

Evaluation of municipal treatment results for overweight/severe obesity in children and young people.

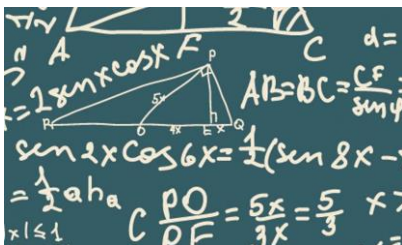


For some time, health nurses have reached out, particularly those seeking to evaluate treatment outcomes in municipal clinics. This task is often challenging and, at times, appears unmanageable for individual health nurses. Therefore, this newsletter addresses how to comprehend and assess BMI in girls and boys during their growth

and development.

Understanding and calculating underweight, normal weight, overweight and severe overweight pose challenges for children and young people. Unlike adults (where BMI 18.5 is the limit for underweight, twenty-five is the limit for overweight and thirty is the limit for severe overweight), there is no international consensus on defining these categories due to variations in growth and development between girls and boys. Complicating matters further are different population studies conducted at various historical periods, making it difficult to determine whether to use a reference base close to one's own ethnicity or international standards.

Regardless of the reference base chosen, agreement exists on utilizing the BMI SDS (Standard Deviation Score), a complex mathematical calculation, providing practical limits for overweight and severe overweight in boys and girls. Failure to apply these statistical adjustments may result in significant errors when comparing changes in BMI during growth and development, considering BMI increases non-uniformly after around the age of 5.



Dr Holm recommends using the old Danish growth rates from the 1970s as a starting point for expressing the normal growth of boys and girls in Denmark. While the WHO or IOTF's BMI limits are acceptable, Dr Holm emphasizes that correct mathematical calculations are crucial for accurate

treatment results. The team offers assistance in making these calculations, ensuring they adhere to the highest international standards, considering factors such as gender, age, degree of obesity, and social class in result estimates.



Dr Holm

The Obesity Treatment Tool Pro is designed with a digital platform that simplifies and reduces cost for extracting treatment results, including changes in BMI SDS. This approach is vital for documenting the clinical effectiveness of the efforts offered in the treatment of overweight.

Yours sincerely

The Dr Holm team

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If you have any further questions, you are welcome to contact Rikke at:

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