

**Table 4: Behavioral Targets for Stage 1 and Stage 2 Treatment Plan for Pediatric Primary Care Setting**

Behavior		Stage 1: Prevention Plus	Stage 2: Structured Weight Management (Stage 1 plus additional support)
Dietary	Fruit and Vegetables	<ul style="list-style-type: none"> <li>• Consume <math>\geq 5</math> servings/day</li> <li>• May subsequently increase to more servings/day as recommended by USDA (<a href="http://www.mypyramid.gov">www.mypyramid.gov</a>)</li> </ul>	Continue
	Sweetened Beverages	Minimize soda, sports drinks, punches (ideally none, or if large consumers $\leq 1$ serving/day)	Continue
	Breakfast	Consume healthy breakfast every day	Continue
	Meals	Encourage 3 daily meals and 2 healthy snacks	Structured daily meals with 2 snacks, no other snacking or calorie-containing beverages
	Planned diet/eating plan		Consistent with reference intake recommendations (requires trained dietitian or clinician)
Physical activity	Play/recreational activities	$\geq 1$ hour/day (Can be achieved by several shorter periods during day) <ul style="list-style-type: none"> <li>• Younger children: unstructured play</li> <li>• Older children: unstructured activities (dancing at home) or structured (sports team participation)</li> </ul>	Planned, supervised physical activity $\geq 1$ hour/day
Sedentary behaviors	Television and screen time	$\leq 2$ hours/day <ul style="list-style-type: none"> <li>• Remove TV from child's bedroom</li> </ul>	Additionally reduce to $\leq 1$ hours/day
Other		Prepare more meals at home Eat meals at a table with family Involve whole family in lifestyle changes (do not single out one child) At meals and for snacks, parents offer healthy foods and allow child to self-regulate his or her intake Avoid overly restrictive or controlling feeding behaviors Help families tailor plans to their cultural values	Continue Continue Continue Continue Continue Continue Teach family or child ways to monitor behaviors (such as food, activity, and/or TV logs) Teach strategies of reinforcement for achieving targeted behavior
Recommended follow-up frequency		Tailored to family (1-6 months)	Monthly visits

Adapted from Barlow SE; Expert Committee. Expert Committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity: summary report. *Pediatrics*. 2007;120(suppl)S164-S192