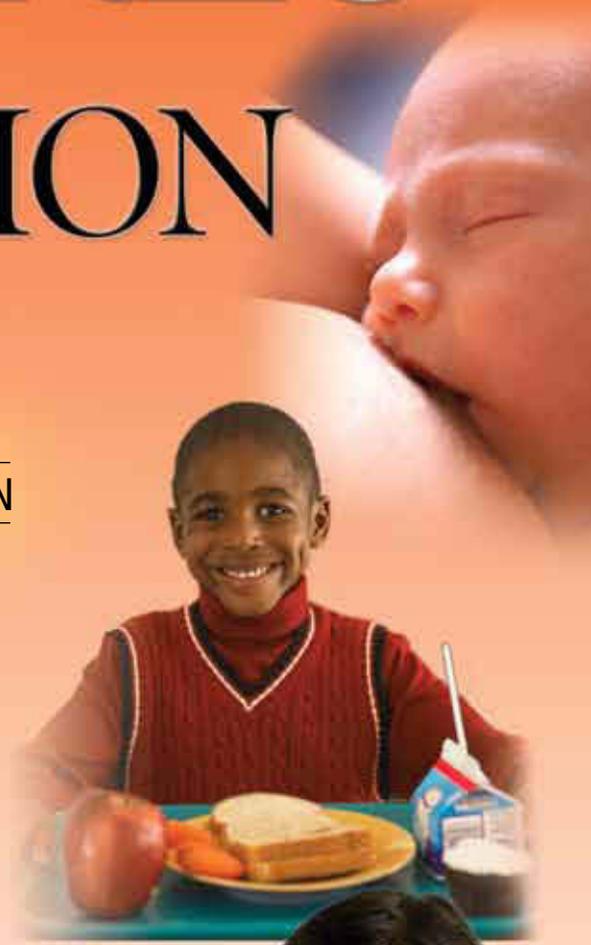


BRIGHT FUTURES NUTRITION

THIRD EDITION



**Bright
Futures™**

prevention and health promotion
for infants, children, adolescents,
and their families™



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



BRIGHT FUTURES NUTRITION

THIRD EDITION

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Bright Futures Children's Health Charter

Principles developed by advocates for children have been the foundation for initiatives to improve children's lives. Bright Futures participants have adopted these principles in order to guide their work and meet the unique needs of children and families in the 21st century.

Every child deserves to be born well, to be physically fit, and to achieve self-responsibility for good health habits.

Every child and adolescent deserves ready access to coordinated and comprehensive preventive, health-promoting, therapeutic, and rehabilitative medical, mental health, and oral health care. Such care is best provided through a continuing relationship with a primary health professional or team, and ready access to secondary and tertiary levels of care.

Every child and adolescent deserves a nurturing family and supportive relationships with other significant persons who provide security, positive role models, warmth, love, and unconditional acceptance. A child's health begins with the health of his parents.

Every child and adolescent deserves to grow and develop in a physically and psychologically safe home and school environment free of undue risk of injury, abuse, violence, and exposure to environmental toxins.

Every child and adolescent deserves satisfactory housing, good nutrition, a quality education, an adequate family income, a supportive social network, and access to community resources.

Every child deserves quality child care when her parents are working outside the home.

Every child and adolescent deserves the opportunity to develop ways to cope with stressful life experiences.

Every adolescent deserves the opportunity to be prepared for parenthood.

Every child and adolescent deserves the opportunity to develop positive values and become a responsible citizen in his community.

Every child and adolescent deserves to experience joy, have high self-esteem, have friends, acquire a sense of efficacy, and believe that she can succeed in life. She should help the next generation develop the motivation and habits necessary for similar achievement.

Creating a Lifelong Foundation for Healthy Eating

To meet the challenge of developing nutrition guidelines for infants, children, and adolescents, the Bright Futures team convened a multidisciplinary panel of health professionals, including educators, clinicians, public health officials, and representatives from family organizations. The panel focused on 2 key issues.

1. What do families need to do to promote the nutrition status of infants, children, and adolescents?
2. What do health professionals and communities need to do to become more effective in promoting the nutrition status of infants, children, and adolescents?

The goal was to develop nutrition guidelines for the infancy through adolescence developmental periods. Nutrition guidelines based on the best available scientific research, professional standards, and expert opinions were developed and sent for review to more than 150 individuals from a variety of health agencies and organizations.

Bright Futures: Nutrition presents the resulting nutrition guidelines and tools designed for use by a wide array of health professionals, including dietitians, nutritionists, nurses, and physicians. The guide can also serve as a practical, educational resource for families and communities.

Bright Futures: Nutrition emphasizes health promotion, disease prevention, and early recognition of nutrition concerns of infants, children, and adolescents. The guide also highlights how partnerships among health professionals, families, and communities can improve the nutrition status of infants, children, and adolescents.

Bright Futures: Nutrition builds on the nutrition guidelines presented in *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*. The nutrition guide is a practical tool for applying concepts and principles essential to nutrition supervision. It also supports the Healthy People objectives for the nation and can be used to develop and implement programs and policies for the health and well-being of infants, children, and adolescents. *Bright Futures: Nutrition* represents a vision for the new millennium, a direction for integrating nutrition into health services in the 21st century.

