

Resources & References

Resource List

Assessment

CDC Training Module: Growth Chart Training
www.cdc.gov/nccdphp/dnpa/growthcharts/training/modules.htm

CDC BMI Calculator
www.cdc.gov/nccdphp/dnpa/bmi/index.htm

CDC Growth Charts
http://www.cdc.gov/growthcharts/cdc_charts.htm

Hagan JF, Shaw JS, Duncan PM, eds. 2008. *Bright Futures: Guideline for Health Supervision of Infants, Children, and Adolescents*, Third Edition. Elk Grove Village, IL: American Academy of Pediatrics
http://brighfutures.aap.org/pdfs/guidelines_pdf/1-bf-introduction.pdf

Jellinek M, Patel BP, Froehle MC, eds. *Bright Futures in Practice: Mental Health – Volume I. Practice Guide*. Arlington, VA: National Center for Education in Maternal and Child Health; 2002
<http://www.brightfutures.org/mentalhealth/pdf/index.html>

American Academy of Pediatrics: Clinical and professional resources related to pediatric nutrition and weight management available for purchase through the online bookstore
www.aap.org

Counseling

May, M. *AIM -HI Practice Manual*. American Academy of Family Physicians.
http://www.aafp.org/dam/AAFP/documents/patient_care/fitness/AIMPracticeManual.pdf

Miller W, Rollnick S, eds. *Motivational interviewing: Preparing people for change*. 2nd ed. New York: Guildford Press; 2002
Patrick K, Spear B, Holt K, Sofka D, eds. *Bright Futures in Practice: Physical Activity*. Arlington, VA: National Center for Education in Maternal and Child Health; 2001

Rollnick S, Mason P, Butler C. *Health Behavior Change: A Guide for Practitioners*. Edinburgh: Churchill Livingstone; 1999

Reimbursement

AAP Obesity and Related Co-Morbidities Coding Fact Sheet for Primary Care Pediatricians
http://www.nichq.org/childhood_obesity/tools/AAPcodingfactsheet.pdf

AAP Coding Questions
<http://www.aap.org/en-us/professional-resources/practice-support/financing-and-payment/Pages/Coding-Concerns.aspx>

Patient-Friendly Materials

Nemours Foundation, "Kid's Health for Parents"

www.kidshealth.org/parent/nutrition_fit/nutrition/overweight_obesity.html

We Can! (Ways to Enhance Children's Activity & Nutrition) is a national movement designed to give parents, caregivers, and communities a way to help children stay at a healthy weight by providing tools, fun activities, and more. Sponsored by The National Heart, Lung, and Blood Institute, National Institute of Diabetes and Digestive and Kidney Diseases, and the Eunice Kennedy Shriver National Institute of Child Health and Human Development, and the National Cancer Institute.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Let's Move! is an initiative launched by First Lady Michelle Obama, dedicated to solving the challenge of childhood obesity. The website provides parents, caregivers, and communities strategies, tools, and information to foster environments that support healthy choices.

<http://www.letsmove.gov/>

MyPlate is a nutrition guide endorsed by the US Department of Agriculture which highlights the Dietary Guidelines and visually depicts how to make healthy food choices when planning our meals. MyPlate provides guidance, tools, games, as well as healthy recipes and a food tracker tool.

<http://www.choosemyplate.gov/>

Kids Eat Right is a joint initiative from the Academy of Nutrition and Dietetics and Academy of Nutrition and Dietetics Foundation whose goal is to educate families, communities, and policy makers about the importance of quality nutrition. Resources are available for all stages of childhood and adolescents and promote healthy shopping, cooking, and eating.

<http://www.eatright.org/kids/>

BAM! Body and Mind is an interactive online resource from the Centers for Disease Control and Prevention, designed to give kids 9-13 years old information they need to make healthy lifestyle choices.

<http://www.cdc.gov/bam>

Fit WIC is an online resource that encourages parents and caregivers to be active with children and increase the amount of time children actively play.

<http://healthvermont.gov/wic/parents.aspx>

References

- 1 American Academy of Pediatrics, Policy Statement. Breastfeeding and the Use of Human Milk. *Pediatrics*.2012; 129(3): e827-e841.
- 2 Barlow, S.E. and C. and the Expert (2007). "Expert Committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity: Summary Report." *Pediatrics*120(Supplement_4):S164-192. Accessed on April 21, 2014.
- 3 **National Initiative for Children's Healthcare Quality (NICHQ), Childhood Obesity Action Network (COAN). Available at** www.nichq.org/NICHQ/Programs/ConferencesAndTraining/ChildhoodObesityActionNetwork.htm. Accessed on May 2, 2014
- 4 HRSA Maternal Child Health Bureau http://depts.washington.edu/growth/module5/text/measurement_technique.doc Accessed on May 27, 2014.
- 5 Resnicow K, Davis R, Rollnick S. Motivational interviewing for pediatric obesity: conceptual issues and evidence review. *Journal of American Dietetic Association*. 2006;106(12):2024-33
- 6 Zimmerman GL, Olsen CG, Bosworth MF. A "Stages of Change" Approach to helping patients change behavior. *American Family Physician*. 2000;61(5):1409-6. www.aafp.org/afp/20000301/1409.html Accessed on May 28, 2014
- 7 Duncan P, Frankowski B. Inspiring healthy adolescent choices: a rationale for and guide to strength promotion in primary care *Journal of Adolescent Health*. 2007;45(6):525-35.
- 8 Frankowski B, Leader IC, Duncan P. Strength based interviewing. *Adolescent Medicine: State of the Art Reviews*. 2009;20(1):22-40.
- 9 May, M. AIM -HI Practice Manual. American Academy of Family Physicians. Available at http://www.aafp.org/dam/AAFP/documents/patient_care/fitness/AIMPracticeManual.pdf Accessed on May 27, 2014.