

Patient Files

Eleanor's Patient File



My name is Eleanor. I like to do a lot of the typical teenage stuff, like talking on the phone, drawing, and hanging out with my friends. I have been a dancer since I was 5. I also have a job giving tours at the art museum in town. I have always eaten whatever I wanted, but my friends told me it would come back to haunt me. Sure enough, I have gained 3 lb over the summer! What is happening?

Official Patient Record Confidential

Patient Name: Eleanor S.

Male

 FemaleAge: 13Height: 5 ft 2 inWeight: 103 lbReferring Physician: Dr. Washington

Referral Information

Eleanor was referred to the clinic by her family doctor, Dr. Washington. At her physical, Eleanor was concerned that she had gained 3 lb over the summer (100 to 103 lb in four months). He told her that this was a typical weight gain for a 13-year-old girl. He felt that an analysis of her energy balance would reassure Eleanor that this weight gain is normal.

Initial Clinic Visit

Met with Eleanor on September 4. Asked her to keep track of food consumption and physical activities for a typical day. Gave her a Food and Physical Activities form. Asked Eleanor to return it before the next appointment so it could be evaluated by staff.

Additional Notes

Food and Physical Activities form returned September 8. See attached.

Food and Physical Activities

Patient Name: Eleanor S.

<u>Meal and Food</u>	Food Diary		
	<u>Carbohydrates (g)</u>	<u>Fats (g)</u>	<u>Proteins (g)</u>
Breakfast			
Light cream cheese (2 tbsp)	1.8	4.7	2.9
Plain bagel, toasted	30.5	0.9	6.0
Orange juice (8 fl oz)	25.5	0.1	1.6
Breakfast total	57.8	5.7	10.5
Lunch			
1% milk (8 fl oz)	11.3	2.5	7.7
American cheese (1 oz)	0.5	8.9	6.3
Ham (1 oz)	0.0	2.6	6.4
Wheat bread (2 slices)	23.6	2.0	4.6
Peanut butter (1½ tbsp)	3.8	12.4	6.9
Celery (3 sticks)	0.7	0.0	0.1
Lunch total	39.9	28.4	32.0
Dinner			
Sirloin steak (5 oz)	0.0	9.6	43.0
Tossed green salad (2 cups)	3.1	0.3	1.5
Blue cheese dressing (2 tbsp)	1.7	11.6	1.9
Baked potato, with skin	50.9	0.2	4.4
Light sour cream (2 tbsp)	1.3	3.6	0.9
Strawberries (1/2 cup)	5.3	0.3	0.5
Pound cake (1 piece)	33.7	17.5	3.6
Light whipped cream (1/2 cup)	1.8	18.4	1.3
Dinner total	97.8	61.5	57.1
Snacks			
Popcorn, with oil and salt (4 cups)	25.2	12.4	4.0
Butter (1 tsp)	0.0	3.8	0.0
Snack total	25.2	16.2	4.0

Physical Activity Diary			
<u>Intensity Level and Activity</u>	<u>Hours</u>	<u>Intensity Level and Activity</u>	<u>Hours</u>
Resting		Light	
Sleeping	9.0	Doing household chores	1.0
Very Light		Conducting tours	2.0
Eating and bathing	4.0	Moderate	
Watching television	2.0	Dancing (practice)	1.0
Attending art class	3.0	Heavy	
Talking on the telephone	1.0	(None)	0.0
Reading	1.0		

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Gloria's Patient File



I am Gloria. I love shopping! I also like to watch TV, look at the Internet, and visit with my friends. Over the summer I took a cooking class, so I have been doing a lot of that. My doctor thinks that I have gained too much weight this summer. I have gained weight, but she needs to understand that I am a growing girl! My family just has a lot of big people—I think it is in my genes.

Official Patient Record Confidential

Patient Name: Gloria M.

Male

 FemaleAge: 13Height: 5 ft 1 inWeight: 127 lbReferring Physician: Dr. Stevens

Referral Information

Gloria was referred to the clinic by her family doctor, Dr. Stevens. Dr. Stevens noted that Gloria has gained 11 lb over the summer. She recommends an energy balance evaluation for Gloria. She also hopes the clinic will provide advice on healthy energy balance and how to achieve it.

