

Childhood Obesity Treatment Stages

Stage 1: Prevention Plus

(Primary Care office)

Office setting
Healthy lifestyle
Healthy eating
Activity habits
Primary care office support

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



Your child's prescription for
nutrition • fitness • self-esteem

668-7035
www.chkd.org/healthyyou