

Pediatric Weight Management (PWM) Evidence Based Nutrition Practice Guideline

PWM RECOMMENDATIONS (2007)	PWM RECOMMENDATIONS (2015)	SUMMARY OF CHANGES
SCREENING AND REFERRAL		
		No SCREENING AND REFERRAL recommendations.
Overview		
<p>PWM: Comprehensive Multicomponent Weight Management Program for Treating Childhood Obesity</p> <ul style="list-style-type: none"> • <i>PWM: Multicomponent Program</i> 		<p>Combined this 2007 recommendation with <i>PWM: Nutrition Counseling and Behavior Therapy Strategies in the Treatment of Obesity in Children and Adolescents (2007)</i> in NUTRITION INTERVENTION.</p> <p>Reviewed, updated and moved the revised <i>PWM: Multicomponent PWM</i> recommendation to NUTRITION INTERVENTION.</p>
<p>PWM: Obesity in Children Ages 2-5</p> <ul style="list-style-type: none"> • <i>PWM: Children Two to Five Years Old</i> • <i>PWM: Children Two to Five Years Old, Interventions</i> 		Not reviewed.
NUTRITION ASSESSMENT		
<p>PWM: Assessing Foods and Pediatric Obesity</p> <ul style="list-style-type: none"> • <i>PWM: Foods Associated with an Increased Risk of Overweight</i> • <i>PWM: Foods Associated with an Decreased Risk of Overweight</i> • <i>PWM: Assessment - Total Energy Intake and</i> 		Not reviewed.

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<p><i>100% Fruit Juice</i></p> <ul style="list-style-type: none"> <i>PWM: Assessment - Dairy and Calcium</i> 		
	PWM: Assessment of Fast-Food Meal Frequency in Children and Teens	Added new recommendation.
<p>PWM: Assessing Child and Family Diet Behaviors in Pediatric Obesity</p> <ul style="list-style-type: none"> <i>PWM: Family Diet Behaviors - Increased Risk of Obesity</i> <i>PWM: Family Diet Behaviors - Relationship Unclear</i> 		Not reviewed.
<p>PWM: Assessing Physical Activity and Sedentary Behaviors</p> <ul style="list-style-type: none"> <i>PWM: Sedentary Behaviors that Increase the Risk of Pediatric Overweight and Obesity</i> <i>PWM: Physical Activity Behaviors that Decrease the Risk of Pediatric Overweight and Obesity</i> 		Not reviewed.
<p>PWM: Determination of Total Energy Expenditure</p> <ul style="list-style-type: none"> <i>PWM: Option for Determining Energy Expenditure</i> 		Not reviewed.
<p>PWM: Assessing Family Climate Factors</p> <ul style="list-style-type: none"> <i>PWM: Family Climate - Increased Risk of Overweight or Obesity</i> 		Not reviewed.

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<ul style="list-style-type: none"> <i>PWM: Family Climate - Decreased Risk of Overweight or Obesity</i> <i>PWM: Family Climate - Relationship Unclear</i> 		
NUTRITION DIAGNOSIS		
		No NUTRITION DIAGNOSIS recommendations.
NUTRITION INTERVENTION		
Nutrition Prescription		
PWM: Nutrition Prescription in the Treatment of Pediatric Obesity <ul style="list-style-type: none"> <i>PWM: Nutrition Prescription</i> 		Not reviewed.
	PWM: Fast-Food Meal Frequency in Children and Teens	Added new recommendation.
Energy Restriction		
PWM: Energy Restricted Diets <ul style="list-style-type: none"> <i>PWM: Energy Restricted Diets - Children Six to 12 Years Old</i> <i>PWM: Energy Restricted Diets - Adolescents</i> 		Not reviewed.
Altered Macronutrient Diets		
PWM: Reduced Glycemic Load Diet <ul style="list-style-type: none"> <i>PWM: Reduced Glycemic Load Diet - Children Six to 12 Years</i> 		Not reviewed.