Together, health professionals, families, and communities can work to improve the nutrition status of our nation's infants, children, and adolescents and build a foundation for lifelong healthy eating behaviors—a foundation that encourages infants, children, and adolescents to enjoy eating healthy food and encourages children and adolescents to value family meals and feel good about themselves.

About *Bright Futures: Nutrition*

Optimal nutrition is important for sustenance, good health, and well-being throughout life. As the relationships among diet, health, and disease prevention have become clearer, nutrition and the promotion of healthy eating behaviors have received increased attention.

The nutrition status of infants, children, and adolescents affects their growth and development and resistance to disease. Lifelong eating behaviors and physical activity patterns are often established in early childhood. Therefore, it is important for children and adolescents to build the foundation for good health by choosing a healthy lifestyle, including practicing healthy eating behaviors and participating in regular physical activity.

A DEVELOPMENTAL AND CONTEXTUAL APPROACH

Nutrition needs to be approached from 2 perspectives: (1) the development of infants, children, and adolescents and (2) the context of their daily lives and environment. The guidelines in *Bright Futures: Nutrition* represent a developmental and contextual approach for helping children and adolescents develop positive attitudes toward food and practice healthy eating behaviors.

The developmental approach, which is based on the unique social and psychological characteristics of each developmental period, is critical for understanding infants', children's, and adolescents' attitudes toward food and for encouraging healthy eating behaviors.

The contextual approach emphasizes the promotion of positive attitudes toward food and healthy eating behaviors by providing infants, children, adolescents, and their families with consistent nutrition messages. Consistency, combined with flexibility, is essential for handling the challenges of infancy and early childhood. During middle childhood and adolescence, it is important for parents to encourage their children and adolescents to become more responsible for their own health and to help them develop the skills they need to practice healthy eating behaviors.

Bright Futures: Nutrition recommends that food and eating be viewed as both health-enhancing and pleasurable. Food provides more than just energy and sustenance. It holds innumerable symbolic, emotional, social, and personal meanings. Food is connected with nurturing, family, culture, tradition, and celebration. Promoting positive attitudes toward food and healthy eating behaviors in infants, children, and adolescents involves recognizing the multiple meanings of food and creating an environment that encourages the enjoyment of food. Family meals are emphasized because they help build on family strengths and promote unity, social bonds, and good communication.

PARTNERSHIPS AMONG HEALTH PROFESSIONALS, FAMILIES, AND COMMUNITIES

Encouraging healthy eating behaviors in infants, children, and adolescents is a shared responsibility. One of the principles of *Bright Futures: Nutrition* is that together health professionals, families, and communities can make a difference in the nutrition status of infants, children, and adolescents.

Today many families face the challenges of balancing work and home life and dealing with hectic schedules. Health professionals can help families learn how to fit nutritious meals and snacks into their busy lives. To be most effective, strategies need to be tailored to the family's individual needs.

The family is the predominant influence on infants', children's, and adolescents' attitudes toward food and their adoption of healthy eating behaviors. The family exerts this influence by

- Providing food
- Transmitting attitudes, preferences, and values about food, which affect lifetime eating behaviors
- Establishing the social environment in which food is shared

Parents want to know how they can contribute to their infants', children's, and adolescents' health and are looking for guidance; however, they are faced with contradictory nutrition information. Dietary recommendations can be misunderstood or misinterpreted, especially when adult guidelines are applied to infants, children, and adolescents.

Bright Futures: Nutrition will help health professionals revise standards of practice, promote the development of new nutrition programs, and provide the information children and adolescents need to develop positive attitudes toward food and practice healthy eating behaviors. The guide can serve as a resource for training health professionals and students. Sections of the guide—particularly the Frequently Asked Questions at the end of the Infancy, Early Childhood, Middle Childhood, and Adolescence chapters and the tools on nutrition risk, food safety, body image, and federal food assistance programs—can serve as a resource for educating families.

Throughout the nutrition guide, we use the term “parent” to refer to the adult or adults responsible for the care of the infant, child, or adolescent. In some situations this person could be an aunt, uncle, grandparent, custodian, or legal guardian.

The community can be invaluable in helping children and adolescents develop positive attitudes about food and practice healthy eating behaviors. *Bright Futures: Nutrition* can be used in a variety of community settings (eg, clinics, health and child care centers, hospitals, schools, colleges, and universities). Community settings and events that provide a variety of healthy, affordable, and enjoyable foods can be instrumental in communicating positive nutrition messages.

WHERE WE GO FROM HERE

There are many opportunities to promote the nutrition status of infants, children, and adolescents. It is our sincere hope that *Bright Futures: Nutrition* will be useful to health professionals, families, and communities as they strive to ensure the health and well-being of the current generation and of generations to come.

Bright Futures: Nutrition Vision and Goals

The vision and goals of *Bright Futures: Nutrition* are to

- Improve the nutrition status of infants, children, and adolescents.
- Identify desired health and nutrition outcomes that result from positive nutrition status.
- Set guidelines to help health professionals promote the nutrition status of infants, children, and adolescents.
- Encourage partnerships among health professionals, families, and communities to promote the nutrition status of infants, children, and adolescents.
- Describe the roles of health professionals in delivering nutrition services within the community.
- Identify opportunities for coordination and collaboration between health professionals and the community.

