Using Nutrition Evidence to Combat Childhood Obesity
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**Problem:** Childhood Overweight and Obesity

**Evidence:** Literature was analyzed using a systematic review process. Evidence was summarized and graded, based on quality. The following broad topics were analyzed: Factors Associated with Pediatric Overweight, Family Influences, Child Eating Behaviors, Physical Activity and Inactivity, Nutrition Interventions.

**Strategy:** Recommendations were formulated utilizing the evidence as support and treatment algorithms were developed illustrating the care process.

**Practice Change:** Presenter will focus on the evidence regarding key topics related to Nutrition Interventions, specifically Diet Restriction, Nutrition Education, Nutrition Counseling, Physical Activity and Treatment Format.

**Evaluation:** Adiposity was the main indicator of interest.

**Results:** Successful nutrition interventions with strong evidence will be highlighted including energy restriction, use of behavioral therapy and family-based counseling, recommendation for physical activity and format of treatment group or individual interventions.

**Recommendations:** Companion toolkits (application tools) for implementing recommendations will be described.

**Lessons Learned:** Ideas for further implementation will be shared.