For Pediatric Health Care Providers
Five Easy Steps to using Trim Kids in the Pediatric Office Setting

Sponsored by: Scientists for Translational Obesity Research in Youth (STORY)
The Louisiana State University Health Sciences Center
Schools of Public Health and Medicine, Department of Pediatrics
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Step 1 – Initial Visit:

- Determine the child’s risk for overweight by using the body mass index percentile charts on pages 21-23 of the Trim Kids book. Discuss the child and family's desire to be healthier.
- Discuss the child’s condition with the parents.
- Put in the PBS 1 hour documentary: Kids Trying to Trim Down (Go to www.lpb.org or www.lsuhsc.edu)
- Have the family view the documentary.
- Order additional medical tests as needed.

[Refer to Charts from pgs. 21-23 of the Trim Kids book]

Step 2 – Initial Visit:

- Encourage the parents to pick up the Trim Kids book at their local bookstore or at www.amazon.com
- Provide the link to the PBS six-part series Kids Trimming Down (Go to www.lpb.org or www.lsuhsc.edu)
- Provide the link to the Trim Kids exercise DVD Down (Go to www.lpb.org or www.lsuhsc.edu)
- Ask them to read the first 4 chapters before the next office visit. Schedule the next visit in 4-6 weeks.
Dear Parents,

Please go to your local bookstore and purchase Trim Kids: The Proven 12-Week Plan That Has Helped Thousands of Children Achieve a Healthier Weight. Trim Kids can also be purchased at www.amazon.com. Read the first four chapters before your next visit on _____________________________.

__________________________________________

Signature of Physician
Step 3 – Second Visit:

- Conduct and record the results of the medical evaluation on the Initial Measurements chart on page 83 of the Trim Kids book.

- Discuss the results of the evaluation and the child’s condition with the parents.

- Optional: Have the family watch Parts 1 & 2 of the Louisiana Public Broadcasting series *Step by Step: Kids Trimming Down*.

- Encourage the family to follow weeks 1 through 4 of the Trim Kids plan.

- Schedule a follow-up visit in 4 weeks.

[From page 83 of the Trim Kids book]

**Trim Kids Initial Measurements**

Name ___________________________ Age ____  Today’s Date ____________

Initial Height ___________  Initial Weight ________

Ideal body weight ___________

Body Mass Index (BMI) _______________ (refer to chart on page 20)

Level of Overweight condition (check one):

___ RED  ___YELLOW  ___ GREEN  ___ BLUE

Waist circumference _______  Hip circumference _______

Blood Pressure _______

Laboratory values: Triglyceride _______

Total Cholesterol _______ HDL _______ LDL _______
Step 4 - Follow-up Visit:

- After the child is weighed and measured have them report any nutrition, behavior, and physical activity accomplishments during the past 4-6 weeks.

- Provide positive comments for accomplishments and encouragement to continue.

- Have the family watch parts 3 and 4 of Louisiana Public Broadcasting series, *Step by Step: Kids Trimming Down*.

- Discuss the meal and exercise plan with the family.

- Discuss the child and family's commitment to following the program.

- If the family is having difficulty with the meal plan suggest a consultation with a registered dietician; with the physical activity plan encourage them to consult an exercise professional; any behavioral, emotional or family problems, consult with a mental health professional

- Encourage the child and parents to continue to follow the Trim Kids plan, weeks 4 through 12.

- Schedule a follow-up visit in 8 weeks.

Step 5: Second follow-up visit:

- Record the results of the medical evaluation on the Quarterly Evaluation on page 370 of the Trim Kids book. Praise positive behavior changes. Discuss/refer difficulties.

- Discuss the results of the follow-up evaluation and the child’s condition with the parents.

- Have the family watch parts 5 & 6 of the Louisiana Public Broadcasting series, *Step by Step: Kids Trimming Down*. 
- Encourage the family to repeat weeks 1-12 of the Trim Kids plan.
- Schedule a follow-up visit in 12 weeks.

[From page 370 of the Trim Kids book]

**Trim Kids Quarterly Evaluation**

<table>
<thead>
<tr>
<th>Name: ____________________</th>
<th>Age: _____</th>
<th>Today's date __________</th>
<th>Level: __________</th>
</tr>
</thead>
</table>

**3 Months Ago**

Your child’s weight was ______ lbs.  
Your child’s height was ___ ft ____ inches  
Your child’s weight was ______ lbs.  
Your child’s height was ___ ft ___ inches

Your child’s BMI was _____  
This value is based on the pediatric growth charts (page 00)  
Your child’s BMI is now ___  
This means your child is now in the _________th percentile for his/her height.

Your child was in Level _____, the ______ color.  
Based on your child’s past height, his/her goal weight was _____ lbs.  
Your child graduated to Level_____, the _____ color.  
Your child’s new goal weight is ___ lbs. (Your pediatrician will tell
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Bear in mind that your child’s weight will increase as your child grows.

Your child’s % body fat range was ___ to ____%.  

Your child’s cholesterol level was _____.  
The normal level for children is <170.

Your child’s triglyceride level was _____.  
The normal range for children is ____.

Your child’s LDL level is ______.  
This is the “bad” cholesterol.  
The normal range for children is <110.

Your child’s HDL level is ______.  
This is the “good” cholesterol.  
The normal range for children is >35.

Your child’s waist and hip measurements are ____ in (waist) _____ in. (hip)  
S/he lost ____ inches!