
Pediatric Wellness Program

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MultiCare 

Mary Bridge Children's 

8/17/23

Best Practices for Children

Making a shift...



About Mary Bridge Children's

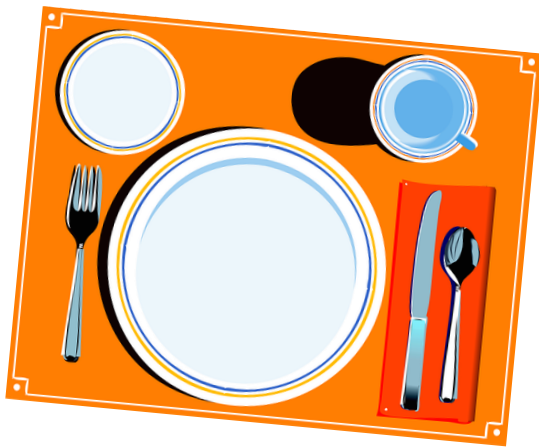


New Tacoma campus coming early 2026

From urgent care and general pediatrics to complex surgery and specialty care, MultiCare Mary Bridge Children's Hospital & Health Network offers comprehensive hospital care and a network of convenient outpatient centers dedicated to child health and wellness.

Our Program Philosophy

- Emphasizes overall health (physical/social/emotional) and well-being of the child or adolescent.
- Highlights the strengths of each family member to support an environment that promotes healthy growth and development.
- Promotes living actively, eating in a healthy but not depriving way, and creating a nurturing environment that helps the child or adolescent develop and grow to his/her potential.



Our Team



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Manager



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Agenda

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What is Weight Stigma

2

Appropriate Language

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Weighing Children

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Incorporating it into School Philosophy

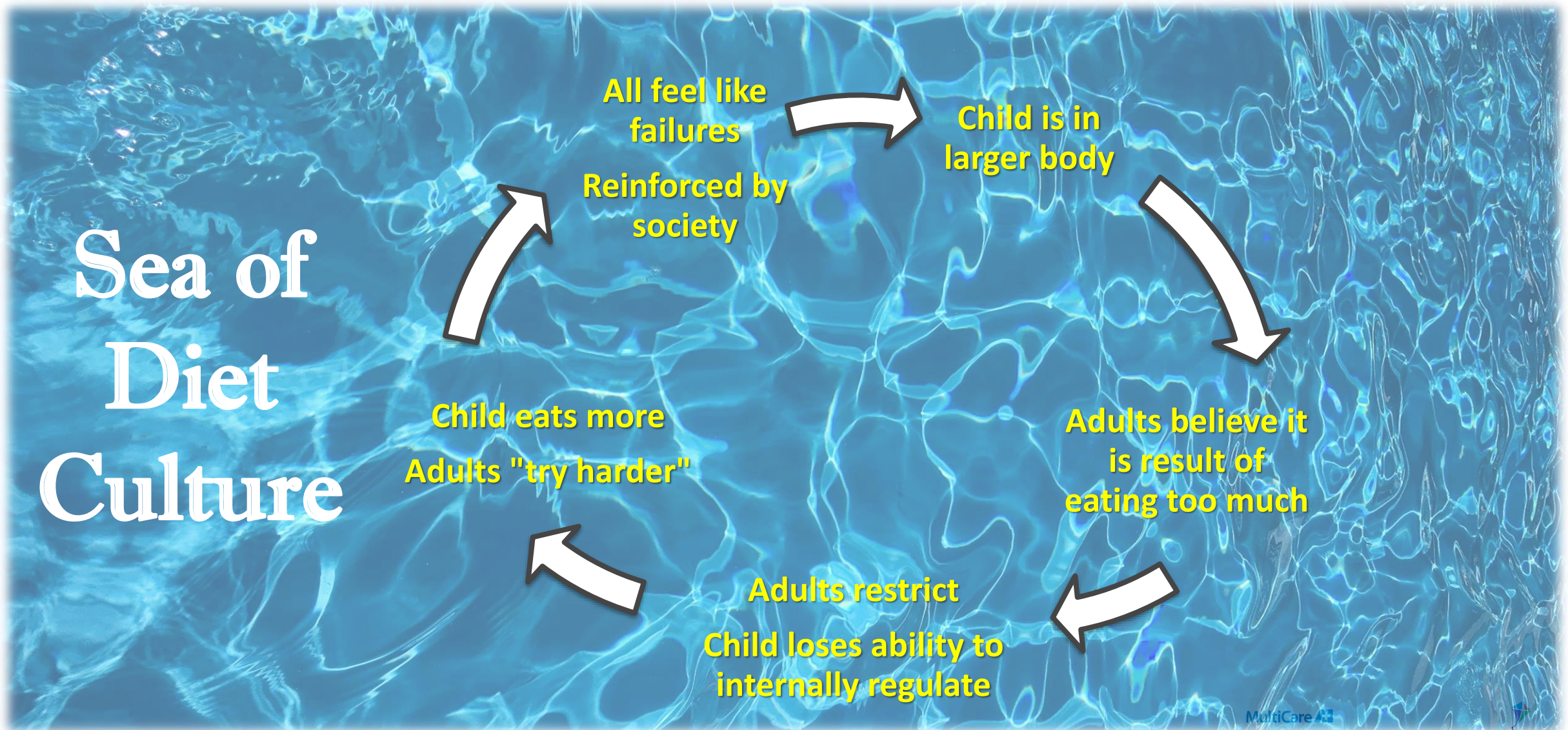
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Call to Action and Questions

