



SNS COLLEGE OF ALLIED HEALTH SCIENCES

SNS Kalvi Nagar, Coimbatore - 35

Affiliated to Dr MGR Medical University, Chennai



DEPARTMENT OF PHYSICIAN ASSISTANT

COURSE NAME: SURGERY

II YEAR

UNIT II: Obesity

TOPIC 1: obesity



Definition



- childhood obesity is having a body mass index (BMI) at or above the 95th percentile on the Centers for Disease Control and Prevention's (CDC) specific growth charts.
- child's BMI by dividing their weight in kilograms by their height in meters squared (kg/m^2).



Epidomology



- 13.4% of children ages 2 to 5 have obesity.
- 20.3% of children ages 6 to 11 have obesity.
- 21.2% of children ages 12 to 19 have obesity.
- Overall, 19.3% of children, or 14.4 million children in the United States, have obesity.



- Genetics
- Socioeconomics and community
- Cultural factors



Types of obesity



- class 1 obesity is BMI \geq 95th percentile to $<$ 120% of 95th percentile for age and sex.
- class 2 obesity is BMI \geq 120% to $<$ 140% of 95th percentile or BMI \geq 35 kg/m²
- class 3 obesity is BMI \geq 140% of 95th percentile or BMI \geq 40 kg/m²



support chart



Pediatric Obesity Clinical Decision Support Chart

3RD EDITION

**5
2
1
0**
**EVERY
DAY!**

or more fruits & vegetables



hours or less of recreational screen time

(Keep TV/computer out of the bedroom.
No screen time under the age of 2.)



hour or more of physical activity



sugary drinks; water is best



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™





Management



Family-based Obesity

Treatment for Children

- May not necessarily involve the child
- Shows good outcomes even if the child is not involved
- Helps bring in lifestyle changes for the parents and child



www.medindia.net



Management



Stage 1: Prevention Plus

(Primary Care office)

Office setting

Healthy lifestyle

Healthy eating

Activity habits

Primary care office support

Stage 2: Structured Weight Management

(Primary Care office with support)

Requires referrals such as:

- consultation with an outpatient dietitian
- consultation with exercise specialist and/or physical therapist
- counseling with mental health provider

Monitored behavior

Planned diet and physical activity

Primary care office support



Management



Stage 3: Multi-Disciplinary Intervention

(Pediatric Weight Management Center)

Team approach such as referral to Healthy You for Life program

Structured

Parental participation required

Primary care office support

Stage 4: Tertiary Care

(Tertiary Care Center)

Attempted multi-disciplinary intervention

Severely obese

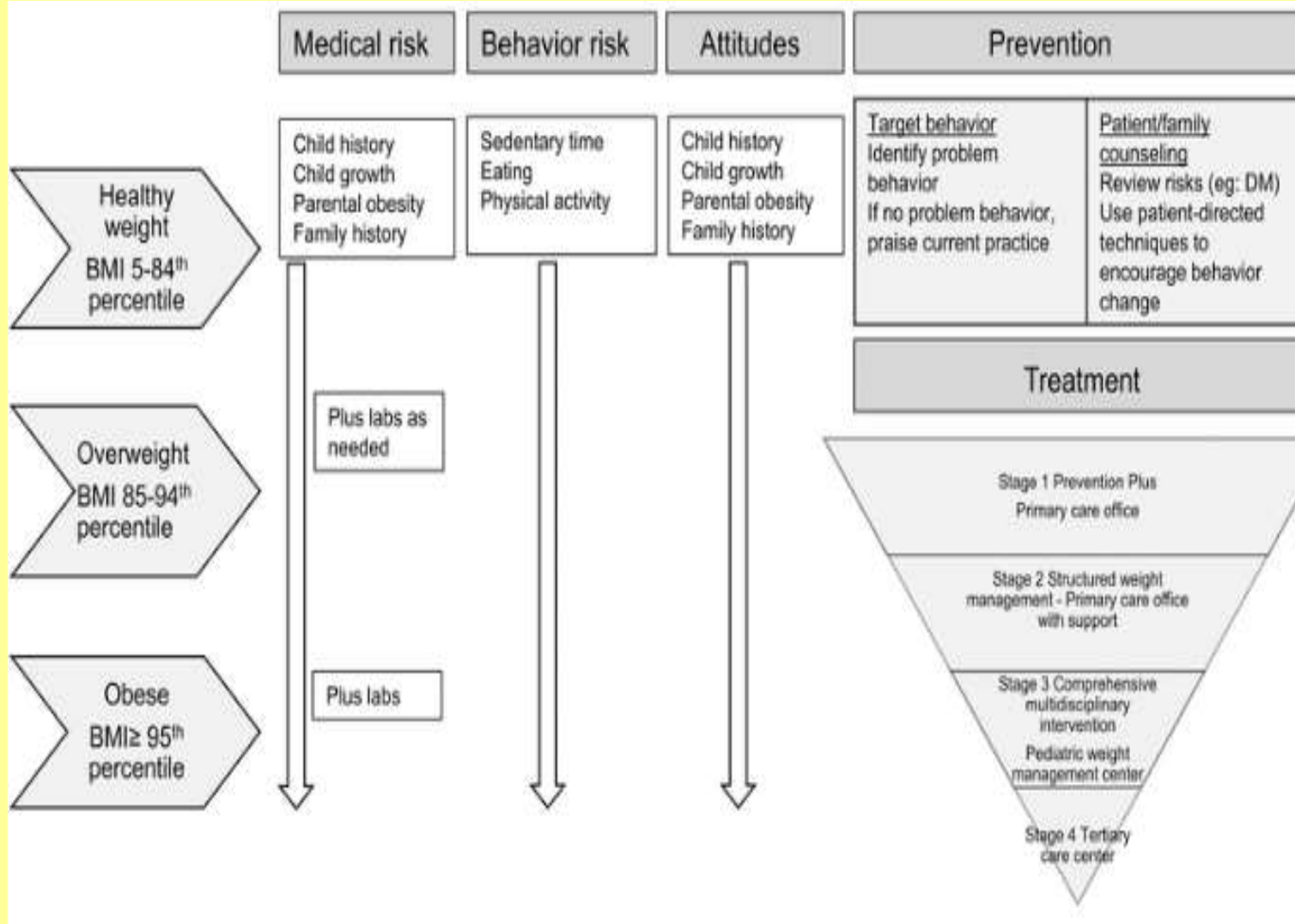
Medications, very low calorie diet

Bariatric surgery

Primary care office support



obesity





Obesity



Dietary Management

- Recommending healthy eating - should be age specific and flexible enough
- The parents should be educated about approaches to deal with food refusals
- Often more than 10 repeated exposures are required to a new food before a child will regularly accept it as part of the regular diet.