

A stylized graphic on the left side of the slide depicts a person in a light purple silhouette jumping or running upwards. The background is a light blue square containing several yellow stars of varying sizes. The text is overlaid on this graphic.

# **SHAPEDOWN**

## **Pediatric Weight Management**

**at Healthworks**

**WakeMed** 

# Facts About Pediatric Obesity

- Overweight children and teens are often caught in a downward spiral of:

Overeating

Inactivity

Social isolation

Negative self-image

Anxiety

Weight gain





# **SHAPEDOWN**

is the Nation's Leading Pediatric  
Obesity Program

Recognized as “An Exemplary Program”

-American Medical Association

“Excellence in Consumer Education”

-Food and Drug Administration

Published Validation Study

-American Dietetic Association



# **SHAPEDOWN** Format

- In-depth screening assessment
- Ten weekly sessions
- Children and teens each meet as groups, then meet together with parents
- Group education, discussion, goal setting and exercise & FUN!
- Readings, self-assessments, practices in parent guide and child/teen workbooks
- Advanced level available for children



# Program Approach

- Children and teens direct their own habit changes
- Group leaders (nutritionist, mental health professional, & exercise specialist) facilitate and teach
- Group peer interaction helps motivate
- SHAPEDOWN Workbooks stimulate learning and promote child and teen behavior change
- SHAPEDOWN Parent Guides facilitate parental support

# SHAPEDOWN

is:

- Family-based
- Developmentally appropriate
- Skills-training

- Families create active lifestyles
- Families develop healthy but not depriving eating habits
- Families learn lifelong self-care & self-esteem skills



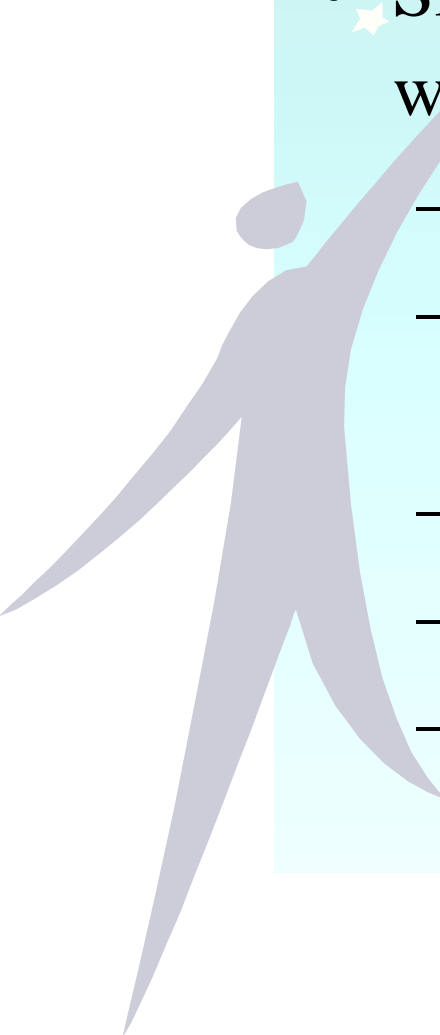
A stylized illustration of a person in a purple silhouette jumping or running towards the right. The background is a light blue square with several yellow stars of varying sizes. The title 'Family-based Program' is written in a bold, black, serif font, partially overlapping the blue square and the stars.

# Family-based Program

- Research proves that family-based approaches are most effective over the long term

# Developmentally Appropriate

- SHAPEDOWN does not narrowly focus on weight loss, but addresses:
  - Genetics
  - Parenting: Nurturing, Limit Setting, & Role Modeling
  - Psychological Profile & Skills
  - Behavior
  - Knowledge





# Developmentally Appropriate

- Treatment targeted to 4 age levels:
  - 6-8 years
  - 9-10 years
  - 11-13 years
  - 14-18 years

