



5210+9 Pediatric Ground Rounds

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Conflicts of interest

Planning Committee & Faculty Disclosure: The Planning Committee and Faculty have no relevant financial relationships with commercial interests to disclose.



Objectives



- Review current information related to 5210+9
- Identify practical ways to use 5210+9 in primary and specialty care
- Discuss ways to integrate other health recommendations



or more fruits
and vegetables



hours or less
of recreational
screen time



hour or more of
physical activity



sugar sweetened
drinks



hours or more
of sleep

EVERY DAY!



Why 5210+9?

- What are we trying to prevent?
 - Our goal is to help establish or maintain a healthy BMI before our patients transition to adult care
 - These guidelines are simple and memorable
 - We see this healthy BMI as reflecting healthy habits that will serve them well in adulthood



Why 5210+9?

- We hope to prevent common chronic illnesses associated with elevated BMI
- Prior to the pandemic, obesity was recognized as a major threat to children's health...



Body Mass Index (BMI)

- BMI = body weight (kg) ÷ height (meters) squared
- BMI in pediatric patients must be compared with the population norms for age and sex, usually by using percentiles based on the CDC growth reference.
- "Ideal zone" is 5%ile to 85%ile

Chronic (adult) conditions

- Type 2 diabetes
- Elevated cholesterol (dyslipidemia)
- Cardiovascular disease
- Hypertension
- Mood disorders



Conditions in pediatrics

- The following are often due to or negatively impacted by an unhealthy BMI:
 - GI: nonalcoholic fatty liver disease and gallstones
 - Derm: striae, hidradenitis suppurativa
 - Neuro: Idiopathic intracranial hypertension
 - Ortho: Slipped capital femoral epiphysis
 - Pulm: Obstructive sleep apnea
 - Psych: Internalizing behaviors (depression/anxiety)
- All systems can be affected!



5 Fruits or Vegetables

- A high fiber diet will hopefully keep kids satiated and from reaching for unhealthy (energy-dense) snacks
- "Eat the rainbow"
- Emphasize calcium and vitamin D for bone health
- A serving fits in the palm of your hand
- Cognitive and mood benefits
- Side benefit: less constipation!



2 (or less) Hours of Screen Time

- Types of screen time; exposure to ads for unhealthy foods
- Social media- Increased symptoms of depression, anxiety, poor body image, ADHD, ODD, also Bullying, Poor sleep, Fear of Missing Out (FOMO), Isolation/Loneliness, Distraction (unhealthy avoidance), Less grounded in present/Self-centered, Exposed to inappropriate info, Predators/extortion, Stolen identity
- Screen time steals from time you could exercise, read (exercise your brain!) or be creative
- Can negatively impact sleep... Having a phone in the bedroom increases chance for less sleep by 88% and poor-quality sleep 53%
- Generally involves less moving, more snacking



1 Hour (or more) of Exercise

- Good for mental health (can have same effects as an antidepressant)
- Side benefit (again): less constipation!
- We will generally add: “If you are doing anything on wheels – like biking, skateboarding, scootering – be sure to wear a helmet!”



0 Sugary Drinks

- Sugary beverages are also cariogenic (rule of 2s – more numbers! – for caries prevention)
- Can negatively affect sleep! (Energy drinks)
- Might negatively affect bone health (carbonated)





9 Hours of Sleep

- A bigger problem with adolescents!
- Sleep deprivation negatively impacts mood, metabolism, ability to concentrate, memory, self-esteem, ability to make smart (food) choices; will cause headaches...





What next?

- Barriers
- Positive reinforcement!
- Goals
 - SMART Goals (keep it simple and short)
 - Can meet with BHP to get these going and follow up
- Habit building apps (Habitica, Habitify, Strides, Notion, Coach.me)
- Consider a phone contract
(commonsensemedia.org, verywellfamily.com, and joshshipp.com)



What next?

- Smart phrases (.52109...)
- Accountability – can have these patients return to recheck BMI and BP sooner than one year
- Can refer to nutritionist for additional education; FIT project!
- The 5210+9 website:
<https://www.providence.org/locations/or/community-health-division/healthier-kids-together>
- 5210+9 is a community-based childhood obesity program



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Questions?



Thank you!