



Bayside Medical Group, Inc.

www.baysidemed.com

NUTRITION & EXERCISE

The Bayside Program on Nutrition and Exercise

Most people are aware that many Americans are too heavy and don't get enough exercise. This is true at all ages, but we are seeing it more and more in children. Once affected, they will be at risk of being overweight the rest of their lives.

At the same time, we are also discovering teens and preteens with eating disorders that cause them to be overly (and inappropriately) concerned with their weight.

How can we help? One, many of our families would probably benefit from some basic pointers on eating and exercise habits. Two, if we find at our regular check ups that our patients are either overweight or underweight, we can take some specific steps to help.

Here is what we are doing:

1. We are giving all of our families *basic educational materials* on how to lead a healthy lifestyle with good food choices, good eating habits, and good exercise habits.
2. We are asking our families to fill out a questionnaire. This will give us an individual *nutritional and exercise profile* that will help us to see where you are on track, and where you could improve.
3. We are measuring the *body mass index (BMI)* of each of our patients over the age of three at the regular well visits. The BMI is an easy way to measure approximately

how much of a patient's body is composed of fat. The BMI can tell us if you are too slim, too heavy, at risk of becoming too heavy, or just right.

4. If our patient has a **high BMI** or a **low BMI**—that is, if they seem to be overweight or underweight—we will do three things.
 - a. First, we will check for possible medical complications. For patients with a high BMI, these complications might be diabetes, high blood pressure, joint problems, cholesterol problems, heart or lung problems, psychological problems, being bullied in school, or others. For patients with a low BMI, we will need to check to make sure they do not have an eating disorder, such as anorexia or bulimia.
 - b. Second, we will take the first steps to check on your (the family's and the patient's) awareness and concern about the problem, and readiness to do something about it.
 - c. Third, we will decide with you whether to continue seeing you on an individual basis and to work on the problem here at Bayside, or whether to refer you to resources in the community.

Our goal is to help keep our patients healthy now and to pave the way to a healthy future. Let's work together to make it happen.