How This Guide Is Organized

The guide is divided into the following sections.

INTRODUCTION

This section provides information on promoting good nutrition and physical activity as essential components of a healthy lifestyle; establishing a framework for understanding how culture affects food choices and nutrition; and building partnerships among health professionals, families, and communities to improve the nutrition status of infants, children, and adolescents.

NUTRITION SUPERVISION

This section outlines critical nutrition issues in infancy, early childhood, middle childhood, and adolescence. Each chapter contains an overview of the developmental period; nutrition supervision information (including interview questions, screening and assessment, and anticipatory guidance); desired health and nutrition outcomes; and a list of frequently asked questions with answers that can be used as a handout for families.

NUTRITION ISSUES AND CONCERNS

This section provides an overview of common nutrition issues and concerns that affect infants, children, and adolescents.

NUTRITION TOOLS

This section provides nutrition screening tools, strategies, and resources to help health professionals, families, and communities promote the nutrition status of infants, children, and adolescents.

INDEX

This section contains a subject index of the guide.

How This Guide Can Be Used

Bright Futures: Nutrition is designed to complement *Bright Futures: Guidelines for Health Supervision for Infants, Children, and Adolescents*¹ by providing in-depth coverage of nutrition issues.

Bright Futures: Nutrition can be used in many settings, such as university- or community-based training programs, community health clinics, school-based health centers, and community programs (eg, Special Supplemental Nutrition Program for Women, Infants and Children [WIC]; Head Start; child care; home visiting). Many health professionals, such as dietitians, nutritionists, nurse practitioners, nurses, physicians, physician assistants, dental hygienists, health educators, and students, will find the guide useful. Potential uses of the information fall into 4 main areas: clinical, community, policy, and education and training.

CLINICAL

Uses

Augment nutrition information as outlined in *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*.¹

Develop and evaluate nutrition programs.

Implement standards of practice and protocol.

Educate children, adolescents, and their families.

Refer families to nutrition resources.

Support studies to determine the efficacy of Bright Futures nutrition guidelines.

Examples

Develop nutrition standards of care for Early and Periodic Screening, Diagnostic, and Treatment services.

Incorporate nutrition screening, assessment, and counseling information into health encounter forms.

Incorporate desired outcomes (eg, “gradually increases variety of foods eaten”) from the nutrition supervision chapters to track developmental milestones on health encounter forms.

Implement recommendations for screening, assessment, and treatment of hypertension.

Develop protocol for iron-deficiency anemia screening.

COMMUNITY

Uses

Provide anticipatory guidance to families on healthy eating behaviors.

Provide information to program staff to educate families about nutrition.

Develop and evaluate nutrition education programs.

Refer families to nutrition resources.

Help schools incorporate nutrition education into their curricula.

Implement standards of practice and protocol.

Examples

Develop a resource guide for parents with infants or children participating in WIC to promote a healthy feeding relationship between parents and their children.

Promote partnerships among health professionals and members of the community interested in food safety (eg, food service workers, school nurses, child care providers, restaurant owners).

Develop recommendations for sports and physical activity participation to prevent dehydration and heat-related illness among children and adolescents. Dietitians and other health professionals, physical education teachers, coaches, and parents could use information from the nutrition guide to develop fact sheets for distribution throughout the community.

Help children and adolescents in group homes and juvenile justice facilities obtain access to a wider range of healthy food choices; access to physical activity opportunities; and knowledge of the relationships among body weight, fitness, body image, and substance use.

Promote partnerships among health professionals, families, and the community (eg, parent-teacher association members, principals, teachers, food service personnel, coaches) interested in promoting healthy nutrition in schools.

POLICY

Uses

Provide information to policymakers, program administrators, and community leaders on nutrition issues and concerns.

Obtain support for nutrition policies and programs.

Develop standards of practice and protocol for nutrition programs.

Examples

Incorporate recommendations into state nutrition education guidelines and regulations.

Revise health care guidelines for managed care settings to cover nutrition screening, assessment, and counseling for infants, children, and adolescents.

Focus advocacy efforts on preventing early childhood caries and promoting community water fluoridation.

Support studies to determine the cost-effectiveness of Bright Futures nutrition guidelines.

Develop coverage and care appropriate for infants, children, and adolescents provided by the Children's Health Insurance Program.

EDUCATION AND TRAINING

Uses

Educate and train health professionals and paraprofessionals.

Provide in-service education and training to staff.

Use the nutrition guide as a textbook or reference.

Examples

Add a cultural awareness component to nutrition counseling training, using Keys to Good Cross-Cultural Communication (page 16).

Plan monthly nutrition case conferences in clinical training programs, using the nutrition supervision chapters and Tool D: Key Indicators of Nutrition Risk for Children and Adolescents to evaluate nutrition risk. Use desired outcomes from the nutrition supervision chapters to evaluate developmental milestones and formulate nutrition care plans.

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