



Coalition on Children and Weight San Diego

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Dear Health Care Provider,

You play a vital role in preventing childhood overweight by providing education and resources for parents and families. Alarming statistics emphasize the need for action to prevent childhood overweight. Since 1980, the number of overweight children ages 6 to 11 has more than doubled, and the number has tripled for children ages 12 to 19 (Centers for Disease Control, 2002). From 1979 –1999 national cost to treating childhood obesity rose from \$35 million to \$127 million (Pediatrics, May 2002;109:E81).

In order to combat this epidemic, the Coalition on Children and Weight San Diego has adapted the *Get More Energy* behavioral change handout to encourage commitment by clients to make small changes in their daily routine. We know your time is limited so we hope you will find this tool a quick and useful instrument in helping clients achieve the lifestyle changes critical to improving their overall health.

This handout is designed as a client education tool as well as a way to evaluate the client's current nutrition and physical activity behaviors. We suggest that the form be filled out by the parent and child together prior to seeing the provider, then given to the provider for review and discussion, noted by the provider in the client's chart (or a duplicate put into their chart), then returned to the client as a guide for action between visits. A signed "contract" encourages the parent/child team to decide upon and work together to initiate a change in one area of their daily lives.

Please utilize *Get More Energy* with your clients. For more information about the Coalition, resources for prevention and treatment of childhood overweight or to join the Coalition, please visit our website at www.ccwsd.org or call (619) 692-8808.

The members of the Coalition thank you for your continued efforts to prevent childhood overweight.

Sincerely,

Coalition on Children and Weight San Diego