Obesity Leadership Workgroup (OLW): The OLW was formed in April of 2008 and is comprised of 3 expert members, 1 Board liaison and 4 staff. The purpose of the OLW is to coordinate the obesity initiatives and activities in accordance with these AAP obesity strategic priorities.

- In November 2007, the AAP secured a one-year planning grant from the Robert Wood Johnson Foundation related to obesity.
  - Awarded 5 MTAP grants (see Community Pediatrics section)
  - Redesigned the obesity Web site to launch in January 2009.

- The AAP was an organizational sponsor of a Congressional Briefing on December 5, 2008 for offices with obesity bills introduced.

- AAP signed a memorandum of understanding with NICHQ to coordinate and collaborate on obesity initiatives.

- AAP signed a memorandum of understanding with Alliance for a Healthier Generation to partner on their Health Benefits Program.

- The Strang Cancer Prevention Center received funding from the MetLife Foundation to develop a program that teaches parents and youth about healthy lifestyle choices. Strang has received additional funds to work with grandparents on healthy lifestyle choices for their grandchildren. AAP has secured a small amount of funding to serve as consultants for the Healthy Grand Families Program. The Illinois, New York 3, and Texas Chapters of the Academy are also consultants on the project.

- In January 2009, a market survey will be conducted with membership around tools necessary to implement AMA/CDC Expert Recommendations.

**Bright Futures**

www.brightfutures.aap.org/web

- In October 2007, Bright Futures published the *Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents, 3rd Edition*. Obesity is one of the cross cutting priority issues weaved throughout the content.

- Bright Futures is currently revising the *Bright Futures in Practice: Nutrition book, pocket guide and parent education materials*. These materials will also include content on physical activity and key information on issues related to childhood obesity.
• Bright Futures launched their revised Web site in June 2008 (www.brightfutures.aap.org/web)

Committee on Coding and Nomenclature (COCN)

• The AAP offers an Obesity and Related Co-Morbidities Coding Fact Sheet for Primary Care Pediatricians. The coding fact sheet provides a guide to coding for obesity-related health care services. In addition, the Academy offers strategies and a template letter for pediatric practices to handle carrier denials and contractual issues in a separate document accessible from the AAP Private Sector Advocacy web page on the Academy’s Member Center Web site (www.aap.org/moc). In addition, in order to develop a better understanding of the extent of benefits coverage that is available to children covered under private health plans, a brief survey was conducted with seven of the largest national carriers in February 2006.

Committee on Native American Child Health (CONACH)

• CONACH is collaborating with SOEn to revise the Clinical Report, Prevention and Treatment of Type 2 Diabetes Mellitus in Children with Special Emphasis on American Indian and Alaska Native Children. A decision was recently made to divide the clinical report up into 2 separate reports: 1) A clinical practice guideline on the diagnosis and treatment of Type 2 Diabetes in children, and 2) a clinical report outlining prevention and considerations for special populations. Currently, staff is working to secure funding to assist in the development of an evidence report.

• CONACH continues to work closely with the Indian Health Service’s National Diabetes Program.

• In the spring of 2009 there will be the 3rd International Meeting on Indigenous Child Health which will address obesity.

Committee on Nutrition (CON)

• The CON considers overweight/obesity prevention and treatment in children the single most pervasive issue of nutritional importance in the pediatric population. In October 2006, the CON submitted a proposal for the 2007-2008 AAP strategic plan requesting that the prevention and treatment of pediatric overweight and obesity continue to be a strategic priority of the AAP.

• The CON intends to revise their Policy Statement on the Prevention of Pediatric Overweight and Obesity (published in 2003) to include additional guidelines with respect to treatment.
The CON is considering two new clinical reports. One would focus on prevention and treatment of Obesity in the 0-2 age group and the second would focus on posting nutritional information at point of purchase (i.e on menu boards).

