

## Family-Centered Care

### Supporting the Rape Victim's Parents

In addition to the needs of the adolescent rape victim, the nurse should also be sensitive to the needs and reactions of the adolescent's parents. Some parents will be angry and blame the adolescent; others will feel guilty and embarrassed. Many reactions can be expected at the time of the incident, ranging from despair to extreme agitation. Frequently, the parents require as much support and reassurance as the victim. Agitated, angry, or incapacitated parents are unable to provide support for their adolescent. Meeting their needs can foster their ability to support the teenager during the crisis.

## Nutrition and Eating Disorders

### Obesity

Few problems in childhood and adolescence are so obvious to others, are so difficult to treat, and have such long-term effects on health as obesity. Several different definitions have been proposed for obesity and overweight. **Obesity** has been defined as an increase in body weight resulting from an excessive accumulation of body fat relative to lean body mass. **Overweight** refers to the state of weighing more than average for height and body build. Currently, the **body mass index (BMI)** measurement is recommended as the most accurate method for screening children and adolescents for obesity. The BMI measurement is strongly associated with subcutaneous and total body fat and with skinfold thickness measurements. It is also highly specific for children with the greatest amount of body fat. Pediatric growth charts that include BMI for age and gender are available from the CDC.\* Children with BMIs between the 85th and 95th percentiles are considered overweight, and obesity is defined by a BMI greater than or equal to the 95th percentile ([Gahagan, 2016](#)). It is important to note that for children with high levels of muscle mass (e.g., athletes), the BMI measurement may misclassify these youth into overweight/obesity classifications. Clinical judgment is needed to