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<ul style="list-style-type: none"> <i>PWM: Reduced Glycemic Load Diet - Adolescents</i> 		
<p>PWM: Very Low Carbohydrate Diet</p> <ul style="list-style-type: none"> <i>PWM: Very Low Carbohydrate Diet - Adolescents</i> 		Not reviewed.
<p>PWM: Using Protein Sparing Modified Fast Diets for Pediatric Weight Loss</p> <ul style="list-style-type: none"> <i>PWM: Protein Sparing Modified Fast Diets: Short-term Treatment</i> <i>PWM: Protein Sparing Modified Fast Diets: Long-term Treatment</i> 		Not reviewed.
<p>PWM: Very Low Fat Diet (<20% Daily Energy Intake from Fat)</p> <ul style="list-style-type: none"> <i>PWM: Very Low Fat Diet</i> 		Not reviewed.
Nutrition Education		
<p>PWM: Nutrition Education in the Treatment of Pediatric Obesity</p> <ul style="list-style-type: none"> <i>PWM: Tailor Nutrition Education to Nutrition Prescription</i> 		Not reviewed.
Nutrition Counseling		

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<p>PWM: Nutrition Counseling and Behavior Therapy Strategies in the Treatment of Obesity in Children and Adolescents</p> <ul style="list-style-type: none"> <i>PWM: Nutrition Counseling</i> <i>PWM: Behavioral Therapy</i> <i>PWM: Family-Based Counseling</i> 	<p>PWM: Multicomponent PWM</p> <ul style="list-style-type: none"> <i>PWM: RDN in Multicomponent PWM Interventions</i> <i>PWM: Multicomponent PWM Interventions</i> 	<p>Reviewed and updated recommendation.</p>
	<p>PWM: Length of Treatment in Multicomponent PWM Interventions</p>	<p>See <i>PWM: Optimal Length of Treatment (2007)</i> in NUTRITION MONITORING & EVALUATION below.</p> <p>Reviewed, updated and moved revised recommendation to NUTRITION INTERVENTION.</p>
	<p>PWM: Treatment Setting in Multicomponent PWM Interventions</p>	<p>Added new recommendation.</p>
<p>PWM: Family Participation in Treating Pediatric Obesity in Children and Adolescents</p> <ul style="list-style-type: none"> <i>PWM: Family Participation - Children Six to 12 Years Old</i> <i>PWM: Family Participation - Adolescents</i> <i>PWM: Family Participation - Treatment Format</i> 	<p>PWM: Family Participation in Multicomponent PWM Interventions</p>	<p>Reviewed and updated recommendation.</p>
<p>PWM: Nutrition Counseling: Setting Weight Goals with Patient and Family</p> <ul style="list-style-type: none"> <i>PWM: Weight Goals</i> 		<p>Not reviewed.</p>

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Coordination of Nutrition Care		
PWM: Coordination of Care in PWM <ul style="list-style-type: none"> <i>PWM: Coordination of Care</i> 		Not reviewed.
Physical Activity and Inactivity		
PWM: Decreasing Sedentary Behaviors in Children and Adolescents <ul style="list-style-type: none"> <i>PWM: Decreasing Sedentary Behaviors - Children</i> <i>PWM: Decreasing Sedentary Behaviors - Adolescents</i> 		Not reviewed.
PWM: Physical Activity in the Treatment of Childhood and Adolescent Obesity <ul style="list-style-type: none"> <i>PWM: Physical Activity</i> 		Not reviewed.
Adjunct Therapies		
PWM: Adjunct Therapies: Use of Weight Loss Medications in Treating Obesity in Adolescents <ul style="list-style-type: none"> <i>PWM: Collaboration with Health Care Team</i> <i>PWM: Weight Loss Medication</i> 		Not reviewed.
PWM: Adjunct Therapies: Weight Loss Surgery and Adolescent Obesity		Not reviewed.

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<ul style="list-style-type: none"> <i>PWM: Weight Loss Surgery</i> 		
Treatment Format Options		
<p>PWM: Treatment Format Options: Group Versus Individual Intervention</p> <ul style="list-style-type: none"> <i>PWM: Group vs. Individual Interventions</i> 	<p>PWM: Sessions in Multicomponent PWM Interventions</p> <ul style="list-style-type: none"> <i>PWM: Group Sessions in Multicomponent PWM Interventions</i> <i>PWM: Individual Sessions in Multicomponent PWM Interventions</i> 	Reviewed and updated recommendation.
NUTRITION MONITORING & EVALUATION		
<p>PWM: Optimal Length of Weight Management Therapy in Children and Adolescents</p> <ul style="list-style-type: none"> <i>PWM: Optimal Length of Treatment</i> 		See <i>PWM: Length of Treatment in Multicomponent PWM Interventions</i> recommendation in NUTRITION INTERVENTION above.
OUTCOMES MANAGEMENT		
		No OUTCOMES MANAGEMENT recommendations.