The policy statement titled "Lipid Screening and Cardiovascular Health in Childhood" (a revision of the previous statement titled “Cholesterol in Children”) will be published in the July 2008 issue of Pediatrics. In this statement there is a change in AAP recommendation with regard to the age to introduce reduced fat milk. Specifically the statement will say 1-2 year olds should be drinking reduced fat milk (2%) with transition to skim milk at 2 years of age.

The CON has identified obesity education and the promotion of advocacy at state and national levels to support obesity-related legislation as their top obesity priorities.

Council on School Health (COSH)

- COSH has provided a number of educational opportunities related to obesity, including: 1) a session on “school food” during the 2006 NCE H program; 2) co-authored a commentary in the December 2005 issue of AAP News regarding pediatrician involvement and influence in the development of local wellness policies; and 3) served as lead faculty in web-teleconference, “How Schools and Pediatric Health Care Professionals Can Work Together to Address Obesity Prevention” in May 2006.

- COSH co-authored the Active Healthy Living statement with COSMF and is currently considering a technical report to address school food programs.

- COSH managed the Prevention of Obesity through School Health (POSH) project funded through a cooperative agreement with the Centers for Disease Control (CDC). This project educated and encouraged pediatricians to work with their local schools and/or school districts to support and strengthen coordinated school health programs that aim to increase physical activity and improve eating patterns of school-aged children.

Council on Sports Medicine and Fitness (COSMF)

- COSMF developed the Active Healthy Living: Prevention of Childhood Obesity through Increased Physical Activity Policy Statement, published in May 2006.

- COSMF participated extensively in the Prevention of Obesity through School Health (POSH) project, coordinated by the Council on School Health.
- COSMF continues to participate in a number of external organization meetings regarding the importance of increased physical activity for the prevention of obesity.

**Department of Community, Chapter & State Affairs**

- **Healthy People 2010** Chapter Grant Program’s first round of grants focused on obesity. Five chapters received $20,000. California Chapter 4 developed a physical fitness curriculum that has been adopted by the Capistrano Unified School District Board and has resulted in decreased BMIs for 67% of participating students. Illinois developed a tool kit for pediatricians and community resource guides for patients, families and educators. Kansas produced a video that was created by high school students and geared towards elementary students that stresses the importance of good nutrition. The Illinois Chapter plans to use these materials. Maine developed tools and methodologies for clinical evaluation and preventive interventions for children ages 5-18 years with BMIs over the 95th percentile. West Virginia created a training video to be used by local communities providing medical care information as well as tips on increasing daily physical activity.

- A compendium entitled, *Obesity/Physical Fitness Program Summaries: Goals, Outcomes and Future Plans*, was developed and distributed to chapter presidents, chapter vice presidents and chapter executive directors in September 2006. The publication featured an overview of the findings from the five Healthy People 2010 funded chapter programs that focused on obesity and physical fitness, and also included excerpts from the 2004-2005 chapter annual reports that detailed all chapters’ initiatives related to this topic area.

- Data gleaned from the 2006 Chapter Needs Assessment indicated that 84% of chapter officers reported that their chapter is addressing obesity as a major priority – this was the leading child health priority topic listed among all chapters, with immunizations following at 74%.

- The Division of State Government Affairs publishes an **Issue Brief on Childhood Obesity** which provides the latest information on obesity statistics, an overview of AAP policy statements related to the prevention of pediatric overweight and obesity, AAP recommendations regarding physical activity in the school environment, and state, federal, and industry activities related to obesity. The purpose of this publication is to provide AAP chapters with an introduction to state government issues and additional background information that can be used when communicating with legislators or other public officials.

- The Council on Community Pediatrics (COCP) awarded 5 obesity-focused Mentorship and Technical Assistance Program (MTAP) grants to community pediatricians. All of these grants were funded by Robert Wood Johnson.
Foundation for pediatricians working with minority health and underserved populations.

- The Council on Community Pediatrics (COCP) NCE 2009 part H program will focus on “Childhood Obesity: Successful Community Approaches for Prevention and Treatment”.