Initial Clinic Visit

Met with Gloria and her family on September 13. Note that her mother said the appointment is not needed because Gloria is "perfectly healthy." Asked Gloria to keep track of her food intake and physical activities for a typical day. Gave her a Food and Physical Activities form. Asked Gloria to return the form before the next appointment so it could be evaluated by staff. She reluctantly agreed.

Additional Notes

Food and Physical Activities form returned September 30. See attached.

Food and Physical Activities

Patient Name: Gloria M.

Food Diary

<u>Meal and Food</u>	<u>Carbohydrates (g)</u>	<u>Fats (g)</u>	<u>Proteins (g)</u>
Breakfast			
Refried beans (1/2 cup)	24.2	9.0	8.1
Shredded cheddar cheese (1 oz)	0.4	9.4	7.1
Flour tortilla (1)	27.2	3.5	4.3
Soda, cola (12 fl oz)	36.9	0.0	0.0
Breakfast total	88.7	21.9	19.5
Lunch			
Spaghetti (1½ cups)	59.5	1.4	10.0
Meatless spaghetti sauce (¾ cup)	13.8	3.9	2.8
Ground beef (2 oz)	0.0	10.4	13.6
Tossed green salad (2 cups)	3.1	0.3	1.5
Thousand Island dressing (4 tbsp)	9.8	20.3	0.8
Soda, cola (12 fl oz)	36.9	0.0	0.0
Lunch total	123.1	36.3	28.7
Snacks			
Chocolate chip cookies (4)	24.7	11.7	2.2
Soda, cola (12 fl oz)	36.9	0.0	0.0
Snack total	61.6	11.7	2.2
Dinner			
Beef, bean, and cheese burrito (2 burritos)	39.7	13.3	14.6
Chopped tomatoes (1/8 cup)	0.8	0.1	0.2
Spanish rice (1/2 cup)	21.3	0.1	2.8
Soda, cola (12 fl oz)	36.9	0.0	0.0
Dinner total	98.7	13.5	17.6

Physical Activity Diary

<u>Intensity Level and Activity</u>	<u>Hours</u>	<u>Intensity Level and Activity</u>	<u>Hours</u>
Resting		Light	
Sleeping	7.0	Doing household chores	1.0
Very Light		Shopping	2.0
Watching television	4.0	Moderate	
Cooking	1.0	(None)	0.0
Visiting friends	2.0	Heavy	
Reading	1.0	(None)	0.0
Browsing the Internet	2.0		
Eating and bathing	4.0		

Patient Files

Eddie's Patient File



My name is Eddie. I have been working out all summer. I am trying to bulk up a little. I also need to build up my muscles for swimming and basketball. I eat well and I exercise, so I should be building up muscle, right? I have *lost* more than 5 lb over the summer, though. I am also feeling tired all the time, so now I don't have enough energy to work out. What is wrong with me? Am I sick?

Official Patient Record Confidential

Patient Name: Eddie L.

Male

Female

Age: 13

Height: 5 ft 2 in

Weight: 92 lb

Referring Physician: Dr. Russell

Referral Information

Eddie was referred to the clinic by his physician, Dr. Russell. Dr. Russell noted that Eddie weighed 99 lb at the end of the school year. He is concerned about Eddie's weight loss. Tests run by Dr. Russell's office do not indicate any infection or other disease. He hopes an analysis of Eddie's energy balance will explain the weight loss and fatigue.

Initial Clinic Visit

Met with Eddie and his family on September 5. Asked him to keep track of his food intake and physical activities for a typical day. Gave him a Food and Physical Activity form and asked him to return it before his next appointment. Staff will evaluate information when the form is returned.

Additional Notes

Food and Physical Activities form returned September 12. See attached.

Food and Physical Activities

Patient Name: Eddie L.

