

A psychosocial history is also helpful in understanding the impact of obesity on the child's life.

Before initiating a treatment plan, it is important to be certain that the family is ready for change. Lack of readiness may result in failure, frustration, and reluctance to address the problem in the future. The nurse should explore with adolescents the reasons behind the desire to lose weight because motivation to lose weight is the key to success. Adolescents need to take personal responsibility for their dietary habits and physical activity. Young persons who are forced by their parents to seek help are seldom motivated, become rebellious, and are unwilling to control their dietary intake.

### **Nutritional counseling.**

Preventing an increase in body fat during growth is a realistic approach. This is often accomplished by adjusting four aspects of eating: (1) reducing the quantity eaten by purchasing, preparing, and serving smaller portions; (2) altering the quality consumed by substituting low-calorie, low-fat foods for high-calorie foods (especially for snacks); (3) eating regular meals and snacks, particularly breakfast; and (4) altering situations by severing associations between eating and other stimuli, such as eating while watching television. Nutrition counseling incorporates health behavior theories to help motivate and maintain behavior change. The most successful changes are those that are attainable, reasonable, and sustainable. The emphasis of counseling should be on health outcomes, not weight. Studies have shown focusing on weight can be detrimental to therapies and may promote eating disorders ([Altman and Wilfley, 2015](#)).

Teach adolescents and parents how to incorporate favorite foods into their diet and to select satisfying substitutes. To maintain a healthy diet, it is necessary to encourage the consumption of high-nutrient foods, such as fruits, vegetables, whole grains, and low-fat dairy protein products. Keep calories and fat to a healthy level without being significantly restricted. To be successful, a dietary program should be nutritionally sound with sufficient satiety value, produce the desired weight loss, and be accompanied by nutrition education and continued support. [Davis, Gance-Cleveland, Hassink, and colleagues \(2007\)](#) describe steps to approaching