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### Clinical Pediatric Weight Management in Rural Indiana: A Pilot Study

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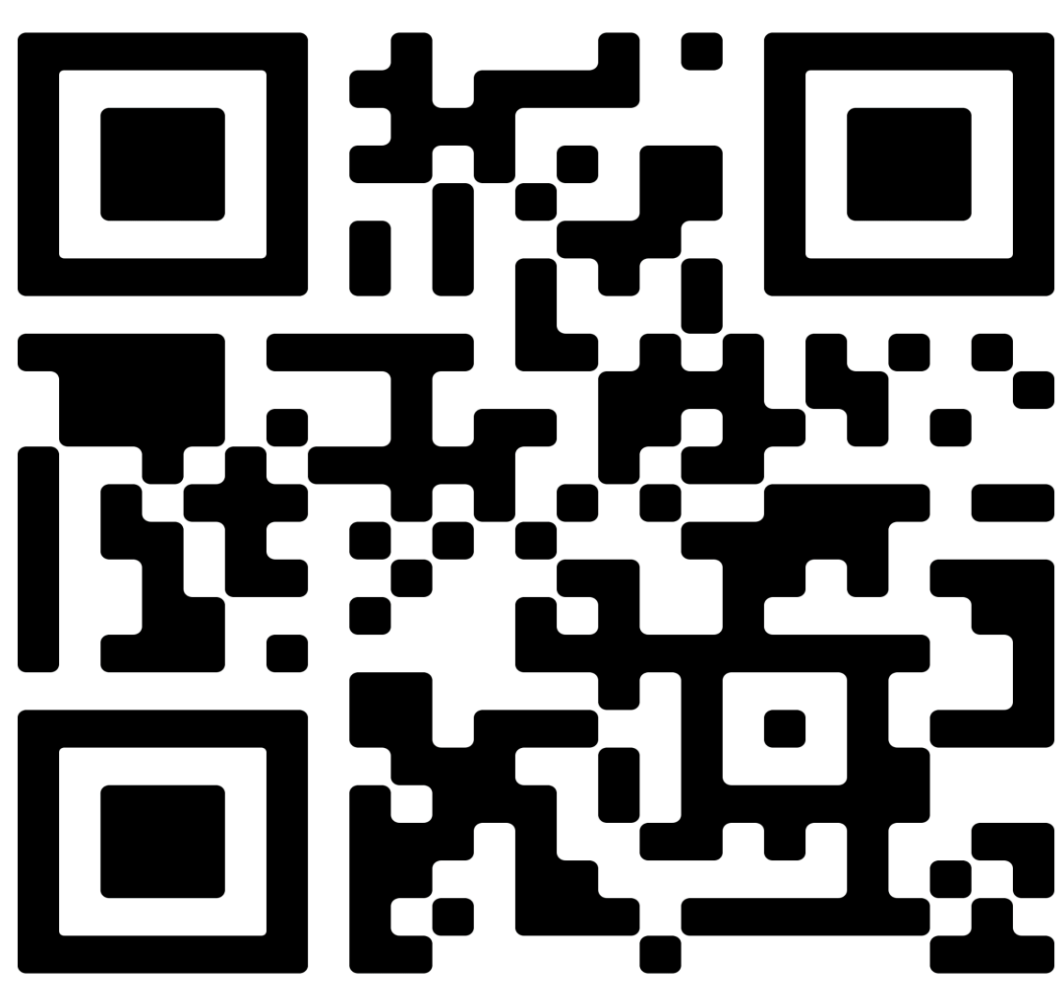
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# Clinical Pediatric Weight Management in Rural Indiana A Pilot Study

Ian Hunt, Derek Van Prooyen, Seth Culham, Matthew Renfrow PhD., Brandon Dykstra PhD.



