

Adolescent Weight Management Evaluation Table © Jane M. Rees

Suggested Use: Rate on a scale of 1 to 5 the contribution to weight management (1=minimum, 5=maximum) by placing the date under the most recent "earned" score on issues at left.

Patient Information: _____

I. Nourishment

1 Knowledge of:	1	2	3	4	5
Meaning of term "calories"					
Role of food in life					
Relationship of energy intake/output					
Major nutrients:					
Physiologic role					
Energy value					
Amount needed					
Food sources					
Amount of food needed					
Choosing food in any situation					
Behavior modification techniques					
Appropriate wt/ht/genetic heritage					
2 Attitude:	1	2	3	4	5
Acceptance of responsibility of nourishing self					
Commitment to:					
Health-promoting habits					
Obtaining appropriate foods					
Nutrition education					
3 Eating Behavior:	1	2	3	4	5
Control of:					
Food supply					
Fat content					
Types of food					
Amounts					
Meal pattern					
Between meal eating					
Binges/night eating/other aberrations					
Uses behavior modification techniques					
Eats in: Social situation					
With family					
With peers					
4 Family:	1	2	3	4	5
Eating meals together					
Place					
Distractions (e.g. TV)					
Serving methods					
Support for weight control via					
Use of food					
Knowledge					
Autonomy allowed to patient to choose food					

II. Energy and Time Management

1 Knowledge of:	1	2	3	4	5
Exercise in energy balance					
Fitness:					
Cardiorespiratory					
Muscular					

Exercise:					
Aerobic					
Anerobic					
Monitoring pulse					
2 Attitude:	1	2	3	4	5
Commitment to exercising regularly without others, equipment, or money, if necessary					
Interest in fitness education					
Pleasure in moving					
3 Behavior:	1	2	3	4	5
Fitness:					
Tested					
Program planned					
Program maintained					
Level of fitness					
Relaxation					
Rest/sleep					
Activities shared:					
With family					
With family					
Consciously plans exercise/relaxation/rest					
4 Family:	1	2	3	4	5
Support of activities					
Family activities					
Understanding of exercise in weight management					

III. Psychosocial Health

1 Knowledge of:	1	2	3	4	5
Emotional factors in weight management					
Cues to eat:					
Internal					
External					
Impact on emotional health of:					
Physical activity					
Nourishment					
Responsibility for weight management					
Need to seek guidance for insoluble problems					
2 Attitude:	1	2	3	4	5
Commitment to:					
Mental health					
Learning about weight control					
Solving problems					
3 Behavior:	1	2	3	4	5
Pleasurable experiences					
Relationships:					
Peers					
Family					
Teachers					
Counselors					
School activities					
Social skills					
Intellect:					
Insight					
Communications					
Problem solving					
School performance					
Goal setting:					

Short term					
Long term					
Self-awards					
4 Emotional status:	1	2	3	4	5
Body image					
Self-efficacy					
Locus of control					
Depression vs. non-depression					
Sense of humor					
Oral gratification					
Coping skills					
Compulsivity					
Perfectionism					
Independence					
5 Parental:	1	2	3	4	5
Perception of weight problem					
Support vs. intrusion:					
Emotional					
Financial					
Rigidity					
Conflict resolution					
Commitment to treatment					

IV. Objective Measures

Date _____ Age (y) _____ Birthday _____

		Measures					
Maturation stage		0	1	2	3	4	5
History	Menarche	0	+1 yr	+2 yr	+3 yr	+4 yr	+5 yr
	Spermarche	0	+1 yr	+2 yr	+3 yr	+4 yr	+5 yr
	Length of obesity	Infancy	Toddler	Early childhood	Elementary school	Junior high	Senior high
	Reduction attempt	Yo-yo	Severe	Diets	Exercise	0	Reasonable Anorexia Bulimia
	Parents	Natural	Adoptive	Anorexia	Bulimia	Obesity	Overweight
Grandparents	Natural	Adoptive	Anorexia	Bulimia	Obesity	Overweight	
Thyroid screen	Normal	Abnormal					
Cholesterol	Cholesterol(mg/dl) _____ HDL(mg/dl) _____ LDL(mg/dl) _____ Triglycerides(mg/dl) _____						
Blood pressure	(mm Hg) _____						
Initial & Subsequent	Wt. %tile	>95	95	95-75	75	75-50	50
	Ht. %tile	95	90	75	50	25	10
	Wt/Ht %tile	>95	95	95-75	75	75-50	50
	BMI %tile	>95	95	95-75	75	75-50	50
	TSF %tile	>95	95	95-75	75	75-50	50
	SSF %tile	>95	95	95-75	75	75-50	50
	MAC %tile	>95	95	95-75	75	75-50	50
	AMC %tile	>95	95	95-75	75	75-50	50
	Waist Circumference	(in) _____					
	Hips Circumference	(in) _____					
	Waist/Hips Ratio	_____					
Exercise to reach 120 bpm (training range)	Slow walk	Moderate walk	Fast walk	Walk up hill	Walk/Jog	Jog	

	Date of Entry	+3 mo.	+6 mo.	+12 mo.	+18 mo.	+24 mo.
+10 lb						
+5 lb						
Wt. _____ lb						
-2.5 lb						
-5 lb						
-10 lb						

-15 lb						
Rate of Gain (lbs/mo.)						
	Previous 1 yr _____				Previous 5 yr _____	
+3 in						
+2 in						
+1 in						
Ht. _____ in						
+500 mm ²						
+200 mm ²						
+100 mm ²						
AMA _____ mm ²						
-100 mm ²						
-200 mm ²						
3%						
2%						
%BF _____ %						
-2%						
-5%						
+5 bpm						
+3 bpm						
RHR _____ bpm						
-3 bpm						
-5 bpm						

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Disclaimer

This Table is a reference for health care professionals, students and educators; it is not intended to provide treatment. If you have a health problem see a health care specialist.