- There are close to 100 active Community Access to Child Health (CATCH) Program and Healthy Tomorrows projects focused on overweight and obesity. Projects employ a range of strategies including physical activity, nutrition education, parent education, and weight management programs. Key partners include schools, YMCA/YWCAs, Boys and Girls Clubs, local health care providers, community health clinics, etc. CATCH has received targeted obesity funding in the past from Gerber and Hasbro Children’s Foundation focused on early childhood. Currently it has funding from MilkPEP to focus on obesity in adolescents.

- The Future of Pediatrics meeting June 29 – July 1, 2007, included an abstract presentation session focused on obesity.

- State legislatures are gearing up for the 2009 legislative session and the Division of State Government Affairs expects to continue to monitor a large variety of bills on the subject of prevention of childhood obesity. These bills include the following: 1) increase in the mandatory physical education requirements; 2) school nutrition policy-banning trans fats in school cafeterias; 3) mandatory BMI screening; 4) menu labeling of nutritional information (per the request of Committee of Nutrition); and 5) statewide bans of foods that contain trans fats (per the request of Committee on Nutrition). The Division plans will be updating the Childhood Obesity Issue Brief in coming months.

**Department of Federal Affairs**

- In February 2007, the AAP signed on to a letter to the Senate and House Agriculture Committees regarding child nutrition issues in the 2007 Farm Bill, an omnibus package of agriculture and nutrition program renewals which is up for a five year reauthorization by Congress this year. The letter urged for the inclusion of a variety of proposals and funding increases for child nutrition program in the 2007 Farm Bill. These proposals were included – along with many other agricultural issues – in the EAT Healthy America Act, which was introduced but not passed in the final days of the 109th Congress. That legislation has not been re-introduced to date.

- Senators Harkin (D-IA) and Murkowski (R-AK) and Representatives Woolsey (D-CA) and Shays (R-CT) re-introduced the Child Nutrition Promotion and School Lunch Protection Act, S. 771 and H.R. 1363 on March 6, 2007. This legislation is identical to legislation which was introduced and endorsed by the
AAP in the last Congress. The bill would require the Department of Agriculture to review and update the definition of “food of minimal nutritional value” to conform to current nutrition science. The bill would also require that the revised definition of “food of minimal nutritional value” apply to all foods sold outside of the school meal programs on the school campus at any time during the school day.

- On March 7, 2007, the AAP co-sponsored a Congressional briefing entitled “Obesity in America: Trends, Federal Action, State and Local Solutions.” Among the speakers was Arkansas Surgeon General Joe Thompson, MD, who is a pediatrician. Dr Thompson outlined Arkansas’ law which requires the annual measurement and confidential reporting of each student’s BMI to his or her parents.

- Currently, the Academy is closely monitoring the following legislation; The Farm Bill and No Child Left Behind. The Farm Bill includes sections on a number of child nutrition programs, including food stamps, school lunch and breakfast, and the fresh fruit and vegetable snack program. Congress is also slated to review the No Child Left Behind Act this year. The American Heart Association and other groups are supporting the FIT Kids Act, which would include standards for minimum physical education time in the NCLB standards.

- The Academy is also observing the growing movement to reconnect children with nature, spurred by the book "Last Child In the Woods" by Richard Louv. The "No Child Left Inside" initiative is being embraced enthusiastically by the environmental community. There is limited evidence about the impact of unstructured play in nature on improving child health. AAP is monitoring these developments but, at this point, largely staying on the sidelines due to the paucity of strong evidence to support recommendations.

**Department of Research**

- The Department of Research recently conducted a periodic survey entitled, *Childhood Obesity Practices of US Pediatricians in 2006*, in collaboration with the University of Rochester, NY. An Executive Summary of findings was released in August 2007; initial findings show that: 1) weighing children is common, but BMI use is not; 2) while most pediatricians report counseling overweight and at-risk for overweight children on diet and exercise, many do not feel well prepared to address overweight, and many want counseling tools, better reimbursement and more nutrition/activity referral resources, and 3) most pediatricians express great interest in further education on overweight prevention/treatment. Additional analyses are being conducted and journal articles highlighting these findings are planned for the near future.

