

2021 KACO Posts

January

Medications for Treating Obesity in Adolescents: They Are Here!

As we pediatricians have become more aware of the dangers of severe obesity in our patients, the urgency for more effective therapy has become evident. The utility of bariatric surgery has been demonstrated in numerous studies and has been endorsed by AAP and other nationally recognized policy statements. Two modalities used in adults but not open to patients under 18 years of age are devices like the gastric balloon and medications. In the interest of protecting children, the approval of these modalities has been very deliberate. Unfortunately, this cautious approach has kept many of our patients from effective therapy to control serious complications of obesity such as Type II diabetes mellitus, pseudotumor cerebri, sleep apnea and left ventricular hypertrophy.

Progress is happening, though. Recently, liraglutide (Victoza, Saxenda) was approved for use down to age 12 years and semaglutide (Ozempic) is making its way through adolescent trials. Both these medications are in the GLP-1 agonist class which work by increasing gastric volume and slowing gastric emptying thereby promoting fullness and reducing intake. While it will be a while before general pediatricians, like most of us, will feel comfortable managing patients on these medications, the arrival of them may be a real game changer for our kids in the most need. If you are ever interested in learning more about how to use these medications, the University of Minnesota runs a great program on their use. Here is a link to that excellent conference: <https://med.umn.edu/news-events/advanced-therapies-pediatric-obesity-atpo-workshop>

February

Don't let COVID Trash Wellness!

The pandemic has wreaked havoc on many aspects of life, including healthy nutrition and activity. In response, the AAP has issued the following two statements explaining the impact that the COVID-19 pandemic has had on nutrition and activity as well as, obesity and reaffirming the need to continue to address all these issues.

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/supporting-healthy-nutrition-and-physical-activity-during-the-covid-19-pandemic>

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/obesity-management-and-treatment-during-covid-19/>

If you are looking for resources to help support your efforts for staying healthy at home, The American Heart Association has a great in-exam-room poster at <https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic> and Children's Mercy in Kansas City has a long list of ideas at <https://fittastic.org/fit-tastic-at-home-resources/>.

These and many other ideas can also be found from our friends at the Ohio AAP who hosted a webinar on the topic at <https://www.youtube.com/watch?v=33ZZ76jV89g&feature=youtu.be>. Just a warning though, the speaker is kind of a quack. ;-)

March

MyPlate Gets a Refresh

2021 has brought a refresh to myplate.gov from the US Department of Agriculture based on the *Dietary Guidelines for Americans 2020-2025*. MyPlate, which was the successor to the old confusing food pyramid, is almost ten years old. The improved MyPlate site focuses on 1) the importance of nutrition for chronic disease prevention, 2) dietary patterns looking at how patterns in addition to individual components affect nutrition and 3) a lifespan approach including guidance for infants and young children (finally!). MyPlate also has many new resources like MyPlate Kitchen featuring recipes and an improved MyPlate app. Check it out!

Special KACO Opportunity! New Podcast on Obesity and COVID from AAP

Looking for an easy way to get up to speed on how COVID is impacting obesity and your patients? The following podcast from three of the leading lights in obesity care is a great way to catch up.

Conversations About Care Podcast—Interim Guidance on Obesity and COVID-19

The Institute for Healthy Weight at AAP has released a [podcast](#); **Interim Guidance on Obesity and COVID-19**. Host Sandy Hassink, MD, FAAP is joined by Victoria Rogers, MD, FAAP and Ihuoma Eneli, MD to discuss two new pieces of interim guidance from the AAP, focused on obesity prevention, management, and ongoing treatment during the time of COVID-19.

April

What I'm Watching...

A new show on Netflix *Waffles + Mochi*, produced by Michelle Obama promises to pick up where her *Let's Move!* campaign as First lady left off. Led by two puppets, the ten-episode show involves well-known chefs who demonstrate culinary skills and introduce world cuisine. One of my personal favorite chefs, Samin Nosrat of *Salt, Fat, Acid, Heat* fame and several other culinary stars promote the joy of good, healthy

food. <https://www.eater.com/22338201/waffles-and-mochi-netflix-kids-food-show-michelle-obama-chef-interviews>