

Obesity will change the way
we practice.

- MDs
- RDs
- RNs
- PEs

A Community-wide Weight Management Program

- Family based
- Neighborhood orientation
- Culturally appropriate
- Targeting key behavioral problems
- Community-wide support
 - Healthcare professionals provide content
 - MDs, RDs and RNs offer leadership

***School nurses can help facilitate
family weight management in schools***

Components of a Weight Management Program

- Nutrition
 - Portions, snacks, drinks, fast food, balance
 - Food cravings, comfort food, meal planning
- Physical fitness
 - Balance, agility, strength, power
- Recreational activity
 - Preferences, activities for fun, exploration
- Behavioral modification
 - Habits, barriers, motivation

***MDs and School Nurses Need
to Develop Motivational Counseling Skills***

The School Nurse

coordinates the school environment

- Wellness Advisory Council
- Exploit opportunities for prevention
- Identify high-risk students early
- Follow-up kids post-intervention
 - Monitoring: weight, BMI, diet/activity logs
 - Repeat key messages
 - Counsel on choices, habits
 - Motivate
 - Connect with family
 - Extend and amplify the medical home