Introduction

Many registered dietitians (RDs) and allied health professionals in the field of pediatrics are faced with the difficult challenge of working with overweight and obese children and adolescents. The purpose of this pocket guide is to provide current recommendations and tools for the identification, assessment, and treatment of these patients. In addition, a chapter on prevention is also included.

Recently, several new pediatric weight management resources have been made available for RDs and other health professionals. This pocket guide blends together current recommendations and evidence-based guidelines. Although many references are cited in this pocket guide, most of the recommendations for the identification, assessment, and treatment of pediatric overweight and obesity are based on the following the following resources:

- The Expert Committee recommendations on the assessment, prevention, and treatment of child and adolescent overweight and obesity, which were released in 2007 (1). See Chapter 2 for an overview of the Expert Committee's objectives.
- The American Dietetic Association (ADA)
 Evidence-based Pediatric Weight Management
 Nutrition Practice Guideline (PWM NPG) (2).
- The 2008 updates to ADA's Nutrition Care Process and Model (NCPM) (3,4) and the second edition of the *International Dietetics & Nutrition Terminology*

- (IDNT) Reference Manual (5). See Chapter 3 for more information on NCPM and IDNT.
- ADA's Childhood Overweight Evidence Analysis Project, which provides a synthesis of the most relevant research on important dietetics questions related to childhood and adolescent overweight and obesity (6).

REFERENCES

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