

About COACH Clinic

Center for Obesity and its Consequences in Health
Arkansas Children's Hospital

What We Do

Our team consists of physicians, nurse practitioners, dietitians, physical therapists and psychologists who work together.

Together we:

- Take a family-centered, team approach to evaluate and manage weight issues and other diseases associated with it.
- Encourage healthy lifestyle changes and help set goals.
- Monitor progress closely (weight, BMI, body composition, etc.).



What We Require

Be Positive!

- ✓ Readiness to change, motivation and a positive attitude.
- ✓ Participation from both the parent/guardian and the child.
- ✓ Punctuality and attendance to all scheduled appointments.
- ✓ Open communication.
- ✓ Updated and accurate contact information.
- ✓ All labs to be drawn in a “fasting state” (i.e. nothing to eat or drink for 8 hours before blood draw).
- ✓ Comfortable shoes for the treadmill test.

What You Can Expect

We provide a positive and compassionate atmosphere to talk about a very sensitive subject.

- Each visit lasts approximately 60-90 minutes.
- Six total visits.
 - Visit 1 and 6 with provider (MD or nurse practitioner).
 - Visit 2-5 with ACCENT team (dietitian, psychologist and exercise specialist).
 - Review any available labs.
 - Management of any associated conditions. (e.g. diabetes, high blood pressure, high cholesterol, etc.).
 - Referrals to other specialties (if needed).

Eliminate **ALL** Sugary Drinks

Common sugary drinks include:

- Gatorade/Powerade
- Kool-Aide
- Sweet tea
- Soda (*Sprite, Mountain Dew, Coke, etc.*)
- Juice (*V8, 100% juice, Capri Sun, etc.*)
- Energy drinks (*Red Bull, Monster, etc.*)
- Milk (*whole and 2%*)
- Vitamin Water



Parental and Personal Responsibility

Parents' choices can affect children's health.

- **Buy healthy food and snacks when grocery shopping.**
- **Lead by example. Live an active and healthy lifestyle yourself.**
- **Encourage your child to participate in activities they enjoy.**
- **Participate in fun activities with them.**
- **Be positive about their participation.**
- **Set time limits for electronic devices, television and video games.**

FAQs

Which diet works best (Atkins, Paleo, Weight Watchers, etc.)?

Our approach is to give your child a daily calorie goal based on body composition. We expect them to eat a healthy and balanced diet, eliminate sugary drinks and exercise for at least 60 minutes.

Are artificial sweeteners safe?

Yes, in moderation. Water is the best beverage choice.

Can you prescribe a “diet pill”?

No. We do not recommend any appetite suppressants.



Providers

- **Jon Oden, MD**
- **ACCENT Team (Arkansas Children's Center for Exercise and Nutrition Therapy)**