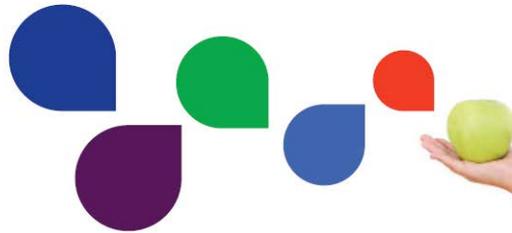


Putting Evidence Into Practice:

Management and Prevention
of Pediatric Obesity in Canada



A guide to the Pediatric components of the "Canadian
Clinical Practice Guidelines on the Management and
Prevention of Obesity in Adults & Children" (CMAJ 2007)

Developed: Spring 2010

User Guide

Developed Spring 2010

Introduction

The *Putting Evidence Into Practice* PowerPoint slide set has been developed to facilitate the dissemination the 2006 Canadian Clinical Practice Guidelines (CPG). The slides can be downloaded by Canadian Obesity Network (CON) members from the CON website at www.obesitynetwork.ca.

The purpose of the *CPG Pediatric Dissemination Slides* is to provide a tool for health practitioners that 1) identifies the 2006 Canadian recommendations for obesity management and prevention specific to the pediatric population and 2) provides information on how to implement each recommendation.

Development

The *Putting Evidence Into Practice* CPG dissemination slides have been developed by content experts in the area of pediatric obesity management and prevention. The recommendations and corresponding content contained in the slide set have been taken directly from the 2006 Canadian Clinical Practice Guidelines on the Management and Prevention of Obesity in Adults and Children (1). In addition, supplementary information, as marked, has been provided based on current practices and the practical experiences of the contributors.

Contributors

The development of these slides was the collective contribution of many individuals; we would like to take this opportunity to thank them for their efforts.

Core Development Team

Kathryn Ambler, MSc. – University of Alberta

Geoff Ball, PhD, RD – University of Alberta

Tracey Bridger, MD – Janeway Child Health Centre, Memorial University

Sara Kirk, PhD – Dalhousie University

Katherine Morrison, MD – McMaster University

Content Experts

Geoff Ball, PhD, RD – University of Alberta

Tracey Bridger, MD – Janeway Child Health Centre, Memorial University

JP Chanoine, MD, PhD – British Columbia Children's Hospital

Linda Gillis, MSc, RD – McMaster Children's Hospital

Stasia Hadjiyannakis, BSc, MD – Children's Hospital of Eastern Ontario

Tracy Hussey, MSc, RD – Hamilton Family Health Team

Sara Kirk, PhD – Dalhousie University

Claire LeBlanc, MD, FRCPC – University of Alberta

Laurent Legault, MD – Montreal Children's Hospital

Katherine Morrison, MD – McMaster University

Zubin Punthakee, MD, FRCPC, ABI – McMaster University

Elizabeth Sellers, MSc, MD – University of Manitoba

Use and Citation

The intended audience for these slides is health professionals and those working with an overweight or obese pediatric population. Use of all or part of the slide set for presentations or clinical education purposes is welcome. PowerPoint and Word document templates have been provided for those users who would like to customize their presentation additional slides or handouts.

Please note, any changes or revisions to the slides made by users will not be reflective of the 2006 guidelines as published. The CON or the Core Development Team are not responsible for the accuracy of any changes made by users.

About the Canadian Clinical Practice Guidelines

The CPG was published by the Canadian Medical Association in 2007 by a team of over 20 co-authors. Their objective was to develop a multi-level evidence-based CPG for the screening, prevention and management of obesity in adults and children. The guidelines were developed through a rigorous process, consisting of a systematic review of the literature and assessment by an expert panel and steering committee. Each recommendation is classified by a level of evidence and a grade (see below). Taken together, these criteria are helpful in assessing the quality of a recommendation.

Level of Evidence	Criteria
1	Randomized controlled trials (or meta-analyses) without important limitations
2	Randomized controlled trials (or meta-analyses) with important limitations Observational studies (non-randomized clinical trials or cohort studies) with overwhelming evidence
3	Other observational studies (prospective cohort studies, case-control studies, case series)
4	Inadequate or no data in population of interest Anecdotal evidence or clinical experience

Grade	Criteria
A	Strong recommendation (action can apply to most individuals in most circumstance) <ul style="list-style-type: none"> • Benefits clearly outweigh risks (or vice versa) • Evidence is level 1, 2 or 3
B	Intermediate recommendation (Action may vary depending on patient's characteristics or other circumstances) <ul style="list-style-type: none"> • Unclear whether benefits outweigh risks • Evidence is level 1, 2 or 3
C	Consensus recommendation (alternative actions may be equally reasonable) <ul style="list-style-type: none"> • Unclear whether benefits outweigh risks • Evidence is level 3 or 4

How to Use the Slide Set

Slide Organization

The slides are organized into five topics:

1

“Pediatric obesity in Canada: epidemiology, etiology and risks”

- describes the state of childhood obesity in Canadian children, presents the etiology of obesity and the relationship to health. This section contains no specific recommendations and is intended to be used for background information.

