Dear healthcare provider,

I am aware that my child’s BMI places them in the “overweight/obese” range. **Please do not discuss my child’s growth chart, weight or BMI in front of my child.** If you have concerns with my child’s growth, please talk with me when my child is not present.

This request is in line with the 2016 American Academy of Pediatrics’ statement that providers should not talk about weight with children and adolescents. This is based on research that focusing on weight causes harm, including:

- Discussion about growth charts and weight can frighten and confuse children
- Focusing on weight leads to restrictive feeding which interferes with hunger and fullness cues and leads to overeating.¹,²
- Focusing on weight leads to dieting which is associated with **increased weight, depression, and eating disorders** over time.³

I am happy to talk with you about my child’s health habits: variety of food, sleep, screen time, activity, and emotional wellbeing. We follow the evidence-supported Responsive Feeding model⁴, grounded in Satter’s Division of Responsibility of feeding, which the AAP, CDC, WIC and WHO recommend as best practice.

Sincerely,

Citations and Resources:

5. Feeding with Love and Good Sense Videos - [www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)
6. One hour training for pediatric healthcare providers - Santa Clara County Public Health [https://www.sccgov.org/sites/phd/collab/cfc/Pages/obesity-prevention.aspx](https://www.sccgov.org/sites/phd/collab/cfc/Pages/obesity-prevention.aspx)
7. Sunny Side Up Nutrition: [www.sunnysideupnutrition.com](http://www.sunnysideupnutrition.com)

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