## Background



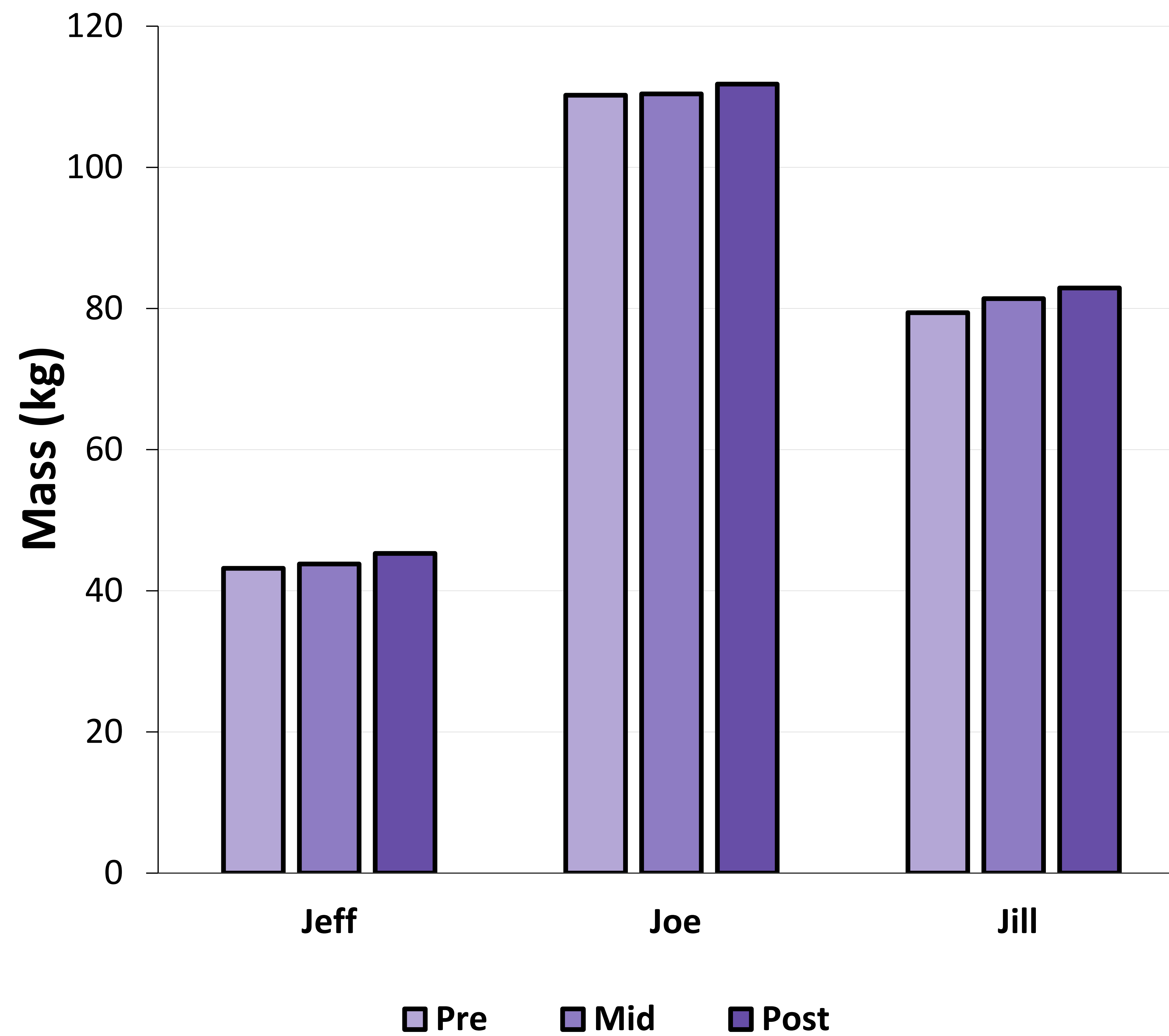
- ❖ Globally, approximately 340 million children have been diagnosed with obesity<sup>1</sup>
- ❖ 30% of Indiana children have obesity<sup>2</sup>
- ❖ Pediatric weight management clinics and programs (PWMs) have been successful in mitigating this issue<sup>3</sup>
- ❖ Rural areas, such as Grant County, Indiana, are underserved and lack significant resources<sup>4</sup>

### Purpose

Therefore, the purpose of this study was to pilot a Pediatric weight management program in rural Indiana.

