

Handbook of **PEDIATRIC OBESITY**

Clinical Management

SAMPLE



Taylor & Francis
Taylor & Francis Group

Edited by
Melinda S. Sothern
Stewart T. Gordon
T. Kristian von Almen

Table of Contents

| | | |
|------------------------|--|---|
| Chapter 1 | Clinical Management of Pediatric Obesity: An Overview..... | 1 |
| <i>Dennis M. Styne</i> | | |

SECTION 1 Clinical Management

| | | |
|---------------------------|---|---|
| Chapter 2 | The Business of Weight Management | 9 |
| <i>Melinda S. Sothern</i> | | |

SECTION 2 Medical Aspects of Treatment

| | | |
|-------------------------|---|----|
| Chapter 3 | Medical Complications and Comorbidities of Pediatric Obesity..... | 31 |
| <i>Marc S. Jacobson</i> | | |

| | | |
|--------------------------|---|----|
| Chapter 4 | Medical Aspects of Treatment: The Role of the Physician | 41 |
| <i>Stewart T. Gordon</i> | | |

SECTION 3 Psychosocial and Physical Considerations

| | | |
|-----------------------------|---|----|
| Chapter 5 | Psychosocial Considerations during Treatment..... | 55 |
| <i>Jeffrey B. Schwimmer</i> | | |

| | | |
|---|---|----|
| Chapter 6 | Weaknesses and Strengths in the Response of the Obese Child to Exercise | 67 |
| <i>Connie VanVrancken-Tompkins, Melinda S. Sothern, and Oded Bar-Or</i> | | |

SECTION 4 Clinical Evaluation

| | | |
|--|---|----|
| Chapter 7 | Clinical Evaluation: Diagnosis, Medical Testing, and Follow-up..... | 79 |
| <i>Nancy F. Krebs and Melinda S. Sothern</i> | | |

| | | |
|------------------------|---|----|
| Chapter 8 | Nutritional Assessment of the At-Risk for Overweight and Overweight Child and Adolescent | 95 |
| <i>Nancy Copperman</i> | | |

| | | |
|------------------------------|---|-----|
| Chapter 9 | Behavioral and Psychosocial Assessment Tools..... | 105 |
| <i>T. Kristian von Almen</i> | | |

| | | |
|---------------------------------------|------------------------|-----|
| Chapter 10 | Exercise Testing | 113 |
| <i>Thomas Rowland and Mark Loftin</i> | | |

SECTION 5 Dietary Approaches

| | | |
|-------------------|--|-----|
| Chapter 11 | Pediatric Obesity Dietary Approaches in Clinical Settings: A Survey of the Options and Recommendations..... | 121 |
|-------------------|--|-----|

Melinda S. Sothern, Connie VanVrancken-Tompkins, and Lauren Keely Carlisle

| | | |
|-------------------|--------------------------|-----|
| Chapter 12 | Nutrition Education..... | 133 |
|-------------------|--------------------------|-----|

Heidi Schumacher, Connie VanVrancken-Tompkins, and Melinda S. Sothern

SECTION 6 Behavioral Counseling

| | | |
|-------------------|---|-----|
| Chapter 13 | Behavioral Counseling: Family-Based Behavioral Counseling in Clinical Settings | 147 |
|-------------------|---|-----|

Valerie H. Myers and Pamela Davis Martin

SECTION 7 Exercise and Physical Activity

| | | |
|---|---|-----|
| Chapter 14 | Increasing Physical Activity in Overweight Youth in Clinical Settings | 173 |
| <i>Melinda S. Sothern, Connie VanVrancken-Tompkins, Courtney Brooks, and Camille Thélin</i> | | |

| | | |
|-------------------|--|-----|
| Chapter 15 | Exercise and Physical Activity: Exercise Training Programs and Metabolic Health | 189 |
|-------------------|--|-----|

Scott Owenses

SECTION 8 Internet-Based Approaches

| | | |
|---|--|-----|
| Chapter 16 | Internet-Based Treatment for Pediatric Obesity | 201 |
| <i>Donald A. Williamson, Heather Walden, Emily York-Crowe, and Tiffany M. Stewart</i> | | |

SECTION 9 Pharmacology

- Chapter 17** Pharmacologic Treatment of Adolescent Obesity 211
Canice E. Crerand, Thomas A. Wadden, and Robert I. Berkowitz

SECTION 10 Surgery

- Chapter 18** Surgical Management of Pediatric Obesity 223
Thomas Inge, Meg Zeller, Shelley Kirk, and Stephen Daniels

SECTION 11 Interdisciplinary, Interactive, Group Instruction

- Chapter 19** Interdisciplinary, Interactive Group Instruction: Orientation, Evaluation and Monitoring Progress 235
Lauren Keely Carlisle and Stewart T. Gordon
- Chapter 20** Interdisciplinary, Interactive, Group Instruction 243
T. Kristian von Almen, Melinda S. Sothern, and Heidi Schumacher
- Appendix 1** Clinical Management Forms 271
- Appendix 2** Testing/Measurement Protocols 309
- Appendix 3** Sample Intervention Materials 323
- Index** 393