

Adolescent Obesity in Family Practice. Patrick Meehan, MD

Introduction: Childhood obesity is an epidemic in the United States. The primary care physician plays a key role in preventing, recognizing and treating childhood obesity. The objective of this research project is to observe the effects of a limited, but high-intensity, intervention for obese adolescents in a Family Medicine practice.

Methods: Ten obese adolescents, as defined by BMI, between the ages of 13 and 17 years old will be seen for five visits each approximately two weeks apart. The goals and learning objectives of the eight-week intervention involve three basic themes: nutrition, activity, and healthful behavior. An individual inventory regarding these basic themes will be given at the first visit and as a follow-up one month after their last educational visit. BMI will also be calculated at the beginning of the intervention and three months later.

Results: Data will be analyzed and presented relating to any significant reduction in weight and/or BMI. Also, any trends observed relating to sustainable behavioral changes as indicated by individual inventory and post test will be noted.

Discussion: This project will demonstrate whether an intervention representing the recommended treatment supports behavior change as related adolescent obesity.