2

Role of health professionals: evaluating and managing obesity

- highlights the role of health professionals in managing obesity, the use of multidisciplinary teams, attitudes toward overweight and obese individuals and other related topics. This section also contains a CPG recommendation as well as supplementary information.

3

A systematic approach to managing and preventing childhood obesity

- provides context and helps orient the user to the CPGs. It does not contain any specific recommendations.

4

Recommendations for managing childhood obesity

- contains several CPG recommendations and supplementary information related to the management of childhood obesity.

5

Recommendations for prevention of childhood obesity

- contains several CPG recommendations and supplementary information related to the prevention of childhood obesity.

Within each section, recommendations are identified by a capital 'R' in the slide header (figure 2). They are followed by information taken directly from the CPG regarding implementation of the recommendation.

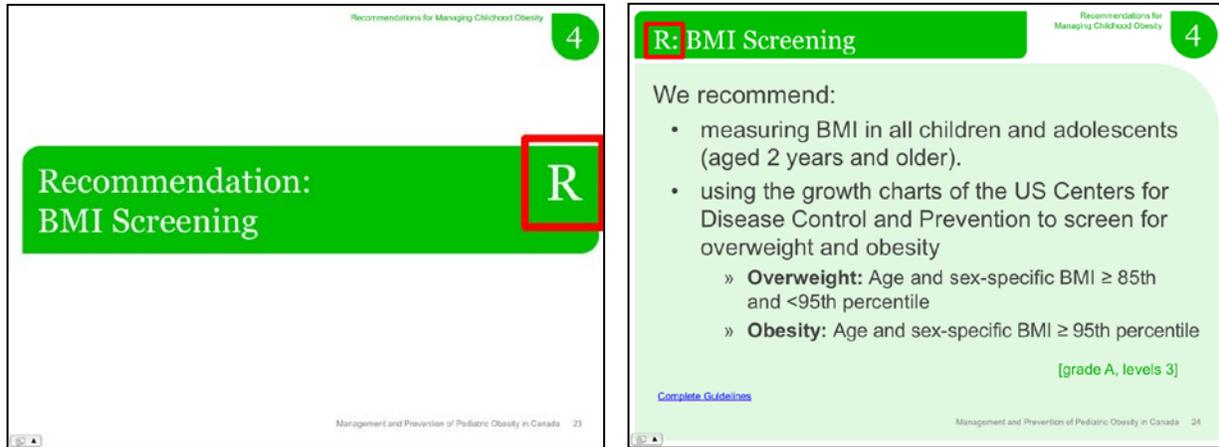


Figure 2: A capital 'R' identifies CPG recommendation and all slides associated with that recommendation.

In addition, practical clinical information provided by content experts is also provided. This content is identified by a *supplementary information* marker in the slide header and by a grey slide background (figure 3).



Figure 3: All information provided by content experts is labeled using 'Supplementary Information'.

On each recommendation slide there is a link to the full set of guidelines and level of evidence and grade for that recommendation (figure 4).

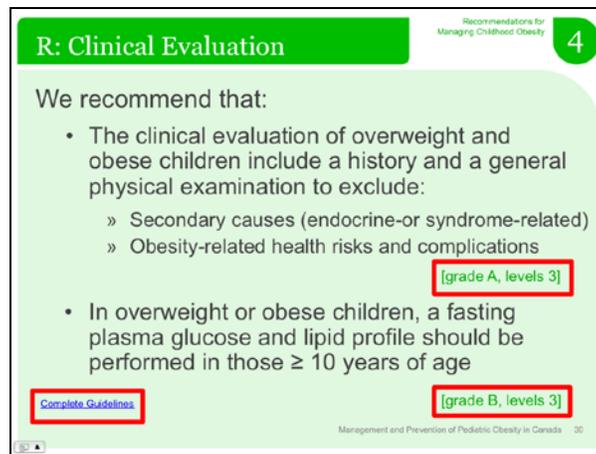


Figure 4 Each recommendation slide includes a link to the complete set of CPG guidelines and associated level of evidence and grade.

Slide Manipulation & Citation

The dissemination slides have been designed with the intent that the user will have the ability to manipulate the set to include all or part of the set into their presentation. A tutorial illustrating how this can be accomplished is available on the CON-TROPIC website.

References

- (1) Lau D. et al., 2007. Executive summary. In: 2006 Canadian clinical practice guidelines on the management and prevention of obesity in adults and children. *CMAJ* [Online]. 176(8), pp. 1-13. Available at: <http://www.cmaj.ca/cgi/data/176/8/S1/DC1/1>