



Defense Health Agency (DHA) Clinical Communities Speaker Series

2026 MAY CCSS Operation Ready Families: Strong Families, Strong Force

2026 MAY CCSS S03: Shaping Tomorrow's Force: Addressing Pediatric Obesity Today

Resource List

[Evidence-Based Guidelines for Child Obesity](#) (2024) is critical for military treatment facilities (MTFs) to ensure uniform clinical workflows and data tracking across the force. By embedding these guidelines into daily practice, MHS pediatricians can ensure seamless continuity of care when military families relocate (PCS) between different bases. Standardized screening helps identify at-risk dependents early, allowing for timely interventions that mitigate long-term metabolic complications. Ultimately, this proactive approach supports the overall health and readiness of the extended military community.

[Launching Lifelong Health by Improving Health Care for Children and Youth](#) (2024) frames the urgency of early intervention to safeguard the health of military dependents and the future pipeline of military recruits. By addressing obesity as a critical component of youth health, MHS providers can actively reduce the medical burden on the TRICARE system over time. Implementing the report's actionable recommendations allows military healthcare leaders to champion systemic changes that prioritize preventive care and holistic family health within the military community. Read highlights of the full report by accessing the link embedded in this description.

The authors of the article, [Disordered Eating Among Military Adolescents Presenting for Annual Health Visits at a Naval Clinic](#) (2025) completed a study to estimate disordered eating behavior (DEB) prevalence in military dependent adolescents, to compare it to previous reports in the general adolescent population, and to investigate whether obesity, sex and gender, or key military-specific demographics (parent in the military, parental active duty status, military branch, number of lifetime moves, number of parental deployments) are associated with higher DEB risk. Conclusively, they noted DEB prevalence in military-dependent adolescents was estimated at 13%, similar to previous reports in the general population, and for obesity to be associated with higher DEB risk. Military dependent males may have comparable DEB risk to females, reinforcing the importance of universal DEB screening in adolescents, and of changing the narrative of who is at risk for DEB.

In 2016, the National Institutes of Health launched the Environmental influences on Child Health Outcomes (ECHO) program to investigate influences of environmental exposures on child health and development. In the article, (2019) [Understanding Childhood Obesity in the US: The NIH ECHO Program](#), the authors described demographics and overweight and obesity prevalence in ECHO, and promoted ECHO as a potential resource for understanding how early life environmental factors affect obesity risk.

[Preventing Childhood Obesity: 6 Things Families Can Do](#) (2026) acts as a ready-made counseling tool for MTF providers to share with families dealing with the stressors of active-duty military life (e.g., deployments, frequent PCS moves). MHS pediatricians can easily integrate this tool into well-child visits, offering actionable advice that respects the unique time constraints and logistical challenges faced by military personnel. Fostering these positive health behaviors at home builds resilience in military children and supports the broader mission of comprehensive family wellness.



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