Updated Dec ‘08
Next Update May ‘09
In collaboration with the University of Michigan, Wake Forest, and the American Dietetic Association, the PROS (Pediatric Research in Office Settings) network is embarking on an exciting new study – “BMI²: Brief Motivational Interviewing to Reduce Child BMI”. This study will test interventions addressing the key barriers to obesity counseling in pediatric primary care. The PROS practitioners in this study all will receive training in brief motivational interviewing and behavior therapy – efficient ways to help parents change behavior that promise to transform the way pediatricians practice. The two-year longitudinal study will take place in 40 PROS practices. One practitioner from each office enrolls 20 children 2-8 years of age with BMIs between the 85th and 97th percentiles. The primary outcome of this randomized controlled trial is the child’s BMI percentile at 2-year follow-up. Recruitment of PROS practices into the study is ongoing with the first BMI training session scheduled for spring 2009. Support for BMI² is provided by the National Heart, Lung and Blood Institute. The PROS network also receives core funding from the Health Resources and Services Administration Maternal and Child Health Bureau.

**Section on Breastfeeding (SOBr)**

As noted in the Policy Statement on *Breastfeeding and the Use of Human Milk*, some studies indicate decreased rates of overweight and obesity in older children and adults who were breastfed. Thus, SOBr’s efforts to promote breastfeeding aid in the overall prevention of obesity.

- Last spring the Agency for Healthcare Research and Quality (AHRQ) published a new review on the benefits of breastfeeding. Several members of the SOBr were involved in this review which highlights current research related to breastfeeding and its effects on obesity.

- The Breastfeeding Initiatives are beginning to work with other staff throughout the Academy to try to get breastfeeding messages out to new audiences, thereby promoting obesity prevention.

- The SOBr sponsored a presentation at the 2007 NCE about Breastfeeding and Obesity.

- The forthcoming AAP Breastfeeding Residency Curriculum, developed by the Section on Breastfeeding through a grant from the Maternal and Child Health Bureau, has served as the basis for a grant submission to create a similar curriculum about childhood obesity (from a non-AAP entity). This grant has been funded by Wellpoint and the coordinators of the program are in discussions with the AAP as to its role in this curriculum development project.
**Section on Cardiology & Cardiac Surgery (SOCCS)**

- SOCCS facilitated the AAP’s recent endorsement of the American Heart Association’s (AHA) Scientific Statements for “Cardiovascular Risk Reduction in High Risk Patients” and “Noninherited Risk Factors and Congenital Cardiovascular Defects.”

- SOCCS continues to collaborate with the Joint Council on Congenital Heart Disease which partners with the AHA, the American College of Cardiology (ACC) and the American Board of Pediatrics on various obesity initiatives.

- The SOCCS will be offering a Symposium on Obesity and Heart Disease” at the NCE ’09 in Washington, D.C.

**Provisional Section on Early Education and Child Care (PSOE ECC)**

- The PSOE ECC has identified an AAP "Chapter Child Care Contact" (CCCC) for each Chapter. These CCCC's and 270 Section members work at the practice, community, state, and national levels to promote quality improvement efforts in child care programs and increase the use of evidence-based health and safety practices. Members and their child care colleagues have noticed that the child care community is concerned with the "growing obesity epidemic" and recognized that supporting child care programs to focus on "healthy behaviors" is a way to maximize health promotion in early childhood.

- The PSOE ECC and the CCCC's can address obesity related issues in child care by: 1) mentoring or training child care health consultants or caregivers on ways that child care programs can address obesity prevention, 2) surveying child care programs on effective strategies for behavior change, healthy eating, etc., 3) presenting educational programs to parents/caregivers and review program policies and 4) helping caregivers to develop improvement programs.

