

Abstract

“Implementation of a Multi-Disciplinary Interventional Pediatric Weight Management and Healthy Lifestyles Clinic”

Submitted by

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Purposes: To create and describe steps taken to the implementation of a multi-disciplinary specialty clinic specifically targeting the reduction of childhood obesity and its associated co-morbidities in children ages 2 to 18 years. By extensively reviewing the literature and implementing a multi-disciplinary interventional pediatric weight management clinic that actively engages the child and their family, realistic expectations may be made and achieved along with sustainable outcomes for a healthier future.

Data sources: CINAHL, PubMed; Keywords for childhood obesity, interventions, co-morbidities, medical interventions, clinical practice guidelines.

Conclusions: Childhood obesity has been deemed an epidemic within both the United States and other foreign countries. Research has demonstrated that there are associated chronic illnesses causing many problems including psychological, cardiovascular, renal, gastrointestinal, respiratory, and sleep disturbances.

Implications for practice: Childhood obesity and its associated co-morbidities continue to be a major disease epidemic that providers are having to reevaluate and redesign their original interventions and treatment. Many treatment options have failed. By reviewing the previous literature and current programs to treat childhood obesity, utilizing a multi-disciplinary approach that encompasses mutually agreed upon, small lifestyle changes and goals, the child and family are more apt at to sustain the recommended interventions.