

## **Nutrition Controversy Panel: Obesity in Children: Who is Responsible? What Can We Do?**

### **1. Learning Objectives:**

At the end of the Controversy Panel and discussion, you should be able to:

- Identify and justify dietary recommendations for weight loss in children (3-4 items) and differentiate it from weight loss in adults.
- Identify at least three additional important components or aspects of weight loss program targeted to children, besides the dietary recommendations, that are viewed as necessary for successful outcomes in children.
- List the specific roles for:
  - Parents
  - Teachers
  - Physicians (Pediatricians and Primary Care)
- List some societal responsibilities that may need to be re-evaluated, in order to support weight loss in children.

### **2. Required Reading:**

Ebbeling, CB, Pawlak DB, Ludwig, DS. Childhood obesity: public-health crisis, commonsense cure. *Lancet*. 2002 Aug 10;360(9331):473-82.

### **3. Panel Format:**

1. Moderator introduces panelists.
2. Each panelist gets 10-12 minutes to present their "case."
3. Moderator asks panelists specific questions and panelists can ask questions of fellow panelists.
4. Open questions to students - collected on 3x5 cards and selected by moderator (to ensure representation of issues).
5. Summary by moderator.

Students are responsible for the Learning Objectives. Ask questions of panelists to ensure adequate information.