

## PEDIATRIC HEALTHY WEIGHT TOOLKIT

According to the latest National Survey of Children's Health, 34 percent of children in South Carolina are overweight, compared to 32 percent nationally. The epidemic of childhood obesity is contributing to increasing numbers of children who are developing conditions like type 2 diabetes, hypertension and hyperlipidemia.

As a clinician, you have a special opportunity to intervene on this pressing health issue with your patients and their families. To help improve the health status of South Carolina's children, BlueChoice HealthPlan created a Pediatric Healthy Weight Toolkit that we hope will help you take an active approach toward preventing, evaluating and managing pediatric obesity.

We recently mailed a Toolkit to all pediatricians, primary care/family medicine doctors and obstetricians in our statewide network. The Toolkit includes a Parent's Guide for Talking with Children and a convenient and easy-to-use BMI assessment tool.

The materials in this Toolkit are designed to help physicians:

- Identify overweight or obese pediatric patients and recommend treatment interventions
- Track patient progress over time using age-appropriate BMI charts
- Diagnose and treat patients with co-morbid conditions
- Use proven communications strategies to encourage positive behavior change

You can now access the Toolkit and Guide on our Web site by typing the following link into your browser:  
[www.bluechoicesc.com/providers/resources.aspx](http://www.bluechoicesc.com/providers/resources.aspx).

We would like to remind you about our Great Expectations<sup>®</sup> *Healthy & Active Kids* program, a unique approach to modifying the behaviors that contribute to childhood obesity. Physicians may refer children who are BlueChoice HealthPlan members into this free program that provides parents with information and other tools to help prevent or address childhood obesity. Those tools include a free visit with a licensed, registered dietitian in our network. They also include access to health education staff clinically trained to help patients better manage their conditions.

If you would like more information about the Toolkit or any of our childhood obesity resources, please contact Annie Fearon, Health Promotions Coordinator, at 800-327-3183, ext. 25068.