

## Sample Needs Assessment for “Pediatric Obesity”

### *Core Competency: Medical Knowledge*

Childhood obesity is on the rise nationally and globally<sup>1,2</sup> and is associated with “a broad range of health problems that previously weren’t seen until adulthood.”<sup>2,3</sup> The CDC notes that, “in 2012, more than one third of children and adolescents were overweight or obese.”<sup>1</sup> The CDC goes on to observe that obese children and adolescents are more likely to be at risk for conditions such as bone and joint problems, sleep apnea, and various cardiovascular disease factors, as well as long-term conditions such as heart disease and cancer.<sup>1</sup> With a “historic reduction in the [number of] uninsured”<sup>4</sup>, it is logical to expect that practicing physicians are likely to see more pediatric cases of obesity and the conditions that increase or decrease its prevalence (such as Head of Household education level and family income levels<sup>5</sup>).

1. <http://www.cdc.gov/healthyschools/obesity/facts.htm>
2. <http://www.who.int/end-childhood-obesity/facts/en/>
3. [http://www.heart.org/HEARTORG/GettingHealthy/Overweight-in-Children\\_UCM\\_304054\\_Article.jsp#.VIN3Zr9PLGg](http://www.heart.org/HEARTORG/GettingHealthy/Overweight-in-Children_UCM_304054_Article.jsp#.VIN3Zr9PLGg)
4. <https://www.cms.gov/Newsroom/MediaReleaseDatabase/Fact-sheets/2015-Fact-sheets-items/2015-06-02.html>
5. <http://www.cdc.gov/obesity/data/childhood.html>