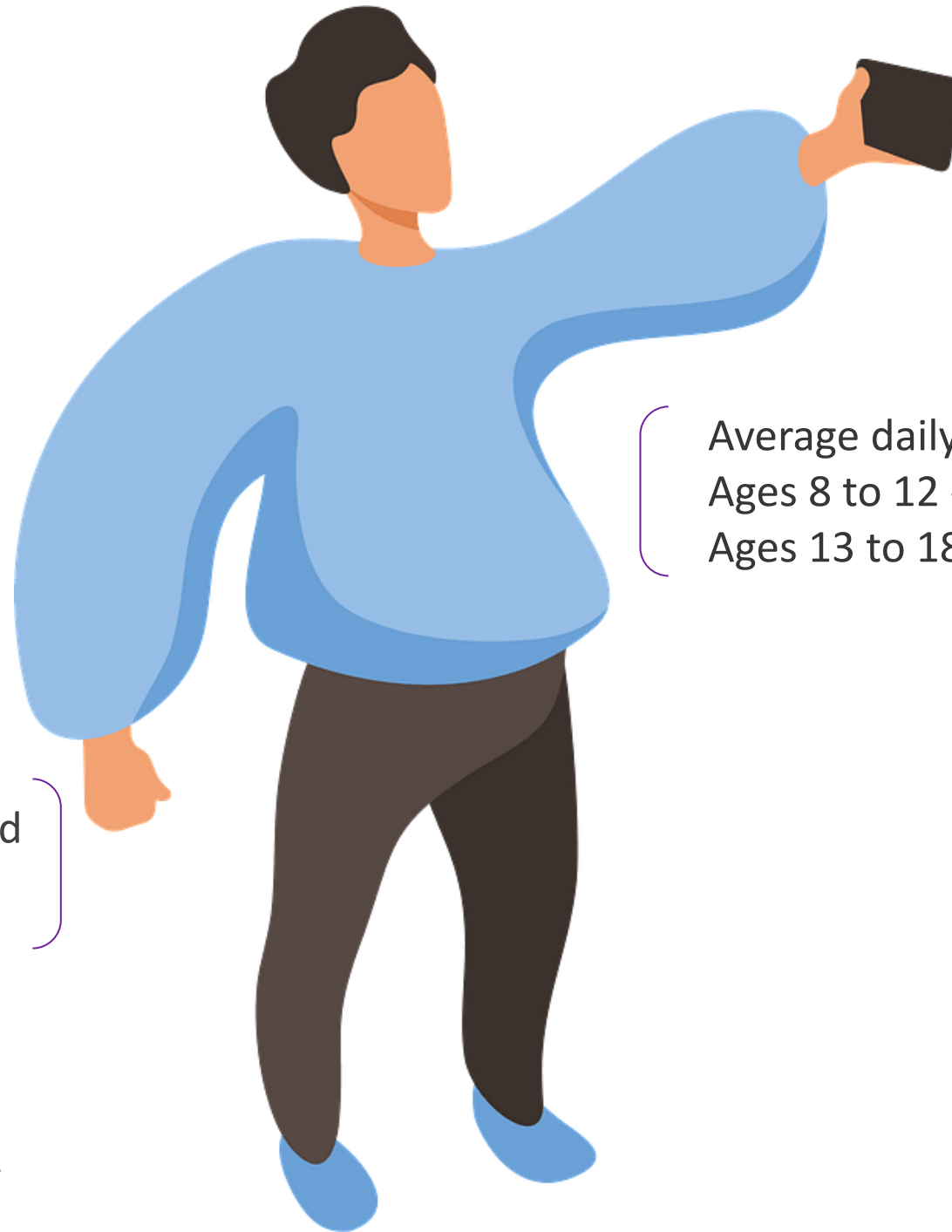


Where we all live

Caregivers, youth, society & medical community



