



Hawaii Chapter

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Position Paper Pediatric Weight Management

January 1, 2008

1. Hawaii is experiencing an epidemic of physical inactivity and poor nutrition resulting in an unacceptable rate of pediatric obesity.
2. Lifestyle choices and behaviors are often established during childhood.
3. Pediatric obesity frequently leads to adult obesity which is associated with a significant increased risk for many chronic diseases.
4. Pediatricians should routinely measure the height and weight of children and calculate the BMI % when indicated.
5. When the BMI % is $\geq 85\%$, pediatricians should evaluate the child's living environment, perform a comprehensive physical examination and engage in a discussion with the patient and family, and if agreed upon, embark on a treatment plan and monitor results of the treatment plan.
6. HAAP will encourage providers to implement defined strategies to comprehensively identify, evaluate, document and begin treatment protocols for the overweight pediatric patient.
7. Health Insurance Plans and Mutual Benefit Societies should pay for medical services when a comprehensive, defined evaluation and treatment plan is initiated by the provider with the overweight (BMI $\geq 85\%$) pediatric patient.
8. HAAP will work with community agencies to encourage a collaborative, community wide approach towards improving the epidemic of physical inactivity and poor nutrition.