassink, MD

Director, AAP Institute for Healthy
Childhood Weight
Assistant Professor of Pediatrics
(Emeritus)
Nemours/Alfred I. duPont Hospital
for Children
Wilmington, Delaware
Chapters 1, 18, and 22

Jeannie S. Huang, MD, MPH

Associate Professor
Division of Pediatric
Gastroenterology
Department of Pediatrics
Fellowship Director
Program in Pediatric
Gastroenterology, Hepatology, and
Nutrition
Rady Children's Hospital/University
of California San Diego
San Diego, California
Chapter 2

Carolyn Jasik, MD

Assistant Professor
Division of Adolescent and Young
Adult Medicine
Department of Pediatrics
University of California, San Francisco
UCSF Benioff Children's Hospital
San Francisco, California
Chapter 11

Kristin Kan, MD, MPH

Clinical Lecturer, Pediatrics
University of Michigan
Robert Wood Johnson Foundation
Clinical Scholars
Ann Arbor, Michigan
Chapter 19

Christopher Kist, MS, HFS

Exercise Program Supervisor
Healthworks/Center for Better Health
and Nutrition
Cincinnati Children's Hospital
Cincinnati, Ohio
Chapter 7

Debra S. Lotstein, MD, MPH

Director, Comfort and Palliative Care
Division
Department of Anesthesiology
Critical Care Medicine
Associate Professor of Anesthesia and
Pediatrics
Keck School of Medicine of the
University of Southern California
Los Angeles, California
Chapter 2

Eliana M. Perrin, MD, MPH

Professor
Department of Pediatrics and Director
Division of General Pediatrics and
Adolescent Medicine
UNC-Chapel Hill School of Medicine
Chapel Hill, North Carolina
Chapter 3

Karin A. Pfeiffer, PhD

Associate Professor
Department of Kinesiology
Michigan State University
East Lansing, Michigan
Chapter 7

Thao-Ly Tam Phan, MD, MPH

Assistant Professor of Pediatrics
Sidney Kimmel Medical College at
Thomas Jefferson University

Attending Physician, Division of
Weight Management
Nemours/Alfred I. duPont Hospital
for Children
Assistant Research Scientist, Nemours
Research Institute
Wilmington, Delaware
Chapter 16

Stephen Pont, MD, MPH
Assistant Professor of Pediatrics
Medical Director, Texas Center for
the Prevention and Treatment of
Childhood Obesity
Medical Director, Austin ISD Student
Health Services
UT Southwestern, Austin –
Department of Pediatrics
UT Austin – Department of
Advertising
Dell Children's Medical Center of
Central Texas
Chapter 13

Amelie G. Ramirez, DrPH
Interim Chair and Professor
Department of Epidemiology and
Biostatistics
University of Texas Health Science
Center at San Antonio
San Antonio, Texas
Chapter 17

**Kirk W. Reichard, MD, MBA, FACS,
FAAP**
Surgical Director, Operating Rooms
Clinical Director, Pediatric Surgery
Nemours/Alfred I. duPont Hospital
for Children
Wilmington, Delaware
Clinical Professor of Surgery and
Pediatrics
Sidney Kimmel Medical College
Thomas Jefferson University
Philadelphia, Pennsylvania
Chapter 14

Lorilyn T. Russell, MS, RD, CSP, LDN
Pediatric Clinical Dietitian
Mt. Washington Pediatric Hospital
Baltimore, Maryland
Chapter 5

Lena Sandifer, MD
Primary Care Physician
Internal Medicine and Pediatrics
Pawleys Pediatrics and Adult
Medicine
Pawleys Island, South Carolina
Chapter 12

Melissa Santos, PhD
Assistant Professor of Pediatrics,
University of Connecticut School of
Medicine
Clinical Director of the Pediatric
Obesity Center
Pediatric Psychologist, Connecticut
Children's Medical Center
Division of Endocrinology, Hartford
Hospital/The Institute of Living
Department of Psychology
Hartford, Connecticut
Chapter 13