<u>Meal and Food</u>	<u>Food Diary</u>		
	<u>Carbohydrates (g)</u>	<u>Fats (g)</u>	<u>Proteins (g)</u>
Breakfast			
2% milk (8 fl oz)	11.4	4.5	7.9
Apple-cinnamon pastry	37.5	5.3	2.3
Breakfast total	48.9	9.8	10.2
Lunch			
2% milk (16 fl oz)	22.7	9.0	15.7
Peanut butter (2 tbsp)	5.1	16.5	9.2
Jelly (1 tbsp)	13.2	0.0	0.0
White bread (2 slices)	24.8	1.8	4.1
Pear	25.1	0.7	0.6
Chocolate cookies (3)	28.2	10.2	3.0
Lunch total	119.1	38.2	32.6
Dinner			
2% milk (12 fl oz)	17.0	6.8	17.0
Lasagna (6 oz)	30.2	13.6	26.3
Garlic bread (2 slices)	29.5	8.7	5.0
Green beans (1 cup)	6.1	0.1	1.5
Dinner total	82.8	29.2	49.8
Snacks			
Banana	27.6	0.6	1.2
Sports drink (32 fl oz)	56.0	0.0	0.0
Fruit rolls (2)	47.8	1.7	0.6
Fruit punch (12 fl oz)	41.6	0.0	0.0
2% milk (8 fl oz)	11.4	4.5	7.9
Snack total	184.4	6.8	9.7

Physical Activity Diary			
<u>Intensity Level and Activity</u>	<u>Hours</u>	<u>Intensity Level and Activity</u>	<u>Hours</u>
Resting		Light	
Sleeping	10.0	Doing household chores	0.5
Very Light		Moderate	
Watching television	2.0	Mowing lawn	1.0
Playing computer games	1.0	Bicycling	1.5
Browsing the Internet	1.0	Heavy	
Listening to music	1.0	Swimming (practice)	2.0
Eating and bathing	3.0	Playing basketball	1.0

Patient Files

Anton's Patient File



My name is Anton. I like to visit my friends and work on my computer. I have gained 20 lb this summer! I don't understand why. Most of my friends will eat five or six different things at meals, but I usually only eat one or two. I usually walk to my friends' houses, too. What is going on? I think I must have a gland problem.

Official Patient Record Confidential

Patient Name: Anton F.

Male

Female

Age: 13

Height: 5 ft 3 in

Weight: 134 lb

Referring Physician: Dr. McKenzie

Referral Information

Anton was referred to the clinic by his family physician, Dr. McKenzie. Dr. McKenzie noted that Anton weighed 112 lb at the end of the school year. She is concerned about his weight gain. She has requested the staff analyze his energy balance. She would also like the staff to provide him with information about achieving healthy energy balance, if needed.

Initial Clinic Visit

Met with Anton and his father on September 15. Asked Anton to keep track of food consumption and physical activities for a typical day. Gave him a Food and Physical Activity form to record information. Asked him to return the form to the clinic before his next appointment so staff can evaluate.

Additional Notes:

Food and Physical Activities form returned September 25. See attached.

Food and Physical Activities

Patient Name: Anton F.

<u>Meal and Food</u>	<u>Food Diary</u>		
	<u>Carbohydrates (g)</u>	<u>Fats (g)</u>	<u>Proteins (g)</u>
Breakfast			
2% milk (8 fl oz)	11.4	4.5	7.9
Sugary Smacks cereal	63.1	1.4	4.7
Breakfast total	74.5	5.9	12.6
Lunch			
Meat and cheese pizza (4 slices)	79.5	27.8	40.5
Lunch total	79.5	27.8	40.5
Dinner			
Fast-food double hamburger	42.9	27.9	29.9
Super-size french fries	77.0	29.0	9.0
Cola drink (12 fl oz)	36.9	0.0	0.0
Dinner total	156.8	56.9	38.9
Snacks			
Cola drink (12 fl oz)	36.9	0.0	0.0
Popcorn, with oil & salt (5 cups)	31.5	15.5	4.9
Butter (1 tsp)	0.0	3.8	0.0
Snack total	68.4	19.3	4.9

Physical Activity Diary

<u>Intensity Level and Activity</u>	<u>Hours</u>	<u>Intensity Level and Activity</u>	<u>Hours</u>
Resting		Light	
Sleeping	10.0	Doing household chores	0.5
Very Light		Walking the dog	1.0
Watching television	4.0	Walking to friends' homes	0.5
Playing computer games	3.0	Moderate	
Browsing the Internet	2.0	(None)	0.0
Eating and bathing	3.0	Heavy	
		(None)	0.0