## Results

Participants' Mass Over Time



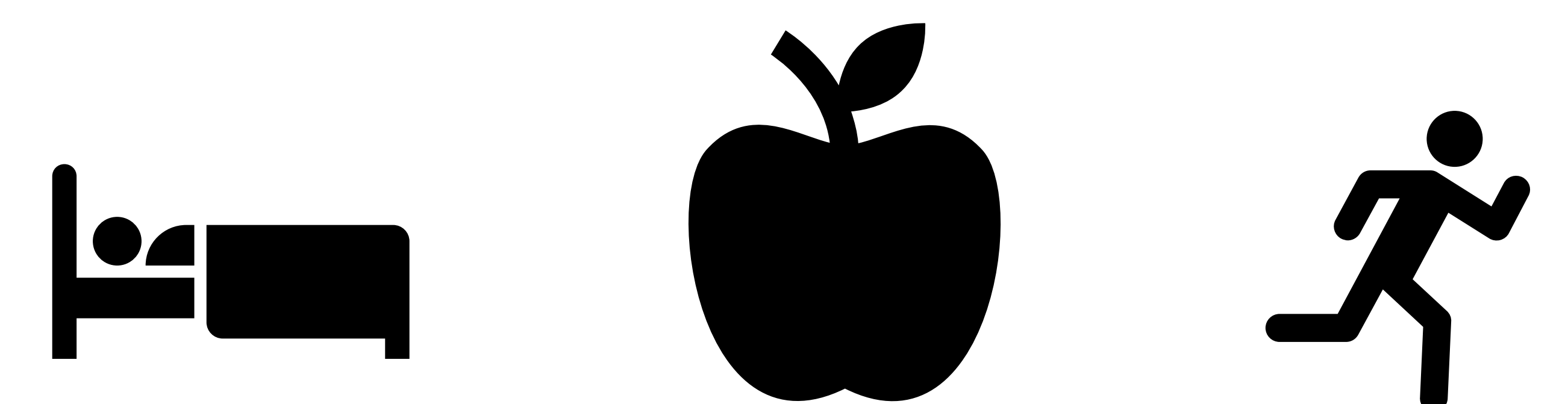
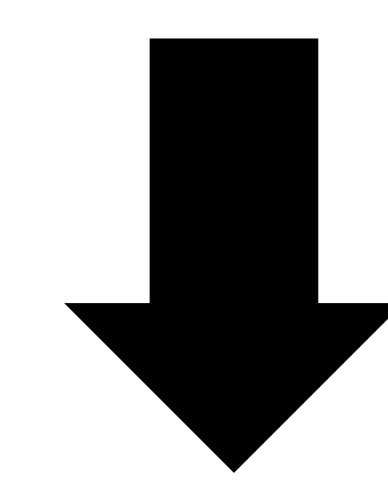
### Takeaway

The Live Well program appears to be effective in helping adolescents reduce their fast-food consumption and screen time as well as increase their physical activity. While this PWM did not help participants decrease their weight, given their ages and the nature of adolescence, slight weight gain is not unexpected and may indicate a slower BMI velocity.

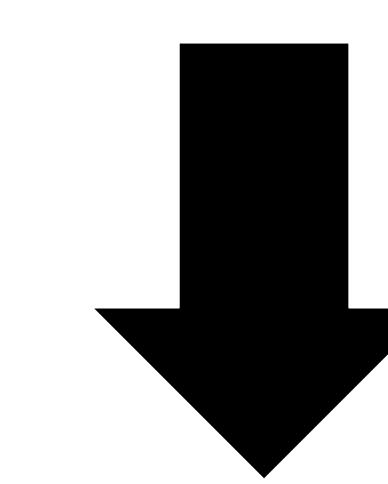
## Methodology



Initial visit, pre-testing



Health coaching utilizing motivational interviewing



Post-testing, final visit

1. Obesity and overweight [date unknown]; [cited 2021 Apr 11] Available from: <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>.  
 2. Larkin GN, Adams DM, Memmer M, Dwivedi P, Dwivedi PK, Raftery AK. BURDEN OF OBESITY IN INDIANA. [date unknown]:81.  
 3. Le-Jenkins, U., Cartagena, D., Renaud, M., & Guston, T. (2020). Effectiveness of a Primary Care-Based Pediatric Weight Management Program. *Journal of Doctoral Nursing Practice*, 13(1), 9–16. <https://doi.org/10.1016/j.pu.2015.04.001>  
 4. .1891/2380-9418.13.1.9