Laura A. Shaffer, PhD
Chief of Pediatric Psychology
Department of Pediatrics
University of Virginia School of
Medicine
Charlottesville, Virginia
Chapter 10

Wendy Slusser, MD, MS, FAAP
Associate Vice Provost
UCLA Healthy Campus Initiative
HS Clinical Professor
UCLA Schools of Medicine and
Public Health
Medical Director, Fit for Health
Program
Mattel Children's Hospital UCLA
Los Angeles, California
Chapter 2

Sherin S. Stahl, PhD

Associate Research Scientist
Child Study Center and Department
of Pediatrics
Yale University School of Medicine
New Haven, Connecticut
Chapter 15

Brooke Sweeney, MD

Medical Director, Weight
Management
Center for Healthy Lifestyles and
Nutrition
Children's Mercy Hospitals and
Clinics
Associate Professor, Internal
Medicine/Pediatrics
University of MO-Kansas City School
of Medicine
Kansas City, Missouri
Chapter 12

Elsie M. Taveras, MD, MPH

Chief, Division of General Pediatrics,
Department of Pediatrics
Director, Pediatric Population Health
Management
Mass General Hospital for Children
Associate Professor of Pediatrics and
Population Medicine
Harvard Medical School
Boston, Massachusetts
Chapter 11

Julia Wacker, MSW, MPH

Program Manager
North Carolina Hospital Association
Cary, North Carolina
Chapter 20

Ashley E. Weedn, MD, MPH, FAAP

Assistant Professor
Medical Director, Weight
Management Clinic
Department of Pediatrics
University of Oklahoma Health
Sciences Center

Oklahoma City, Oklahoma
Chapter 17

Lloyd N. Werk, MD, MPH

Chief, Division of General Pediatrics
Department of Pediatrics
Director, Healthy Choices Clinic
Nemours Children's Hospital
Affiliated Associate Professor of
Pediatrics
University of Central Florida College
of Medicine
Orlando, Florida
Chapter 16

Sam G. Wittekind, MD

Pediatric Cardiology Fellow
Cincinnati Children's Hospital
Medical Center
Heart Institute
Cincinnati, Ohio
Chapter 19

Charles Wood, MD

Clinical Instructor, Department of
Pediatrics
Division of General Pediatrics and
Adolescent Medicine
UNC-Chapel Hill School of Medicine
Chapel Hill, North Carolina
Chapter 3

Susan J. Woolford, MD, MPH

Medical Director
Pediatric Comprehensive Weight
Management Center
C. S. Mott Children's Hospital
Co-Director, Program on Mobile
Technology to Enhance Child
Health (MTECH)
Child Health Evaluation and Research
(CHEAR) Unit
Department of Pediatrics
University of Michigan
Ann Arbor, Michigan
Chapter 11

Preface

This book is the result of the dedication of the editors and authors to helping every pediatric health care provider, especially residents and early career providers, understand and be able to implement obesity prevention and treatment in their practice. To that end, the book is organized into three main areas: obesity prevention, obesity treatment, and community and policy advocacy. Within these areas the reader will find developmentally targeted strategies for prevention as well as age-appropriate parenting advice for feeding and physical activity in Chapters 1 through 10. Chapters 11 through 17 on treatment of pediatric obesity revolve around assessment, stages of treatment, and addressing obesity related comorbidities. The last section, comprising Chapters 18 through 22, addresses the pediatric health care provider's role in the community, advocacy, quality improvement, and policy development.

The community of practitioners in pediatric obesity is growing but is still a small one, and I would like to thank all the authors who took the time from their clinical practices to contribute to this book. A special thanks to my co-editor Sarah Hampl, who spent countless hours of dedicated effort from beginning to end to see this book come to fruition. Also, special thanks to our associate editors, Wendy Slusser and Jeannie Huang, who shared their in-depth experience and expertise in developing resident education programs around childhood obesity with us, as well as spending innumerable hours editing these chapters.

All of us who have cared for children with obesity and their families understand the challenge and the complex nature of prevention and treatment in the context of this chronic disease and it is hoped that this book serves to help pediatric health care providers begin to incorporate this work into their daily practice.

Sandra Hassink

