# MVU NURS 610 Week 3: Obesity Health Promotion Plan Case Study

**Your Name**:

Make sure you use APA format for in-text citations and references, and have good sentence structure, grammar, spelling, and content.

## Nutritional Status

* Calculate Jessica's BMI and growth percentiles.
* Determine her recommended daily guidelines.
* Determine her recommended daily intake.
* Compare what is happening with what is recommended.

## Analyze Exercise Status

* Calculate Jessica's current activity status.
* Determine the daily recommended TV/screen time for a child this age.
* Determine the daily recommended activity level for a child this age.

## Develop a Healthcare Promotion Plan

* Include a sample menu for one day
* Explain how you would engage the family.
* How would you recommend increasing Jessica's daily activity requirements?

## Recommendations

* What exercise or nutritional apps do you feel would be the most helpful for this family? Why?

## Follow-up

* When would you like to see them back in your office?
* What would define as success or that Jessica is on the right track?
* If she is not, what are the next steps?

## References

Include at least three scholarly references, preferably from provider-based or NP-based journals.