

Empowering Patients and Families for Success: Setting Goals in Pediatric Obesity Treatment

Indian Health Service

Pediatric Obesity Webinar Series

May 1, 2025

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Learning Objectives

- Identify effective strategies for goal setting in pediatric obesity treatment and explore the transition from Motivational Interviewing (MI) to goal setting.
- Develop practical approaches for setting goals in pediatric obesity management using the SMART goals framework, ensuring goals are age-appropriate, family-centered and focused on overcoming potential barriers to success.
- Examine the role and collaborative efforts of the interprofessional team in supporting goal adherence and measuring improved patient outcomes in pediatric obesity treatment.

Introduction

- Importance of behavior change in lifestyle modification
 - Impacts Self-Efficacy
 - Confidence in one's ability to achieve specific goals or perform tasks
 - Can differ between individuals and situations
 - Shaped by previous experiences of success and failure

Foundations of Effective Goal Setting



SMART Goals Framework

- **Specific**
 - Define the goal as much as possible with clear language
 - What is the desired result? (who, what, when, why and how)

Foundations of Effective Goal Setting



SMART Goals Framework

- **Measurable**
 - How can we track the progress and measure the outcome?
 - How much, how many, how will we know when the goal is complete?

Foundations of Effective Goal Setting



SMART Goals Framework

- **Achievable**
 - Involves a specific action to reach goal.
 - What skills are needed? What resources are needed?
 - Time counts as a resource.

Foundations of Effective Goal Setting



SMART Goals Framework

- **Relevant**
 - Is the goal too difficult to reach? Too easy?
 - What is the outcome or change expecting?

Foundations of Effective Goal Setting



SMART Goals Framework

- **Time bound**
 - When will the goal be achieved?
 - Is the deadline realistic?

Foundations of Effective Goal Setting

- Collaborative Approach
 - Involving the patient, family and inter/multidisciplinary team
 - Motivational interviewing techniques to elicit goals

Foundations of Effective Goal Setting

- Age-Appropriate Considerations
 - Tailoring goals to developmental stages and individual capabilities



Types of Goals in Pediatric Obesity Management

- Behavioral Goals



Types of Goals in Pediatric Obesity Management

- Process Vs. Outcome Goals



Types of Goals in Pediatric Obesity Management

- Family-Centered Goals

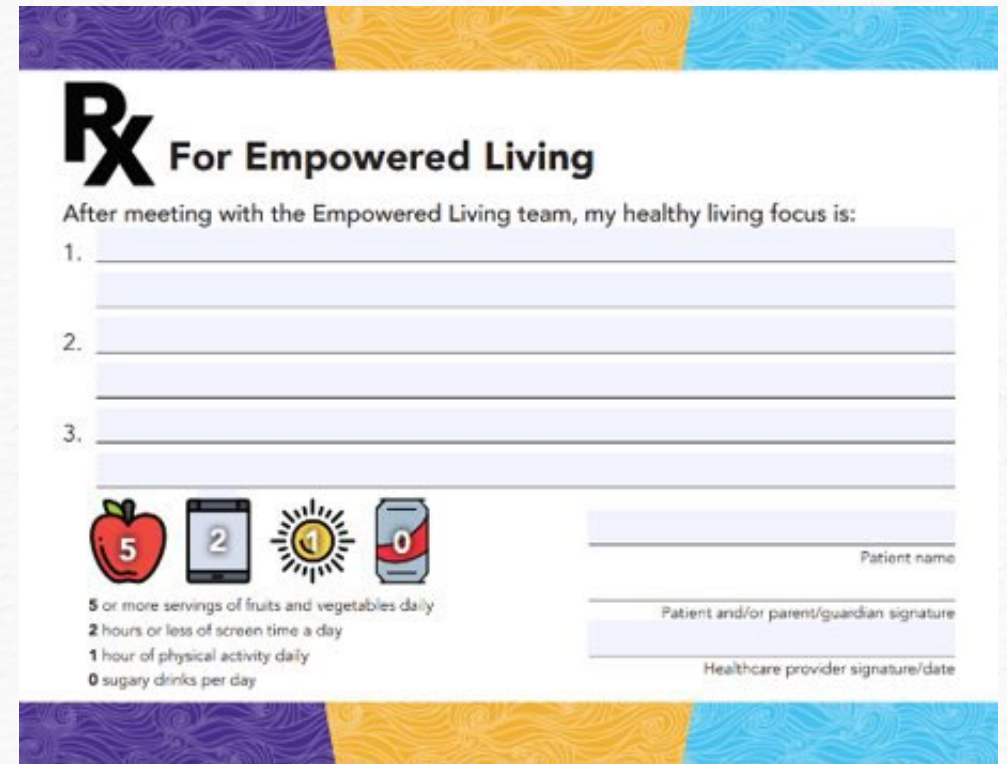


Strategies for Successful Goal Implementation

- Break Down Goals
 - Starting small to build momentum
 - Using incremental steps for long-term success

Strategies for Successful Goal Implementation

- Regular Monitoring and Feedback
 - Tracking progress with follow-up visits
 - Celebrating achievements to reinforce positive behaviors




Rx For Empowered Living

After meeting with the Empowered Living team, my healthy living focus is:

1. _____

2. _____

3. _____

5 or more servings of fruits and vegetables daily
2 hours or less of screen time a day
1 hour of physical activity daily
0 sugary drinks per day

Patient name

Patient and/or parent/guardian signature

Healthcare provider signature/date

Strategies for Successful Goal Implementation

- Overcoming Barriers
 - Identifying challenges
 - Developing actionable solutions

The Role of the Interdisciplinary Team

Integration Across Disciplines

- Coordination between physical therapy, dietetics, behavioral health, medical providers, etc.

Supporting Goal Adherence

- Role of each discipline in reinforcing goals and addressing barriers



Measuring Success

- Defining Success Beyond Weight
 - Improvements in physical activity, dietary habits and mental well-being
- Adapting Goals Over Time
 - Modifying goals as patients progress

Conclusions

Key Takeaways

- Goal setting as a cornerstone of pediatric obesity treatment
- Importance of personalization, collaboration and ongoing support

Call to Action

- Empower patients and families to take active roles in their health journey

Additional Tools and Resources

- American Academy of Pediatrics (AAP) resources:
 - Clinical Practice Guideline for the evaluation and treatment of children and adolescents with obesity released in 2023
- Psychologytoday.com
 - Find therapists to collaborate with in your community
- [FREE 5-2-1-0 PRINTABLES — Iowa Healthiest State Initiative](#)
- chrome-extension://efaidnbmnnnibpcajpcgicfindmkaj/https://digitalthriving.gse.harvard.edu/wp-content/uploads/2024/03/VALUES-SORTING.pdf
- chrome-extension://efaidnbmnnnibpcajpcgicfindmkaj/https://languade.extension.wisc.edu/files/2020/07/Childrens-Values-Worksheet.pdf
- <https://www.aap.org/en/patient-care/institute-for-healthy-childhood-weight/clinical-practice-guideline-for-the-evaluation-and-treatment-of-pediatric-obesity/supporting-the-implementation-of-the-cpg-recommendations/>

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Chokma!

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