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

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*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