The Battle with Social Media

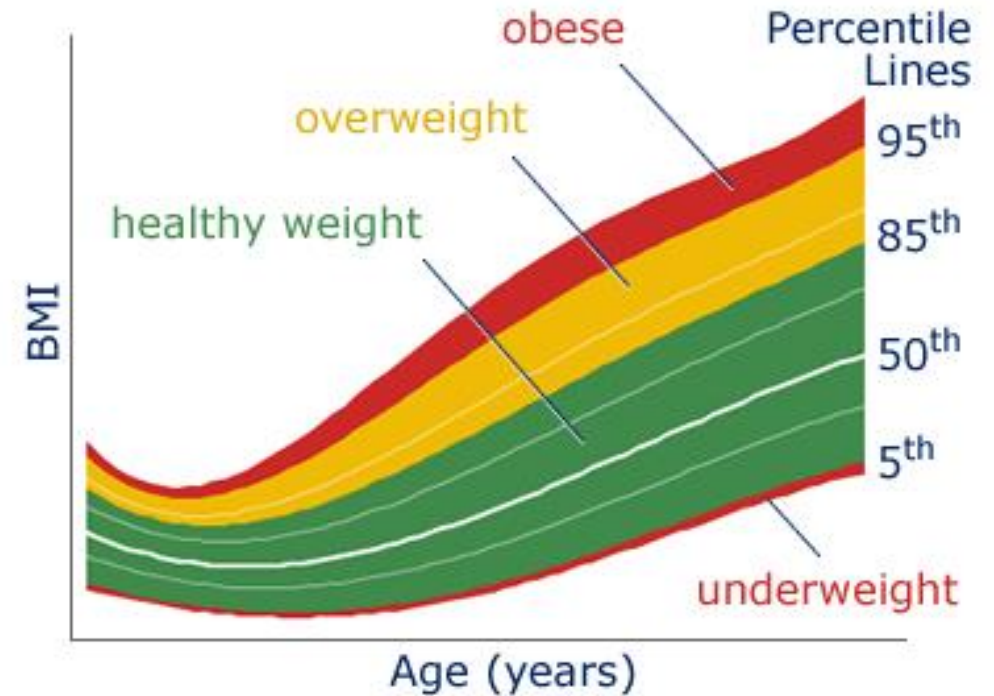


Children as young as 8 years old are on social media.

