Pediatric Weight Management
Medical Nutrition Therapy Protocol

**Before Initial Session**
- After nutrition referral

**Initial Session**
- 60 minutes
- **Obtain Referral Data (if possible)**
  - Height, weight, BMI, growth chart classification (%ile)
  - Labs—fasting blood glucose, insulin, lipid profile
  - Blood pressure, C-Peptide (optional)
  - Personal and family medical history
  - Medications
  - Exercise limitations/medical clearance
  - Physical activity participation (including sedentary time)

- **Assessment**: height, weight, BMI, growth chart classification (%ile), blood pressure, lifestyle/psychosocial/nutrition history, OTC and Rx supplements/meds, readiness to change, physical activity pattern
- **Intervention**: Self-management training; Review appropriate food guide, portion sizes, physical activity goals, potential food/drug interaction. Focus on limiting sweetened beverages (juice, soda, sweet tea, kool-aid) to age appropriate AAP recommendations. Introduce appropriate nutrition prescription. Mutually set goals. Food records to be kept as appropriate.
- **Handout(s)**: *Stoplight Food guide, *Diet/physical activity log, What Does a Portion Size Look Like?, Think Before You Drink, 10 Tips for Families, Pre-school..

- **Communication**: Summary to PCP.

**First Follow-up Session**
- 30-45 minutes
- **Assessment**: height, weight, BMI, growth chart classification (%ile), blood pressure, dietary intake from records, adherence and comprehension; physical activity pattern, lifestyle changes, change in medication, provide formalized nutrition prescription.
- **Intervention**: (As appropriate for client’s needs/interest): Self-management training: skills to meet goals. Focus on increased fruit/vegetable consumption; increased breakfast intake. Continue to set activity goals as appropriate, focusing on limiting “screen time” to 2 hours per day.
- **Handout(s)**: Parents as Role Models, Breakfast, Fruits and Veggie, Snack Attack/Healthy Snacks

- **Communication**: summary to PCP.

**Second Follow-up Session**
- 30-45 minutes
- **Assessment**: height, weight, BMI, growth chart classification (%ile), blood pressure, review labs, changes in medications, dietary intake from food records, adherence and comprehension, physical activity pattern, lifestyle changes, make appropriate referral to physical activity program and/or medical family therapy program.
- **Intervention**: (As appropriate for client’s needs/interest) Self-management training: Assess if pt ready to set new goals, or reinforce previous goals; Focus on eating more at home, healthy choices when eating out, healthy snack choices. To have covered by this 3rd visit: sweetened drinks, breakfast, fruit/veggie intake, activity/ “screen” time, eating out
- **Handout(s)**: Recipes, What to choose when dining out; Fast Food; Food Preparation
- **Communication**: Send summary to PCP.

PCP = primary care provider
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Third Follow-up Session
30-45 minutes

Assessment: height, weight, waist circumference, BMI, growth chart classification (%ile), blood pressure, lifestyle/psychosocial/nutrition history, physical activity pattern
Intervention: (as appropriate for client’s needs/interest): Self-management training; Reinforce previous goals set; Focus on food diary/hunger scale- Self-management training, especially with adolescents; Regularly scheduled meals/snacks
Handout(s): Food diary/hunger scale, Eat Smart Lunches

Communication to PCP: Request labs (if feasible) and send summary to PCP.

Fourth Follow-up Session
30-45 minutes

Assessment: height, weight, BMI, growth chart classification (%ile), blood pressure, lifestyle/psychosocial/nutrition history, physical activity pattern
Intervention: (As appropriate for client’s needs/interest): Self-management training; Review age appropriate portion sizes to meet individual needs. Mutually set goals. Food records to be kept.
Handout(s): My FIT Pyramid: If completed: review food diary and portion sizes

Communication: Summary to PCP.

Fifth Follow-up Session
30-45 minutes

Assessment: height, weight, BMI, growth chart classification (%ile), blood pressure, dietary intake from records, adherence and comprehension; physical activity pattern, lifestyle changes, change in medication.
Intervention: (As appropriate for client’s needs/interest) Self-management training: 3 day food record collected by RD for analysis. Mutually set specific skills to meet activity goals.
Handout(s): Ideas for Trying New Foods, Let’s try new Foods, Review Recipes if appropriate.

Communication to PCP: Request labs (if feasible) and send summary to PCP.

Sixth Follow-up Session
30-45 minutes

Assessment: height, weight, waist circumference, BMI, growth chart classification (%ile), blood pressure, review labs, discuss nutrient analysis of food records, adherence and comprehension, physical activity, lifestyle changes, change in medication
Intervention: (as appropriate for client’s needs/interest): Self-management training; Discuss setting goals and healthy incentives (vs. food as reward) for maintenance. Modify medical nutrition therapy as needed.
Handout(s): Review 3 day diary analysis

Communication: Summary to PCP (including long-term goals and plans for ongoing care).

Ongoing Follow-up Sessions
Minimum contact of once every 12 weeks

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