

# CASE 5: PAEDIATRIC WEIGHT MANAGEMENT



## Meet Ricky

**Case 5** addresses paediatric weight management in the context of Ricky, a 14-year-old who lives with his father, Bud.

### PATIENT INFORMATION

**AGE:** 14 years old  
**WEIGHT:** 65.8 kg  
**HEIGHT:** 158 cm  
**BMI:** 26.10 kg/m<sup>2</sup>  
**PA:** Sedentary

### CASE MATERIALS

#### Learning Outcomes

##### Perspective

- » Introduction to Paediatric Obesity
- » Major Risk Factors for Paediatric Obesity
- » Predictive Measures for Overweight and Obesity in Infants (Birth to Two Years)

##### Mind Maps

- » Nutrition Assessment
- » Nutrition Diagnosis
- » Nutrition Intervention
- » Nutrition Monitoring & Evaluation

#### Resources

##### Story

- » Talk with Ricky – Audio Clips

##### Diet History

### ACTIVITIES

- 5.1** Completing Nutrition Analysis (Ready Reckoner Approach)
- 5.2** Evaluating Food Servings (Ready Reckoner Approach)
- 5.3** Comparing to Dietary Guidelines
- 5.4** Assessing Growth
- 5.5** Diagnosing Overweight and Obesity
- 5.6** Developmental Considerations
- 5.7** Estimating Energy Needs
- 5.8** Assessing Knowledge, Beliefs & Attitudes
- 5.9** Summarising Nutrition Assessment
- 5.10** Creating an Initial List of Nutrition Diagnoses
- 5.11** Developing PES Statements
- 5.12** Formulating a Nutrition Prescription & Aims
- 5.13** Creating an Initial List of Nutrition Interventions
- 5.14** Re-Evaluating the Initial Nutrition Diagnosis & Nutrition Intervention
- 5.15** Formulating Specific Behavioural-Change Targets
- 5.16** Creating a Plan for Nutrition Monitoring & Evaluation
- 5.17** Nutrition Progress Note
- 5.18** Asking Open-Ended Question