Average daily screen use:
Ages 8 to 12 - 5.5 hours
Ages 13 to 18 – 8.75 hours

Labeling Youth

- Weight related comments often start at age 10, especially for girls
- Research tells us that parents who think their kids are “too fat” had kids with a bigger increase in BMI from ages 4 to 13 years
- Kids who were labeled as “too fat” at age 10 had a predicted increase in BMI by age 19



What is Weight Stigma?

The World Obesity Federation definition - the discriminatory acts and ideologies targeted towards individuals because of their weight and size.

Societal impacts:

- Causes harm – especially mentally
- Continues to be tolerated by society
- Belief that stigma and shame is motivation
- Avoidance of healthcare services

Weightism

The value that we place on the human body's appearance and then the conscious or unconscious response.



Problems when Focusing on Weight

Increases their risk for:

- Disordered eating
- Further social isolation
- Likelihood of continuous weight cycling → low long term success rates
- Higher BMI into adulthood than non-dieting peers
- Depression

Decrease's their:

- Self-esteem
- Body satisfaction and acceptance
- Motivation to be active
- Likelihood to get adequate nutrition, especially during puberty
- Ability to enjoy life and LIVE IT



“Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly.”
- Stephen R. Covey

Weight Inclusive Care Practices

1. Check our assumptions & biases at the door- we all have them.
2. Who is in the room? Are other peers present? Conversations with caregivers about weight in front of a child or teen can be stigmatizing.
3. Always ask permission to talk about weight, divergences in a growth curve & lifestyle habits.
4. Begin conversations with "Do you have any questions or concerns about your child's eating habits, or how best to feed your child?" Give the power to the family.
4. Don't praise weight loss.
5. All youth, regardless of BMI should be encouraged to eat according to the 5 Keys guidelines and play regularly. (Play is exercise for children.)