- Two quarterly electronic newsletters are created and disseminated to over 2,250 health care professionals and child care providers. The Health and Safety E-News for Caregivers includes information and action steps for caregivers who work in child care centers or family child care homes on various health related issues. The Spring focused on healthy eating habits, increasing physical activity, and caregivers as role models (http://www.healthychildcare.org/CaregiverEnews.cfm). The Early Education and Child Care E-News for Health Professionals focuses on strategies, resources and funding opportunities available.

- Examples of state initiatives that focus on obesity-prevention or health habits, etc. have been compiled from Healthy Child Care America professionals around the country.

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Next Update May ‘09
Section on Endocrinology (SOEn)

- In collaboration with CONACH, the SOEn is preparing an intent to revise the Clinical Report, *Prevention and Treatment of Type 2 Diabetes Mellitus in Children with Special Emphasis on American Indian and Alaska Native Children*.

- SOEn has reviewed/endorsed the following statements: 1) American Diabetes Association Consensus Statement: Type 2 Diabetes in Children and Adolescents; 2) American Diabetes Association Safe at School Statement of Principles; and 3) National Diabetes Education Program Helping the Student with Diabetes Succeed: A Guide for School Personnel.

- SOEn has received approval for a Pediatric Research in Office Settings (PROS) project, entitled *Children’s Metabolic Study (CHIMES)*. Goals of this project include the following: 1) to determine the frequency of dyslipidemia, hypertension, and disorders of carbohydrate metabolism, including pre-diabetes among obese patients seen in general pediatric practices; 2) to compare the frequency of risk factors for metabolic syndrome in obese children with and without a family history of diabetes in first and second degree relatives; 3) to collect data to establish evidence-based guidelines for testing at-risk children for the co-morbidities of the metabolic syndrome at baseline and at 1 year; and 4) to validate the ADA consensus panel guidelines on testing at-risk children for type 2 diabetes.

Section on Gastroenterology, Hepatology & Nutrition (SOGHN)

- The SOGHN authored a Resolution to establish a formal entity/home within the AAP, such as a Committee or Section, to address obesity issues. The Resolution was considered at the 2007 ALF and received the highest number of votes, an indicator of its importance to the grassroots of the Academy.

Continuing Education

2008 NCE – Obesity Sessions

Section on Emergency Medicine Program

This session will include educational presentations on “Obesity: The Changing Demographic in the Pediatric Emergency Department” in the morning, and “Hot Topics in Acute Care in the Pediatric Emergency Department” in the afternoon. Additional program features include EmergiQuiz presentations and awards, the SOEM business meeting and subcommittee chair reports, presentation of the Distinguished Service Award, and the popular PEMpix photo competition.

Section on Breastfeeding Program—Benefit and Risk Counseling

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Next Update May ‘09
All NCE attendees are invited to come to the Section on Breastfeeding Program for an opportunity to network with breastfeeding experts, become updated on the latest in breastfeeding research and practice, and participate in a new advocacy and clinical research–based poster session. Hot topics such as breastfeeding, sudden infant death syndrome, and pacifier use; disaster preparedness; infectious diseases; tongue-tie; and the latest evidence supporting breastfeeding will be discussed.

Section on Developmental and Behavioral Pediatrics Program—Pediatrician and Child Care Partnerships That Improve Outcomes for Children
The range of concerns related to developmental and behavioral pediatrics continues to grow. To assist general pediatricians and pediatric specialists, 2 sessions will be offered. The morning session for section members and other interested pediatricians will focus on the differential diagnosis of social withdrawal–autism spectrum disorder vs emerging psychiatric disorder. During this session, the C. Anderson Aldrich award, sponsored by Johnson & Johnson Consumer Products Company, and the Dale Richmond/Justin Coleman award will be presented. The afternoon session will be sponsored jointly with the Council on Children with Disabilities for community pediatricians and will address the promotion of participation in play activities for children with special needs and medical evaluation of a child who is losing milestones or not progressing.

