

Questions to ask your child's provider

Below are questions to ask your child's medical provider if they are recommending weight loss interventions.

1. How much weight loss is expected?

2. How will intake be monitored (calorie deficit without malnutrition)?

3. Will bone density be monitored?

4. Will muscle wasting be monitored?

5. What are the long term outcomes with this intervention?

6. What are the impacts of weight cycling on children?

7. What is the risk for development of an eating disorder?

8. What are the side effects (long and short term) with this medication / procedure?
