

# The REACH method: Nutritional and Exercise Counseling for Pediatric Patients

Angela Holliday

Matthew Walker Comprehensive Care Center

Nashville, Tennessee



# Introduction

- Obesity is one of the leading health problems facing the United States today
- According to the CDC, more than 33% of children and adolescents are considered overweight or obese
- It is an established trend that obese kids become obese adults



# Background

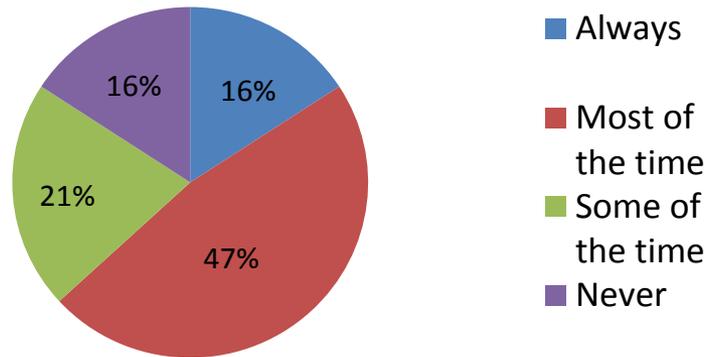
- The reasons for the obesity epidemic are numerous and multi-faceted in nature
- Chronic diseases may arise as a result of obesity
- Average yearly cost of medical care related to obesity reaching over a billion dollars

# Methodology

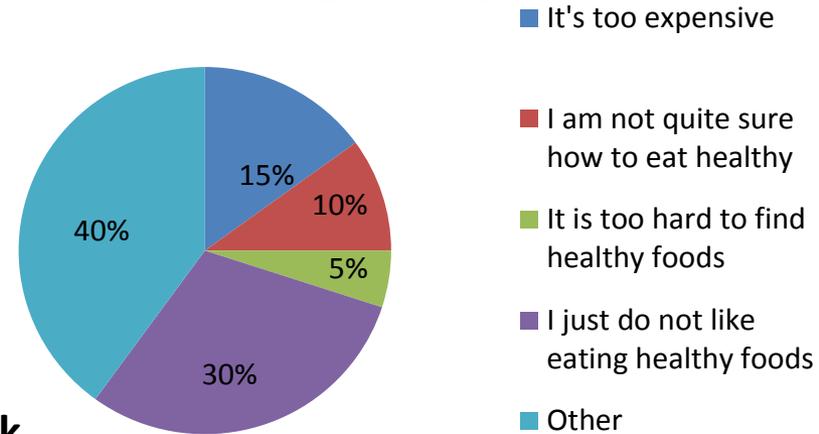
- Nutrition & Exercise Pre- assessment
- **REACH** method of nutrition and exercise counseling
  - Record
  - Exchange
  - Adjust Portion Sizes
  - Commit to a Goal
  - Hustle Up!
- REACH method Post- assessment

# Pre-Assessment Results

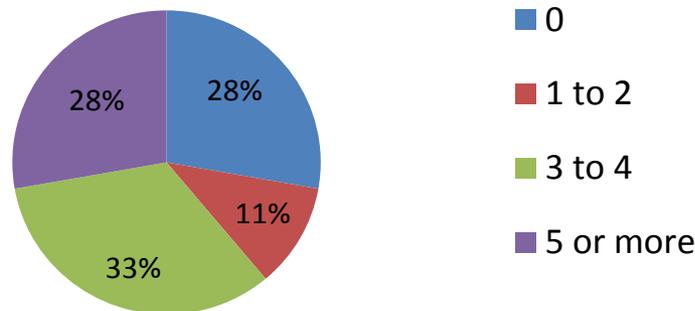
## I typically eat a healthy diet



## What is your biggest barrier to eating healthy?



## I typically exercise \_\_\_\_ times a week



# Post-Assessment Results

- 100% of patients found the nutritional instruction to be helpful
- 84% reported knowledge of the appropriate portion sizes improved
- 100% planned to apply REACH method to their daily lives and thought it would improve their overall health
- 89% of the patients reported that they would recommend the REACH method to someone else
- 53% said it was very likely they would follow through with REACH commitment 47% said it was somewhat likely that they would follow through and none said it was not likely



# Discussion

- Pediatric patients may feel because they are young, they are not at risk of health issues
- Patients need healthy alternatives that they enjoy
- Patients seem to be knowledgeable about accurate portion sizes, but need to be counseled about applying to everyday lives
- Patients need further counseling on importance of physical activity

# Recommendations

- Recommend that the site continue to use the REACH method to counsel pediatric patients
- Focus on educating the patients about how an unhealthy diet can affect them right now
- REACH method should be expanded to cater to different types of specific health conditions

# Conclusion

- Childhood obesity is a growing issue that persists in the country today
- It is imperative that pediatric patients and their parents are counseled on healthy nutritional and exercise habits
- Using the REACH method at Matthew Walker clinics can teach patients how to make healthier lifestyle changes in an attempt to fight the obesity epidemic and consequences that come along with an unhealthy lifestyle

# Acknowledgements

- GE-NMF Primary Care Leadership Program
- Dr. Michelle Williams
- The pediatric clinics at Matthew Walker Comprehensive Care Centers
- Dr. Carol Freund
- My fellow NMF scholars

