

## **Watchful waiting not recommended for childhood obesity**

*New guidelines detail surgery, medication as supplements to traditional methods*

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**Carly Zimmer, registered dietician-nutritionist at OSF HealthCare in Pontiac [PON-ee-ack], Illinois**

**“Often our eating habits stem from events in our past, trauma or emotions. A mental health professional can dive into those topics and help establish a healthy relationship with food.” (:13)**

**\*\*\*SOT\*\*\***

**Carly Zimmer, registered dietician-nutritionist at OSF HealthCare in Pontiac [PON-ee-ack], Illinois**

**“We’re taking this medicine and maybe we stop taking it. Or over time it becomes less effective. If we haven’t changed our habits, that weight is probably going to come back on.” (:12)**

**\*\*\*SOT\*\*\***

**Carly Zimmer, registered dietician-nutritionist at OSF HealthCare in Pontiac [PON-ee-ack], Illinois**

**“Generally, it is a calorie-restricted diet. You don’t want to eat a lot of high-fat foods. Avoid fried food, high-fat dairy products and concentrated sugars. Staying hydrated is very important.” (:20)**

**\*\*\*SOT\*\*\***

**Carly Zimmer, registered dietician-nutritionist at OSF HealthCare in Pontiac [PON-ee-ack], Illinois**

**“You develop healthy eating habits at a young age. As you get older, those habits tend to follow you. So childhood obesity tends to equate to adult obesity.” (:13)**

**\*\*\*SOT\*\*\***

**Carly Zimmer, registered dietician-nutritionist at OSF HealthCare in Pontiac [PON-ee-ack], Illinois**

**“Let kids be intuitive with their own bodies and what they need at that time. Sometimes kids may eat three plates of food. Sometimes they may eat a very small portion.” (:13)**