Words and Body Language Matter

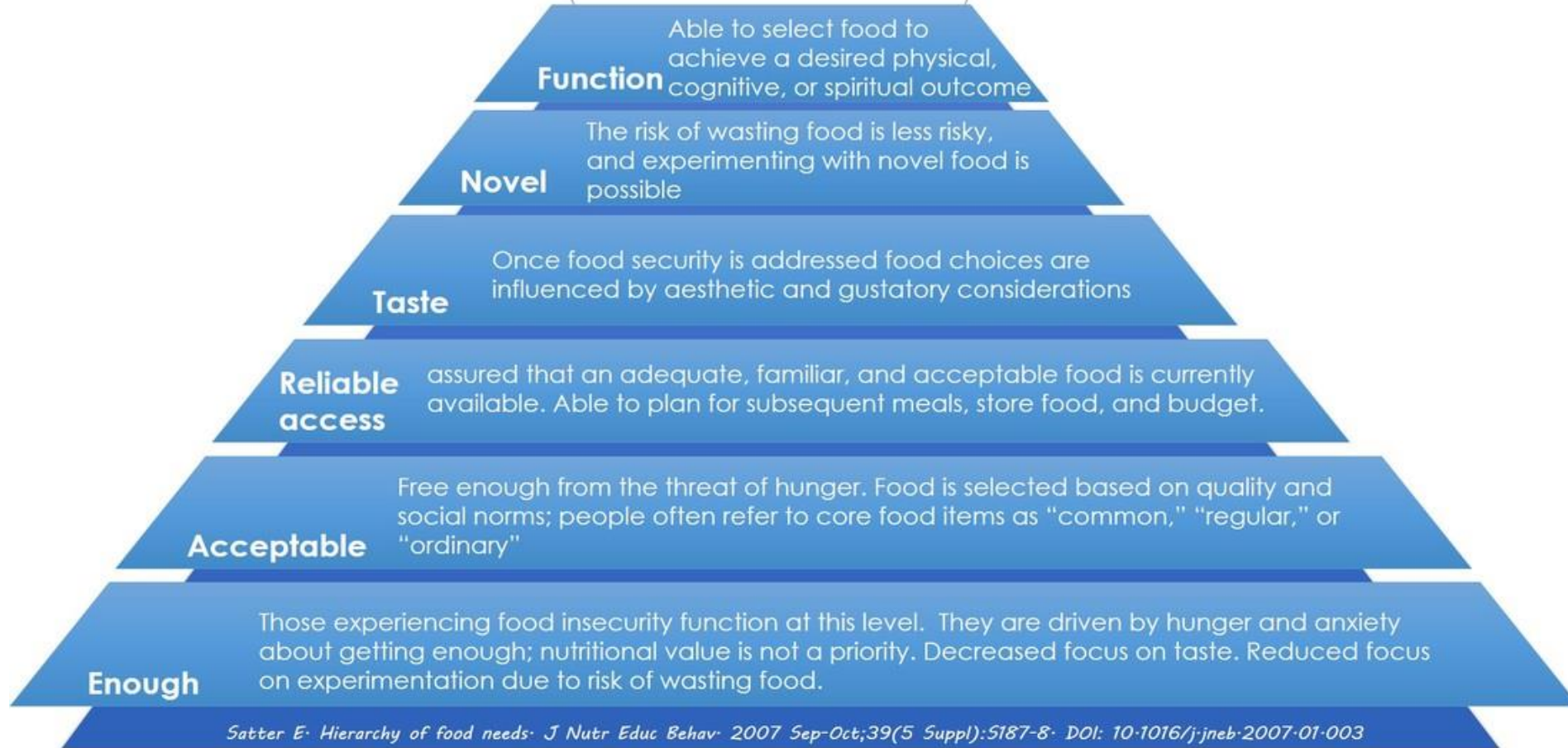


Terminology	
Triggering Words	Weight Inclusive
Overweight	Living in a larger body
Obese	Higher weight
Ideal or Normal weight	Higher/lower end of the weight spectrum
Underweight	Small/large frame

E·Satter Hierarchy of Food Needs



*We have to allow ourselves
“enough” food before we can
become selective*



Ellyn Satter's Intervention and Treatment

Parents following the division of responsibility (sDOR) in feeding

- **Parent is responsible for *what, when, where***
- **Child is responsible for *how much and whether***



Agencies recognize sDOR as best practice, and sDOR is a core component of the feeding messages developed for preschool-aged children:

- Food and Nutrition Service of the US Department of Agriculture,^{21, 22}
- American Academy of Pediatrics,^{23 24, 25}
- The Academy of Nutrition and Dietetics²⁶⁻²⁸
- Special Supplemental Nutrition Program for Women, Infants, and Children;²⁹ and Head Start.³⁰

5 KEYS TO FEEDING WELL

When we respect the Division of Responsibility*
trust is built and meals go better

PARENT
DECIDES



What to eat

CHILD
DECIDES

Whether
to eat



12:45

When to eat

How much
to eat



Where to eat



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*The Division of Responsibility as defined by Ellyn Satter
<https://www.walshcenterinstitute.org>

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5 KEYS TO FEEDING WELL

Divide up the responsibilities as a starting place



- Make meals and snacks from foods you enjoy and can provide easily.
- Offer meals for the family to share together, rather than catering to individual tastes. Include at least three different foods, where you know your child will eat at least one of them.



- Keep meal times and snack times consistent. This gives you control of the kitchen and lets your child know when they will have opportunities to eat.



- Offer water between meals and snacks.
- Sharing a meal together is a place where family happens; out of a box or on a plate; at a table or sitting together elsewhere.
- Eating together helps children learn to eat the right amount of food for their own growth. Meals together also connect us to our history, teach us to eat a variety of foods, and support social and emotional growth.



- Allow your child to determine whether or not to eat, while sitting with the family at mealtimes.

