



Dear healthcare provider,

I understand tracking a child's growth is an important part of a pediatric health assessment. However, I request that you **please do not discuss my child's growth charts, weight, or BMI in front of my child.**

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:

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 or pressure during 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:

1. Birch LL, Davison KK, Fisher JO. (2003). Learning to overeat: maternal use of restrictive practices promotes girls' eating in the absence of hunger. *American Journal of Clinical Nutrition*. 78. 215-220.
2. Daniels LA. (2019). Feeding Practices and Parenting: A Pathway to Child Health and Family Happiness. *Ann Nutr Metab*. 2019;74(suppl 2):29-42
3. Neumark-Sztainer, D. et al. (2006). Obesity, disordered eating, and eating disorders in a longitudinal study of adolescents: how do dieters fare 5 years later? *Journal of the American Dietetic Association*. 106(4), 559-568.
4. Kerzner B. et al. (2015). A practical approach to classifying and managing childhood feeding difficulties. *Pediatrics*. 135 (2) 344-353.
5. Feeding with Love and Good Sense Videos - 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>
7. Sunny Side Up Nutrition: www.sunnysideupnutrition.com

Created by: Katja Rowell, MD and Anna M. Lutz, MPH, RD, CEDS-C