

Recommendations for Treating Obesity

- Obesity is a chronic disease. Treatment should be lifelong. When the treatment is withdrawn, the patient usually regains the weight lost.
- All treatment programs should be closely supervised by a pediatrician or family physician.
- Consult a registered dietitian for specific recommendations about nutrition.
- Praise your child when you observe healthy behaviors.
- When unhealthy behaviors emerge, ignore them, redirect them, or solve the problem.
- Set short-term, achievable goals and reward your child's successes.
- Reevaluate your child's condition every three to six months.
- Replace non-nutritious foods with healthy alternatives.
- Use portion control when healthy eating alone is not enough.
- Replace TV, computer, and video games with indoor and outdoor play.
- Downsize-break large bags of foods into smaller portions.