

- Development of eating techniques designed to control speed of eating
- Positive reinforcement for these modifications through a suitable reward system that does not include food
- Create environments where the healthy choice is the easy choice

### **Group involvement.**

Commercial groups (e.g., Weight Watchers) or diet workshops composed primarily of adults may be helpful to some teenagers; however, a peer group is often more effective. Adolescent groups include summer camps designed for obese young people and conducted by health professionals, school groups organized and led by a school nurse or health professional, and groups associated with special clinics.

These groups are concerned not only with weight loss but also with the development of a positive self-image and the encouragement of physical activity. Nutrition education, diet planning, and the improvement of social skills are essential components of these groups. Improvement is determined by positive changes in all aspects of behavior.

### **Family involvement.**

There is a definite connection among family environment, interaction, and obesity. The nurse needs to educate parents in the purposes of the therapeutic measures and their role in management. The family needs nutrition education and counseling regarding the reinforcement plan, alterations in the food environment, and ways to maintain proper attitudes. They can support their child in efforts to change eating behaviors, food intake, and physical activity.

### **Physical activity.**

The current recommendation for physical activity for children and adolescents is to participate in a combined total of 60 minutes of physical activity daily; this can be moderate- to vigorous-intensive exercise or activity ([Centers of Disease Control and Prevention, 2015](#)). Regular physical activity is incorporated into all weight reduction programs. Recommendations for physical activity need to