Incorporating Pediatric obesity Prevention Into Your Practice

A Panel Discussion
The Challenge

➢ 21-22 hours per day to care for an average primary care panel of 2,500 patients

➢ Fewer than 20% of medical school grads going into primary care
Recommendaions for Preventive Pediatric Health Care
Bright Futures/American Academy of Pediatrics

Each child and family is unique, therefore, these Recommendations for Preventive Pediatric Health Care are designed for the care of children who are receiving competent parenting, have no manifestations of any important medical condition, and are growing and developing in a satisfactory fashion, developmental, psychosocial, and chronic disease issues for children and adolescents may require frequent counseling and treatment visits separately from preventive care visits. Additional visits also may become necessary if circumstances suggest variations from normal.

The recommendations in this statement do not indicate an exclusive course of treatment or standard of medical care. Variations, taking into account individual circumstances, may be appropriate.

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### Table: Guidelines for Preventive Pediatric Health Care

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<thead>
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<th>Age Group</th>
<th>Recommended Vital Signs</th>
<th>Recommended Immunizations</th>
<th>Recommended Screenings</th>
<th>Recommended Assessments</th>
<th>Recommended Counseling</th>
<th>Other Services</th>
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<tbody>
<tr>
<td>0-2 months</td>
<td>Blood pressure</td>
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<td>2-11 months</td>
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<td>3-5 years</td>
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<td>6-11 years</td>
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<td>12-15 years</td>
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### Appendix: Anticipatory Guidance

1. Blood pressure measurement in infants and children with specific risk conditions should be performed at visits before age 3 years.

2. A visual analysis is recommended at ages 12 and 15 years, as well as in the “well child” visits, instrument-based screening may be used for assessment at ages 12 and 15 months, in addition to the well-child visit at 18 and 24 months of age.

3. See “Use of “Visual Assessment in Infants, Children, and Young Adults by Health-Visiting Services” at http://pediatrics.aappublications.org/content/122/3/564.

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WHAT DO YOU DO?
Our Panel

• Primary Care Pediatrics
  • Dr. Taylor
  • Dr. Ball

• Engaged Parent
  • Aaron’s mom

• Quality Improvement Specialist
  • Marla Dorsey

• Physical Activity and Nutrition Expert
  • Arlene Turner