# **Childhood Obesity Treatment Stages**

# Stage 1:<br/>Prevention PlusSta<br/>Wei<br/>Wei<br/>(Primary Care office)Office setting(Primary Care office)Office settingRequise<br/>• contextHealthy lifestyle• context<br/>• contextHealthy eating• context<br/>• contextActivity habits• point<br/>• Montext

## Stage 2: Structured Weight Management

(Primary Care office with support)

### Requires referrals such as:

- consultation with an outpatient dietitian
- consultation with exercise specialist and/or physical therapist
- counseling with mental health provider

Monitored behavior

Planned diet and physical activity

Primary care office support

# Stage 3: Multi-Disciplinary Intervention

(Pediatric Weight Management Center)

Team approach such as referral to Healthy You for Life program

Structured

Parental participation required

Primary care office support

# Stage 4: Tertiary Care

(Tertiary Care Center)

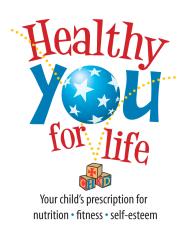
Attempted multi-disciplinary intervention

Severely obese

Medications, very low calorie diet

Bariatric surgery

Primary care office support



668-7035 www.chkd.org/healthyyou