This allows them to:

- ✓ listen to their own body and eat the amount they need
- ✓ learn to eat the food you enjoy without pressure
- ✓ behave well at mealtimes
- ✓ grow predictably in the way that is right for them



- Allow your child to decide how much to eat without interference or guessing how much they need (ie. coaching them to try "one bite", "eat those vegetables", "not so much ice cream", etc.).

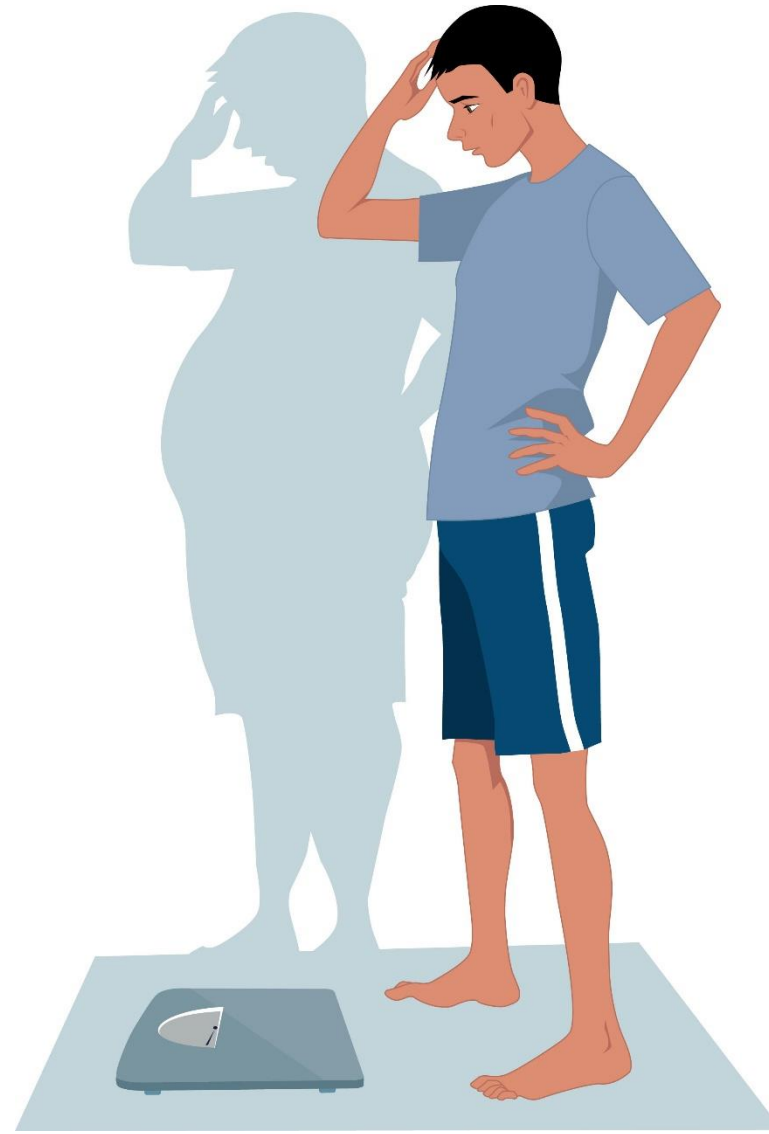
This helps your child by:

- ✓ teaching them to become a skilled and confident eater
- ✓ allowing them to be relaxed and joyful about eating, and feel trusted to take care of themselves with food

- Choose two key behaviors to practice at home. Try not to worry about doing it "right"- just start.

Considerations: Weighing a Child

- Ask permission
- Only weigh if required for treatment
- Give them option to look
- Be aware of clinic environment
- Have size inclusive equipment
- Don't compare



Considerations: Self-Reflection

- You are an amazing role model
- Watch body language
- Minimize negative comments about yourself
- Be mindful of wording when giving nutrition advice



Incorporating into School Philosophy

School Environment

- Visual displays + printed materials
- Bring in community partners to present
- School nurse room layout
- Provide community resources
- Educate yourselves
- Work within your network
- Learn ages and food competency skills



Resources for Youth

- YMCA ACT Program
- Center for Discovery – self evaluation available
- Learn more about our Mary Bridge Pediatric Wellness Program
- Get Help Now - Dial 211

Books:

- Love your Body & Be your Own Man by Jessica Sanders
- We're Different, We're the Same by Sesame Street
- A Girl like you or a Body like you by Frank Murphy
- Her Body Can by Katie Crenshaw



Ways to Get Help: Food Resources



211: Helps connect you to community resources statewide, including food support.
Dial 211 from any phone.



