

Module 2: Addressing Provider Concerns

Video Summary

1 Best Practices for Addressing Providers' Weight Concerns

- Using growth charts to track a patient's growth over time can be helpful to see their overall trajectory
 - Such tools are best used for charting privately, not presented in patient appointments
- Do not center conversations with patients & parents on weight or BMI
- Focus on the overall goal:
 - If behavioral change: Emphasize controllable actions
 - If to create remorse/concern: Skip altogether; this won't serve health
 - If other goal: Discuss with parent & provide evidence for concern

2 Tips for Weight Concerns: Young Children

- Aim to understand the patient's broader circumstances
 - Nutrition/Mealtime routines
 - Physical activity & sleep
 - Living environment
- Help patient & parent troubleshoot barriers to health-promoting lifestyle
 - Improved sleep routines
 - Enjoyable/manageable physical activity
 - Screen time limits
 - Introducing a diversity of foods & trying new foods – Participation in menu & food preparation
 - Stress and stress reduction techniques

3 Tips for Weight Concerns: Adolescents

- Same tips as #2, with additional considerations for this age range:
 - Is the patient in the room?
 - Is just their parent in the room?
- Ask about the patient's life holistically - asking the patient themselves (or parent if patient is not there)
 - Routines
 - Friendships/relationships
 - Food security
- Set realistic goals with patient/parent
 - Ask if suggestions feel doable
 - Let patient guide the goal-setting session, if possible (i.e., let the patient give suggestions)

4 Creating Your Own Dot/Smart Phrases

- At the end of the video, we left time for you to create your own dot/smart phrases to assist in your practice
- We encourage you to use these phrases to support patients' positive body image and relationship with food!