Executive Summary

Childhood obesity is a growing and costly epidemic (National Collaborative on Child Obesity Research [NCCOR], 2012). Treatment protocol for childhood obesity is the responsibility of the primary care clinician. However, primary care clinicians are not able to follow American Associate of Pediatrics (AAP) Expert Committee Recommendations for Weight Management Treatment (Leslie et al, 2004, Rice et al, 2008, Oude et al, 2009, & Sato et al, 2010) due to time constraints. Therefore, clinicians refer cases to specialists or weight management programs utilizing Body Mass Index (BMI) as an outcome measure. Additionally, there is limited evidence suggesting impact of short-term childhood weight management programs measured by BMI or weight change as effective.

The purpose of this project, utilizing a retrospective chart review, was to evaluate an existing 8 week child weight management program, Lifestyle, Eating, and Activity Program (LEAP), as to its effectiveness towards weight management. The goal of the proposal was to utilize weight change minus expected weight gain per child opposed to BMI for significance.

The Wilcoxon statistical analysis comparing pre-weight and post weight indicated statistical significance for weight loss for children and teens who have attended LEAP (teens P=.036; children P=.011). Data obtained from the small sample size provided support that weight loss after a short term weight management program, as measured by weight change, was effective.

The findings support LEAP as an effective program towards weight loss in children suffering from overweight and obesity. Commented [AMS1]: the abbreviation is 237 words. Perfect for a 250 word abstract limit.