Washington Connection: Apply for multiple services (including food, money, child-care, etc.) in one place. You can renew and sign up for many programs in several languages.
Visit: www.washingtonconnection.org/



USDA National Hunger Hotline: Referrals for food help near you.
Call: 1-866-348-6479 (TTY: 711), 4 a.m. – 7 p.m.



Call to Action!



“Health is the state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

- World Health Organization (WHO)

Resources for Providers/Parents

Harvard implicit bias test (Select Weight IAT) – <https://implicit.harvard.edu/implicit/takeatest.html>

Books

- Helping without Harming by Ellyn Satter
- Secrets of Feeding a Healthy Family by Ellyn Satter
- Anti-Diet by Christy Harrison
- The Body is not an Apology by Sonya Renee Taylor

Additional Resources

- Joint international consensus statement for ending stigma of obesity (article) <https://www.nature.com/articles/s41591-020-0803-x>
- Stigma Experienced by Children and Adolescents with Obesity. AAP policy statement. <https://publications.aap.org/pediatrics/article/140/6/e20173034/38277/Stigma-Experienced-by-Children-and-Adolescents>
- Diabetes in Youth (SEARCH) <https://www.cdc.gov/diabetes/library/reports/reportcard/diabetes-in-youth.html>
- The Bizarre and Racist History of the BMI (article) <https://elemental.medium.com/the-bizarre-and-racist-history-of-the-bmi-7d8dc2aa33bb>
- Impact of weight stigma/anti-fat bias (NEDA) <https://www.nationaleatingdisorders.org/weight-stigma>
- 7 Ways to Uproot Your Anti-Fat Bias (article) <https://humanparts.medium.com/7-ways-to-uproot-your-anti-fat-bias-54f01d76ec3b>
- Ellyn Satter, “Stop Being Hysterical About “Obesity””: <https://www.ellynsatterinstitute.org/family-meals-focus/11-update-stop-being-hysterical-about-obesity/>
- Ellyn Satter Joy of Eating PDF <https://www.ellynsatterinstitute.org/wp-content/uploads/2021/12/Joy-of-eating-2022.pdf>
- Ellyn Satter Childhood Feeding Problems & Solutions <https://www.ellynsatterinstitute.org/how-to-feed/childhood-feeding-problems/>

Even More Resources

- Evidence for intuitive eating <https://www.psychologytoday.com/us/blog/eating-mindfully/201406/the-evidence-intuitive-eating>
- Confident Body, Confident Child online resources <https://www.confidentbody.net/about.html>
- <https://www.nationaleatingdisorders.org/risk-factors>
- www.cdc.gov/diabetes/risktest
- Journal of Eating Disorders <https://jeatdisord.biomedcentral.com/articles/10.1186/s40337-020-00292-6>
- Consent for weight management strategy <https://www.haesaustralia.org.au/resources/Documents/Consent%20for%20Weight%20Management%20Strategy.pdf>
- Counseling on behavior change: Molly Kellogg Change Talk <https://mollykellogg.com/PDFs/69-ChangeTalk.pdf>
- Working with the hunger scale (video) <https://vimeo.com/160497166/aef666dd51>
- The dieting mind (video) <https://vimeo.com/160497138/f14774bc7e>
- The Center for Body Trust (formerly Be Nourished) <https://centerforbodytrust.com/> Bad Body Day Tool Kit <https://centerforbodytrust.com/bad-body-day-toolkit/>



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