

Counseling the Overweight Child

In 2009, Children's Medical Services (CMS) developed a Counseling Module for Child Health and Disability Prevention Program (CHDP) providers. On the Training Materials, Tip Sheet they recommend using "unhealthy weight" when discussing children's overweight and obese status with their parent.

CMS recommends that health care providers discuss healthy weight strategies (using the Kaiser poster) with all children and parents--irrespective of weight--since the messages are wellness messages which are applicable to all children. They encourage providers to think of it as a "wellness immunization" since CHDP is associated with making sure immunizations are up to date.

<http://www.dhcs.ca.gov/services/chdp/Pages/CounselTraining.aspx>