

Provider Communications

New Hampshire



Date: May 31, 2024

To: All WellSense Providers

From: WellSense Health Plan

Subject: **Well-Child Care: Obesity**

Product: NH Medicaid NH Medicare Advantage

Well-Child Care: Obesity

The Centers for Disease Control and Prevention (CDC) has disclosed that 19.7% of children ages 2 to 19 have obesity. This poses a significant challenge for pediatricians who must address childhood obesity and other aspects of comprehensive pediatric care, like vaccinations, mental health and family dynamics, all of which contribute to overall childhood well-being. Providing comprehensive care to children, while simultaneously tackling obesity, necessitates a collaborative effort involving various healthcare professionals and external organizations.

Obese children often experience psychological distress due to bullying at school and social isolation. To address these issues and promote weight loss without damaging self-esteem, pediatricians and healthcare providers must implement a multidisciplinary approach, including:

- Tailored dietary counseling for both the child and their family
- Behavioral and psychological interventions
- Nutrition education for parents
- Physical activity programs for children and adolescents
- Pharmacotherapy options, such as:
 - Orlistat, which inhibits fat breakdown and absorption
 - Phentermine, for appetite control in patients over 16 years of age
 - Metformin, for managing type 2 diabetes

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References

[The Central Role of Pediatricians in Maintaining Children's Health in Evolving Health Care Models](#)

[Childhood Obesity Facts](#)

[Childhood Obesity: Tips for Pediatricians](#)

Questions?

Please contact us at WS_Quality_Dept@wellsense.org with any questions you may have.