### Nutrition Clinic
- **Overview**
  - Outpatient nutrition clinic
  - Staffed with registered dietitians specializing in pediatric nutrition
  - Dietitians will help develop a plan in order to optimize the child's nutrition status

- **Logistics**
  - Clinic offered Monday - Friday
  - Located in Arkansas Children's Hospital Sturgis Building, Clinic 6

- **Population/Requirements**
  - Weight management of infants/children from birth through 18 years of age who are overweight
  - Insurance card and 3 day food records

- **Referral**
  - Referral required
  - Contact ACH Appointment Center 501-364-4000, Menu Option 6
  - Fax request to Clinical Nutrition with appropriate weight records and child/parent information to 501-364-6819
  - Scheduling questions? Call 501-364-1264

### Weight Management Clinic
- **Overview**
  - Outpatient clinic designed to prevent and treat obesity through lifestyle changes
  - Team focus on healthy lifestyle education for the entire family
  - Requires strong commitment and readiness to make changes for both parent and child

- **Logistics**
  - Monthly to quarterly visits:
    - **1st Appointment** - Triage of patient and caregiver by doctor and registered dietitian to prescribe treatment track; at completion of track, a follow-up visit is scheduled to evaluate progress
    - **Track Appointments** - child visits with a registered dietitian, physical therapist and psychologist/psychology fellow; team will educate and create goals for healthy lifestyle changes
  - Located in West Little Rock Clinic, Bella Rosa Shopping Center, 16101 Cantrell Rd
  - Tuesday AM/PM; Wednesday AM/PM; Friday AM

- **Population/Requirements**
  - Between ages 2-18
  - Overweight (BMI > 85%) plus one or more co-morbidity
  - Obese (BMI > 99%)
  - Have a parent/guardian willing to participate along with child/teen
  - Motivated and ready to make changes

- **Referral**
  - Referral required
  - Contact ACH Appointment Center 501-364-4000, Menu Option 6 OR
  - Fax a completed copy of the referral forms to 501-364-5440

### WHAM!
- **Overview**
  - Free class for children who would like to know how to make healthy choices while becoming more fit
  - Parents and children are encouraged to ask questions about nutrition
  - Participants will make a list of goals at the end of each class
  - Light, Healthy lunch provided with special WHAM! folder

- **Logistics**
  - Clinic offered one Saturday per month
  - 9 AM - 12:30 PM
  - Located in Arkansas Children’s Hospital East Campus, Room 103

- **Population/Requirements**
  - 6-18 years with no major health risks
  - Caregiver must attend with the child and participate in all activities
  - Up to 2 additional family members allowed
  - Appropriate clothing (tennis shoes and socks) for physical activity required
  - Please discuss any concerns about participating in physical activity with child’s doctor prior to attending

- **Referral**
  - No referral required
  - Family must call to book class
  - 501-364-4000, Menu Option 6
  - Questions? Call 501-364-1762
**Pediatric Nutrition and Feeding Intervention**

**Consult and Referral Guidelines**

### 1. Identification
- Calculate and plot BMI at every well child visit

<table>
<thead>
<tr>
<th>BMI Range</th>
<th>Child History and Examination</th>
<th>Child Growth</th>
<th>Parental Obesity</th>
<th>Family History</th>
<th>Laboratory (as needed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI 5% - 84%</td>
<td>Child history and exam</td>
<td>Child growth</td>
<td>Parental obesity</td>
<td>Family history</td>
<td>Laboratory (as needed)</td>
</tr>
<tr>
<td>BMI 85% - 94%</td>
<td>Child history and exam</td>
<td>Child growth</td>
<td>Parental obesity</td>
<td>Family history</td>
<td>Laboratory (as needed)</td>
</tr>
<tr>
<td>BMI ≥ 95%</td>
<td>Child history and exam</td>
<td>Child growth</td>
<td>Parental obesity</td>
<td>Family history</td>
<td>Laboratory (as needed)</td>
</tr>
</tbody>
</table>

### 2. Assessment
- Medical Risk
- Behavior Risk
- Attitudes

<table>
<thead>
<tr>
<th>Medical Risk</th>
<th>Behavior Risk</th>
<th>Attitudes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child history and exam</td>
<td>Sedentary time</td>
<td>Sedentary time</td>
</tr>
<tr>
<td>Child growth</td>
<td>Eating</td>
<td>Eating</td>
</tr>
<tr>
<td>Parental obesity</td>
<td>Physical activity</td>
<td>Physical activity</td>
</tr>
<tr>
<td>Family history</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Laboratory (as needed)</td>
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</tr>
</tbody>
</table>

### 3. Prevention
- Target Behavior
- Patient/Family Counseling

<table>
<thead>
<tr>
<th>Target Behavior</th>
<th>Patient/Family Counseling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child history and exam</td>
<td>Identify problem behaviors</td>
</tr>
<tr>
<td>Child growth</td>
<td>If no problem behaviors, praise current practices</td>
</tr>
<tr>
<td>Parental obesity</td>
<td>Review any risks (e.g., DM)</td>
</tr>
<tr>
<td>Family history</td>
<td>Use patient-directed techniques to encourage behavior change (see algorithm table)</td>
</tr>
<tr>
<td>Laboratory (as needed)</td>
<td></td>
</tr>
</tbody>
</table>

#### Intervention Treatment
- Advanced through stages based on age and BMI

<table>
<thead>
<tr>
<th>Intervention Treatment</th>
<th>Primary Care Office</th>
<th>Tertiary Care Center</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stage 1:</strong> Prevention Plus</td>
<td>Primary care office</td>
<td>Tertiary care center</td>
</tr>
<tr>
<td><strong>Stage 2:</strong> Structured Weight Management</td>
<td>Primary care office with support</td>
<td></td>
</tr>
<tr>
<td><strong>Stage 3:</strong> Comprehensive Multidisciplinary Intervention</td>
<td>Pediatric weight management center</td>
<td></td>
</tr>
<tr>
<td><strong>Stage 4:</strong> Tertiary Care Intervention (select patients)</td>
<td>Tertiary care center</td>
<td></td>
</tr>
</tbody>
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