

# Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

*Teaching children to be physically active is critical*

## Tips To Help Overweight Kids Get Healthy

For the parents of overweight children, getting their children to understand the dangers of overindulging after trick-or-treating on Halloween or during Thanksgiving can be quite difficult. In addition, getting children struggling with weight issues to be physically active on a daily basis is crucial but challenging.

A new book "*Supersized P.E. A Comprehensive Guidebook for Teaching Overweight Students*" offers ten ways to help parents and teachers better understand the physical, emotional and psychological issues that reduce the overweight children's quality of life, and help them learn how to be physically active, not just around Holidays, but for the rest of their life:

- 1) *Set an Example:* Be a good role model of overall wellness.
- 2) *Emphasize a Child's Strengths:* If it's something they enjoy or are good at, they are much more likely to do it.
- 3) *Foster a Positive Atmosphere:* It should feel safe and inviting, be free of

sarcasm, insults and harassment and be a consistent source of comfort and encouragement.

- 4) *Focus on Behaviors, Not Outcomes:* Help them control behaviors and focus on how to change, not the results of hanging.
- 5) *Face the Facts:* Denial is dangerous. Parents and teachers need to acknowledge when a student seems to be gaining weight or is overweight.
- 6) *Develop a Social Support Network:* Find a social niche where an overweight child is with others who share the same positive attitudes toward physical activity and health.
- 7) *Avoid the Spotlight:* Overweight children should not be placed in situations in which their physical performance is on display for all to see and critique.
- 8) *Get a Doctor's Advice:* Parents should consider having their overweight child assessed by his or her pediatrician before undertaking an intervention.
- 9) *Nutrition is Key:* Educate young



people how to make smart food choices. Teach overweight children about serving sizes, how to select low-fat snacks and how to recognize when they are full.

10) *Reduce Screen Time:* The numbers tell the story, during the average 3.47 daily hours a 100-pound child spends engaged in screen-based media (T.V., computer, video games) he or she burns 166 calories, contrasted with swimming (666), walking the dog briskly (687), playing half-court basketball (937), hiking (957), etc.

### Support Groups

Support groups for Lap-Band surgery patients are held once a month at Virginia Hospital Center. Support group attendance helps patients stay on track and focused on their weight loss journey. It is also an opportunity for patients to share their own experiences and learn from the experiences of others.

Support group meetings usually focus on a specific topic related to the Lap Band surgery with frequent guest speakers. You can find out about the date and time of the next meeting by calling the Bariatric Surgery Coordinator, Michelle Laputz, at 703.717.4255

### HEALTHY EATING CORNER

#### **CREAMED SPINACH** (Calories 62 Protein 6.62 grams)

- 1 10-oz frozen chopped spinach, defrosted
- ¼ cup shallot, sliced thin
- ½ cup skim milk
- ½ cup fat-free cream cheese
- ¼ teaspoon ground nutmeg

- ✓ Place defrosted spinach in 2 layers of paper towels and squeeze to remove as much liquid as possible
- ✓ Coat saucepan with cooking spray and place over medium heat until hot
- ✓ Add the shallots and sauté until lightly browned
- ✓ Reduce heat and add milk, cream cheese, and nutmeg and whisk until smooth
- ✓ Stir in the spinach, cover pan and cook for 1 minute more. Add salt and pepper to taste

