

behavior change with youth (Box 16-5).

Box 16-5

Pediatric Obesity Prevention Protocol for Primary Care

Step 1: Assess

Explain and conduct assessments of:

- Weight, height, and body mass index (BMI) percentile
- Dietary intake (fruit, vegetables, sweetened beverages, and fast food)
- Activity (screen time, moderate to vigorous activity)
- Eating behaviors (breakfast, portion sizes, family meals)

Provide and elicit feedback on BMI and behaviors found to be inside and outside the optimal range.

Step 2: Set Agenda

Explore interest in changing behaviors not in the optimal range.

Agree on target behaviors with the patient and caregiver.

Step 3: Assess Motivation and Confidence

With regard to interest in changing weight status or behaviors, assess:

- Willingness/ability to make change