

# 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.**



**Arkansas  
Children's**

HOSPITALS · RESEARCH · FOUNDATION

# 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)**