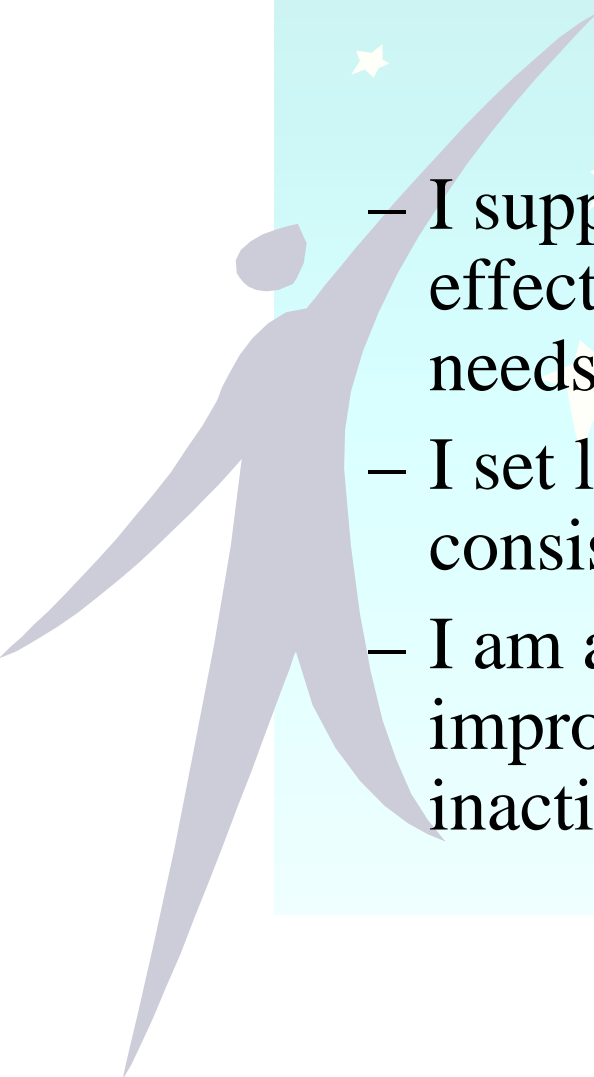




# **Skills Training**

- **For Parents ( Some of 10 Guidelines)**
  - I create a healthy but not depriving food environment at home.
  - I structure an active & enriching lifestyle for my child that includes daily exercise.

# Skills Training – Parent continued

- 
- I support each family member in openly & effectively expressing his or her feelings & needs.
  - I set limits with my child & follow through consistently.
  - I am a good role model because I am improving my own weight, eating, or inactivity problems.



# **Skills Training**

## **For Children/Teens (Some of 12 Tasks)**

- I eat when I am hungry & stop when I am satisfied, not full.
- I am aware of my feelings so I know what I need.
- I fill my life with pleasure from people & and activities.
- I choose a diet that is healthy but not depriving.



# **SHAPEDOWN is Safe and Effective**

- Developed at the School of Medicine, University of California, San Francisco
- Field-tested in over 100 clinics, HMO's, hospitals and schools
- More than one million families have successfully completed the program
- Three studies published in scientific journals have documented the program's effectiveness

# Why **SHAPEDOWN** is Effective:

- Incorporates latest techniques from obesity, family, behavioral and cognitive therapies
- Rigorous and repeated testing since first edition was released in 1980
- Involves the family: research shows that intensive family involvement produces, on average, sustained weight loss even after five years
- Individualized to the needs and preferences of each young person and family

# Why SHAPEDOWN is Safe:

- Teaches young people how to eat healthfully rather than how to diet
- Addresses underlying contributors to weight such as communications and self-image problems
- Produces slow weight loss, thus avoiding nutritional deficiency and loss of lean tissue
- May be coordinated with medical care
- Provided or supported by a team of health professionals:  
a registered dietitian, a mental health professional  
and an exercise specialist

# Benefits Children/Teens Can Expect:

The child or teen will:

- Lose weight at a safe rate – not more than two pounds per week, usually  $\frac{1}{2}$  - 1 pound per week
- Decrease blood pressure (and blood sugar)
- Improve physical fitness
- Improve nutritional quality of diet
- Accept more responsibility for weight
- Improve self-image and social skills





# **Benefits Parents Can Expect:**

The parent will:

- Use positive and effective strategies for prompting change in their child or teen
- Improve feelings about the child, the weight problem and his or her parenting

The family will:

- Become more active and eat more healthfully
- Feel closer and more positive about one another



# **SHAPEDOWN Results!**

- Studies published in Journal of American Dietetic Association show 2 & 4 year maintenance of weight loss (mean loss was 17#)
- Other improvements in health & happiness were comprehensive & persistent

# Families likely to benefit from **SHAPEDOWN:**

- Parents (both if at all possible) participate in classes & lifestyle changes (including weekly goal setting, monitoring, and reward system) with their child or teen
  - Will attend all of ten weekly 2 hour sessions on Tuesdays from 4-6pm
  - Have transportation to WakeMed on New Bern Ave.
  - Value benefits of treatment for weight problems enough to pay about \$500 over a 3-6 month period (they can submit receipts to insurance for coverage- Medicaid may cover with our addition of a CC Social Worker)
  - Are not too chaotic or rigid in functioning to make changes – some families need counseling support before beginning a structured program with weekly behavioral goals