Childhood Obesity Treatment Stages

Stage 1:
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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)

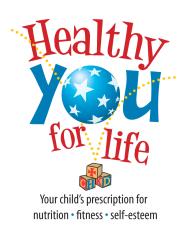
Attempted multi-disciplinary intervention

Severely obese

Medications, very low calorie diet

Bariatric surgery

Primary care office support



668-7035 www.chkd.org/healthyyou