Section on Adolescent Health Program—What’s Happening to Me? Inside the Mind and Body of an Adolescent

BODY IMAGE (Morning session, 9:00 AM–12:45 PM)
Adolescence is a time of many physical changes—a time when teens become more aware of their bodies and how they want to change them and use their bodies to express themselves. Media and peer influences affect adolescent perception and decision making about their bodies. During this half-day program, we will explore the issues related to plastic and reconstructive surgery, recognition and management of pigmented lesions, body art, and the Internet as an intervention strategy for preventing obesity and promoting fitness for teenagers.

Seminar: Obesity and Insulin Resistance
This session will review the etiology and treatment of obesity with comorbidities, stressing pediatricians’ roles in prevention strategies, recognition, evaluation, and treatment.

Seminar: The Fussy Baby: Reflux, colic, allergy, or what?
This session will review the general approach to the fussy infant. The role of gastroesophageal reflux and food allergy will be examined. An evidence-based and therapeutic plan will be presented. Alternative and complementary therapies often used by parents will be reviewed.

2009 NCE Obesity Sessions

Updated Dec ‘08
Next Update May ‘09
Section of Gastroenterology, Hepatology & Nutrition: All you want to know about pediatric obesity
1. To discuss what can be done to prevent obesity. 2. Describe the adverse health effects associated with pediatric obesity. 3. Review medical and surgical approaches to the treatment of pediatric obesity.

Seminar - Sleep Disorders in Children and Adolescents
This session will focus attention on the impact of obesity on the respiratory function of children. Particular emphasis will be placed on recognition and treatment of obstructive sleep apnea. Strategies for control of asthma in these children will also be addressed, as well as strategies for helping them to become more active to facilitate weight loss.

Section on Community Pediatrics: Childhood Obesity: Successful Community Approaches for Prevention and Treatment
This session will provide community approaches to prevention and treatment of pediatric overweight and obesity.

Seminar: Childhood & Adolescent Joint Pain
With the increased prevalence of obesity and the push for increased physical activity in children, it is important that pediatricians are well versed in the evaluation and diagnosis of knee complaints. The potential causes of pediatric knee pain will be reviewed and discussed in a case-presentation format that will allow the participants to improve their understanding of both inflammatory and mechanical etiologies of this common problem. The session will focus on practical approaches to distinguishing intra-articular from periarticular and inflammatory from mechanical etiologies. Various management approaches to each of the causes will also be reviewed.

Meet The Expert Session: Children's Fitness Clinics - A Multidisciplinary Approach to the Management of Obesity
This session will present one health center's response to the childhood obesity epidemic and will describe how the components of the "Fitness Clinic" can be tailored to the pediatrician's local community. Screening labs will be reviewed and co-morbidities will be identified. Subspecialty referral needs will be discussed. Outcomes will be presented as well as opportunities for future study.

Seminar: Protect Their Bones: What A Pediatrician Can Do
This session will focus on how bone is formed and how it undergoes re-arrangement and growth throughout childhood. Special attention will be paid to rickets and its re-emergence. Lifestyles which include obesity and extreme sports dramatically affect bone strength and the risk of repeated injury. Lab and x-ray tests are often confusing and hints will be given so that the pediatrician can make wise choices in ordering and interpretation of the results.

Seminar: Consequences of obesity metabolic syndrome, & type 2 diabetes
This session will describe the pathophysiology of glucose intolerance in overweight children, the use of specific lab tests to distinguish Type 2 Diabetes from Type 1
Diabetes, how and why to select hypoglycemic drugs and how to monitor and manage these children in a pediatric practice.

