

**Council on Community Pediatrics
Rural Health Special Interest Group
November 2006 List Serv Discussion Topic**

Dr Shaikh, peds faculty at UC Davis has requested the following information from the COCP Rural Health SIG on how rural pediatricians screen, prevent and manage childhood obesity with a slant toward the training needs and possible application of telemedicine for either training and/or managing obese children by distant consultation. In Maine, 36% of entering kindergartners are already overweight or obese (BMI over 85%). We have had good experience developing office-based guidelines, registries, and Motivational Interview-based interventions around the theme of “5210” (5 fruits and vegetables/ day; 2 hours or less of TV/ screen time/day; 1 hour or more of Physical Activity; and 0: essentially no sugar added sodas or fruit drinks and instead 3 glasses of skim milk/ day. See Keep Me. Healthy ToolKit and Maine Youth Overweight Collaborative or MYOC through www.mcph.org or jorr@mcph.org.

**Bob Holmberg, MD, FAAP
Rural Health SIG Chair**

**PLEASE RETURN YOUR SURVEY SPECIFICALLY TO
RSHAEFER@AAP.ORG RATHER THAN SENDING AS REPLY THAT WILL
GO TO ENTIRE LISTSERV. THANKS.**

Pediatric Obesity Prevention and Treatment in Rural Primary Care

Open-ended questions to be posted on AAP Rural SIG list serve:

We would like to identify challenges and strategies that affect obesity prevention and treatment in rural children and adolescents as well as explore the potential of telehealth (distance education, Internet communication and clinical telemedicine) as a tool to provide healthcare provider and patient support with respect to obesity prevention and treatment in rural areas.

- 1) How do you screen for and assess risk for obesity in children and adolescents?
- 2) What barriers/challenges do you face with respect to obesity prevention and treatment?
- 3) What education/training have you received with respect to obesity prevention and treatment?
- 4) What educational/training needs can you identify with respect to obesity prevention and treatment?
- 5) How can telehealth potentially help your efforts in obesity prevention and treatment in rural primary care? Can you share any experiences?

- 6) What is the average amount of time you spend on diet and exercise counseling per well child / well adolescent visit
- 7) Number of years in practice? Number of years in practice in rural setting?

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