



Eve Switzer, M.D.
*INTEGRIS Bass Baptist
 Health Center, Enid*

- Board-certified pediatrician
- Member, Enid Public Schools Health Committee
- Member, American Academy of Pediatrics
- Former member, Texas Pediatric Society
- Former member, Community Childcare Center Board of Directors

“Along with the alarming increase in childhood obesity, we’ve seen a parallel rise in obesity-related conditions such as asthma, Type 2 diabetes and high blood pressure – conditions which were once much less common in children.”

“Addressing the obesity epidemic in children must involve a collective approach with the entire family, using available healthcare resources, along with nutritional education – preferably **well before** a child is diagnosed with obesity.”



Preston Waters, M.D.
*INTEGRIS Baptist Regional
 Health Center, Miami*

- Board-certified in family practice
- Special interest in pediatrics

“Parents must be more involved in their children’s diet and spare time activities. There must be a balance of healthy, sensible eating along with a push for more activities that require physical exertion. Parents need to lead by example for their own health as well.”

INTEGRIS CHILD OBESITY TEAM

METRO OKLAHOMA CITY



David Domek, M.D.
*Pediatric Endocrinologist
 INTEGRIS Baptist Medical Center*

- Board-certified pediatrician
- Chairman, INTEGRIS Baptist Medical Center Department of Pediatrics
- Former member, Clinical Affairs Advisory Council’s Juvenile Diabetes Research Foundation
- Published articles include “Children’s Health Care” (currently at press)

“When I was in medical school, we were trained that **Type 2 diabetes did not occur in children. That’s not true anymore.**”

“There isn’t a week that goes by that I don’t see at least a child or two who either has Type 2 diabetes or is at high risk of it because of their obesity. That just underscores why it’s so important to reverse this horrible trend we’re seeing.”



Janice Filler, M.D., F.A.A.P.
*Pediatrician
 Fit Kids Vice Chair*

- Vice Chair, Fit Kids Coalition
- Member, Action for Healthy Kids, Oklahoma Team
- Frequent presenter on obesity in children
- Former pediatrics chair & medical director of pediatrics, INTEGRIS Baptist Medical Center
- Recently completed certification in a national weight management program for children

“Pediatric obesity is rapidly emerging as one of the most harmful chronic diseases in modern civilization.”

“The potential to dramatically reduce the quality of life of affected children and even to shorten their life span is accompanied by a more global burden of higher medical costs and loss of productivity due to chronic obesity-related disease as these children enter adulthood.”

“The safest, most efficient and cost-effective answer is **prevention**, and that will require the **resources, sacrifice and commitment of our entire community.**”



- Board-certified pediatrician
- Member, INTEGRIS Pediatric Special Care Subcommittee
- Member, INTEGRIS Critical Care Committee

“The childhood obesity issue is one of vital importance to our state and nation. It’s jeopardizing not only our current health, but our future health as well. Thus, it’s essential that we educate and inform all Oklahomans as to the problem so that we can attack it head-on.”

Johnny Ray Griggs, M.D.
Medical Director,
Pediatric Intensive Care Unit
INTEGRIS Baptist Medical Center



- Board-certified pediatrician
- Sub-board specialization in pediatric gastroenterology, hepatology and nutrition
- Member, Pediatric Liver Transplant Team at INTEGRIS Baptist Medical Center

“In my practice, I see and deal with **fatty liver disease** in children. It’s just one of the serious consequences of childhood obesity that, if left unchecked, will impair the patient’s adult life.”

Michael Morris, M.D.
Chief, Pediatric Gastroenterology,
Hepatology & Nutrition Services
Nazih Zuhdi Transplant Institute
INTEGRIS Baptist Medical Center



- Registered licensed dietician
- Certified diabetes educator
- Member, Bethany Public School Board

“I’m seeing **Type 2 diabetes** in children as young as five. It’s tragic, knowing the many severe problems they’ll suffer throughout their lives – which, statistics show, will be cut short.”

“Hispanic populations are at **such high risk** (along with Native Americans and African Americans), we’ve made a special effort to produce materials in Spanish as well as English.”

Lanell Olson, MSM, RD/LD, CDE
Owner, ediba Diabetes
Center of Excellence

INTEGRIS CHILD OBESITY TEAM

STATEWIDE



- Board-certified family practice physician
- Medical director, Grand Lake Diabetes Center
- Medical director, INTEGRIS Grove Women’s Health Unit
- Received the 2002 Outpatient Quality Award at Oklahoma’s Solutions to Diabetes conference

“Childhood obesity has reached epidemic levels in our country over the past decade. This has led to a proportionate rise in Type 2 diabetes in children.”

“**Biggie fries and biggie drinks** are supersizing our children. High-tech transportation and electronic games have replaced kickball, hide-and-seek and bike riding.”

Zach Bechtol, M.D.
INTEGRIS Grove General Hospital



- Board-certified pediatrician
- Previously served as chief resident of pediatrics, University of Illinois/Ravenwood Hospital in Chicago

“Childhood obesity is a complex health issue that **sets the stage for multiple health risks that only grow with age** – these include hypertension, cardiac diseases and diabetes.”

“Genetics and lifestyle are the two major factors; while we can’t change our genes, we can work with our family and community to commit to a healthier lifestyle.”

“If we don’t address it now, we are definitely doing a disservice to the coming generations.”

Iresh Kumar, M.D.
INTEGRIS Clinton Regional
Hospital



- Board-certified pediatrician
- Member, American Academy of Pediatrics
- Member, American Society of Internal Medicine

“I became interested in childhood obesity after working with **several Hispanic children and teenagers who were developing adult Type 2 diabetes.**”

“Knowing their uncontrolled obesity would very possibly take 30 years off their life span, I began realizing the overwhelming seriousness of the problem and started working with the families to make lifestyle changes.”

Emily K. Reed, M.D.
INTEGRIS Family Care Clinic,
Yukon