Section on Surgery
Friday - symposia on cancer and obesity Saturday - scientific sessions Sunday - Joint program with the Section on Perinatal Pediatrics

DB:PREP 2008
30 Minute Plenary Session - Overview of Eating Disorders and Obesity - Dr. Robyn S. Mehlenbeck

Future of Pediatrics 2009
90 Minute Breakout - Provider Actions and Negotiation Skills Useful in the Management of Pediatric Obesity - Dr. David E. Milov

AM:PREP 2010
30 Minute Plenary Session - Obesity and Treatment - Faculty TBD
60 Minute Breakout (Offered Twice) - Complications of Obesity - Cases - Faculty TBD

USPS 2008
Origins of Obesity: What Do We Know? - 40 minute lecture
Tools for Pediatric Weight Management in the Office Setting - 90 minute workshop (offered twice)

USPS 2009
Obesity: A Matter of Mind Over Matter - 40 minute lecture
Steps to a Successful Obesity Clinic - 90 minute workshop (offered twice)

USPS 2010
There will be a 30 minute lecture and a 90 minute workshop (offered twice)

Practical Pediatrics CME Courses
In 2008, four of eight PPCs offered obesity-related content.

Additionally, the December 2008 PPC in Williamsburg featured a unique learning opportunity associated with blended learning. Below are the details:

1. Learners received pre-course access to an abbreviated version of the PediaLink course, "New Spin on Childhood Obesity:" (Requires fee of $20 and offers 2 AMA PRA Category 1 CreditsTM)
2. A free, take-home copy of the PREP Audio CD module on motivational interviewing; and
3. Access to two post-course conference calls with faculty member Robert Schwartz, MD, FAAP to discuss the issues and challenges seminar participants encounter in implementing motivational interviewing in practice and to identify tools for addressing those issues.

Updated Dec ‘08
Next Update May ‘09
All Williamsburg PPC attendees were eligible to enroll in the PediaLink online CME course, "New Spin on Childhood Obesity," at a reduced price.

In 2009, five out of nine courses will offer obesity-related content.

**Task Force on Obesity (TFOO)**
*2003 – 2006*

- TFOO coordinated a **Peds-21 Symposium** in the fall of 2004 to present best practices for obesity prevention, assessment, and treatment. Over 250 pediatricians attended the session and provided feedback on possible solutions for the AAP to address the obesity epidemic.

- AAP has developed an electronic continuing medical education **PediaLink module on obesity**. The module focuses on pediatric overweight and obesity, with exploration of factors associated with the full range of excess weight (“at risk” to “super obese”). The overall objective for this module is to provide a comprehensive nutritional assessment and obesity curriculum, which serves as the foundation for obesity prevention, treatment, and management.

- TFOO, in collaboration with the Committee on Coding and Nomenclature and the Private Sector Advocacy Advisory Committee, developed an **Obesity Coding Fact Sheet** to help pediatricians and other health care professionals with coding for obesity-related health services. They also created a template letter that AAP members can use to respond to carrier denials and to address other contractual issues related to reimbursement of obesity-related charges.

- TFOO developed an **Overweight and Obesity Web site** ([www.aap.org/obesity](http://www.aap.org/obesity)), with an average of 55,000 including 4,000 unique visitors each month.


- Sandra Hassink, MD, AAP Board member and TFOO member, authored a **pediatric obesity manual**, “Pediatric Obesity: Prevention, Intervention, and Treatment Strategies for Primary Care,” published in October 2006.

**Endorsed Campaigns**

- **Ways to Enhance Children’s Activity and Nutrition (We Can!)** ([http://wecan.nhlbi.nih.gov](http://wecan.nhlbi.nih.gov)) is a national public education program from the National Institutes of Health (NIH) to help prevent overweight and obesity among youth ages 8-13. We Can! was developed by the National Heart, Lung, and Blood Institute (NHLBI) and is being promoted in collaboration with the National Institute of Diabetes and Digestive and Kidney Diseases, the National Institute of
Child Health and Human Development, and the National Cancer Institute. We Can! reaches parents and caregivers in home and community settings with educational materials and activities to encourage healthy eating, increase physical activity, and reduce screen time. Recognizing the important role of organizations and nonprofit groups in broadly disseminating health messages, NHLBI’s aim is to form relationships with relevant groups that can help extend the reach of We Can! to parents and primary caregivers across the country. In December 2005, the AAP agreed to partner with the NHLBI in this initiative and subsequently signed a Memorandum of Understanding detailing the roles and responsibilities for the partnership. The AAP will provide promotional support of We Can! through various communications and marketing channels and dissemination of We Can! messages and materials.

