

9-1-2023

Chronic Illness Education 2023: Enhancing Education in the Detroit Metropolitan Area on the Correlation between Portion Size and Pediatric Obesity.

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Recommended Citation

Ferris, Jackson; Bernard, Alexa; Hartzell, Susan; Johnson, Elli; Lopez, Jose; and Schiff, Theodore, "Chronic Illness Education 2023: Enhancing Education in the Detroit Metropolitan Area on the Correlation between Portion Size and Pediatric Obesity." (2023). *Patient Education Projects*. 673.

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Enhancing Education in the Detroit Metropolitan Area on the Correlation between Portion Size and Pediatric Obesity.

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Learning Community: Brown 11

Age Group: Pediatrics 14-18

Curriculum Tie-In: Preventative medicine



Portion Size and Pediatric Obesity



- Interventions

- Micro: Patient understanding of portion size
 - ❖ Specific diet
 - ❖ [Link to MyPlate](#)
- Meso:
 - ❖ Dietician Referral
 - ❖ Availability of healthy food options
 - ❖ Utilization of local markets (Eastern Market, CWO farms, CHASS Mercado, etc.)
- Macro:
 - ❖ Advance policy to standardize nutrition labelling-less confusing
 - ❖ Decrease sugar and additives in foods
 - ❖ Address and combat local areas defined as “food deserts”



Breakfast

- Oatmeal
- Banana
- Glass of low-fat Milk

What's the best things for you to eat as a growing teenager?



Dinner

- Grilled Chicken
- Brown Rice
- Broccoli

What's the Portion Effect?

Increased Food Size
Leads to Increased
Food Intake, duh!

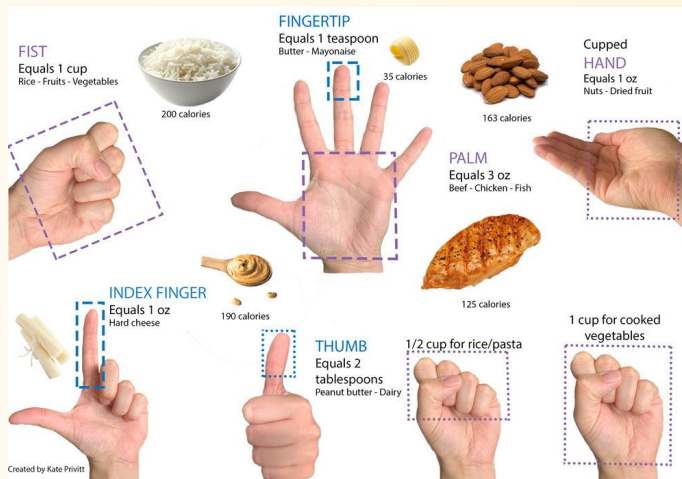
2 cups

2 ½ cups

6 oz

5 ½ oz

2 cups



Why?

It's not well understood, but our brains interpret visual cues to determine how satisfied we are with a meal

Snacks

- Apples and Peanut Butter
- Greek Yogurt with Granola
- Nuts such as Peanuts or Almonds



Summary

The responsibilities of a physician not only include treating patients but also include setting a good example and educating the population they work with. This project enhanced our understanding of nutrition in a way that will allow us to better serve our respective communities in the future. By using applications such as MyPlate and providing examples of well balanced meals we can give our patients the tools that they require to better control and understand their diets.

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