- In response to a request from the National Confederation of Mexican Pediatrics (NCMP), Drs Tait and Hassink met with the Confederation President and district leaders in October 2006 to explore potential areas of collaboration regarding obesity. The NCMP, which works with the 31 states of Mexico (excluding Mexico City), has recently formed a Mexico Obesity Task Force and is interested in learning about the AAP’s Task Force on Obesity and related obesity initiatives.

- Action for Healthy Kids (AFHK) (www.actionforhealthykids.org), a non-profit organization founded by former Surgeon General David Satcher, MD, seeks to improve children’s nutrition and physical activity by creating changes within schools. It is a highly respected organization within the school health field and has state-level teams throughout the country. Recently, AFHK proposed collaboration with AAP on a small pilot study in New Jersey that would entail development of a parent advocacy program in Newark. The AFHK state team and several local pediatricians would work together to identify and educate “lead” parents on school health and obesity prevention; in turn, these parents would engender additional support from other parents in the school community. Central to this proposal is the concept that parents can be a powerful partner in promoting healthier school, particularly with support from educators, administrators, and health professionals in their community. Pediatricians would be part of the team working with the parents, and their primary role would be to share their health expertise in the context of parent training sessions and school health council meetings. A number of potential funding opportunities have been identified.

- The AAP is an official partner in the Shaping America’s Youth (SAY) campaign (www.shapingamericasyouth.org). SAY began its fourth year in August 2006. Since its inception, SAY’s long-range goal has been to develop and implement a national action plan to improve physical activity and nutrition in childhood. Over the past three years, SAY has developed the only national database of community programs and has initiated a unique national town meeting process to garner “grassroots” input to a national action plan to be distributed in summer 2007. The successful launch of the SAY town meetings series in Memphis and Dallas in early 2006 set the stage for additional town meetings in which occurred in...
In 2006, the AAP agreed to work with the Association of Children’s Museums (ACM) on its “Go Kids!” campaign to integrate physical activity and healthy eating into daily living. The campaign has been renamed “Good to Grow” (G2G) (www.childrensmuseums.org/programs/health.htm), and the AAP provides a liaison who serves on its national advisory board.

The AAP has endorsed the National Initiative for Children's Healthcare Quality (NICHQ) Learning Collaborative (www.nichq.org). On September 19-20, 2006, Dr Hassink attended the NICHQ Summit on behalf of the AAP. NICHQ has recently announced the official launch of their Childhood Obesity Action Network, a web-based national network aimed at rapidly sharing knowledge, successful practices and innovation with clinicians, policy makers, and researchers to accelerate improvements in children’s healthcare. Dr Cochran has been appointed to serve as AAP liaison to NICHQ’s Policy Advisory Committee for this project.
AAP Obesity Resources

- Pediatric Obesity Clinical Support Chart: 5,2,1,0 Clinical Guidelines
- A Parent’s Guide to Childhood Obesity: A Road Map to Health
- Pediatric Obesity: Prevention, Intervention, and Treatment Strategies for Primary Care
- School Health Policy and Practice, 6th Edition
- Caring for Adolescent Patients, 2nd Edition
- Brochure Series: “Get Fit, Stay Healthy”
- Brochure Series: “Healthy Start”
- Obesity and Related Co-Morbidities Coding Fact Sheet for Primary Care Pediatricians
- State Government Affairs Issue Brief on Childhood Obesity
- Overweight and Obesity Web site (www.aap.org/obesity)

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