



The Delaware Primary Care Initiative on Childhood Overweight

A Nemours Quality Improvement Initiative

The Challenge of Prevention, Identification and Treatment of Childhood Overweight

Over the past three decades, the national prevalence of overweight has tripled for children and adolescents. Approximately 37% of Delaware children have a Body Mass Index (BMI) at or above the 85th percentile for age and gender making them overweight or obese.

Numerous health consequences in childhood and adulthood are associated with being overweight. Yet with multiple contributing factors touching on social, cultural and economic issues, overweight is a complex topic to address in the clinical setting. This initiative recognizes the challenge facing primary care providers and is intended to assist clinicians and their office team as they help children and parents make lifestyle changes that will support healthy eating and physical activity.

Program Objectives

The Delaware Primary Care Initiative on Childhood Overweight is a statewide effort empowering primary care providers to address childhood overweight. The short-term goal of this initiative is to equip healthcare providers with skills they can use with all patients to promote healthy eating and physical activity and to better prevent, identify and manage childhood overweight.

The Initiative will focus on improving systems in primary care practices to:

- Promote healthy eating and physical activity with all families
- Assess overweight and co-morbid conditions
- Improve use of best practice decision support
- Improve use of family-management support strategies

The long-term goal of the Initiative is to contribute to a statewide effort aimed at reducing the prevalence of overweight among Delaware children.

A Model for Learning

Experience with quality improvement work has demonstrated that providers are more likely to make and sustain changes when they are supported by their practices and their colleagues. Participants in this project will be working with a team from their office and meet for face-to-face learning sessions with expert faculty. The faculty will use tools including conference calls and a project specific web site to promote shared learning among participating practices in between learning sessions.

5-2-1-Almost None



Experts agree that there is no single risk factor to blame for the childhood overweight epidemic. The solution will require a multifaceted public health approach. Behavioral

and environmental factors provide the greatest opportunity for actions and interventions to prevent unhealthy weight gain. Although a variety of dietary and lifestyle behaviors can affect whether a child is at a healthy weight, a few specific risks and protective factors have been identified as important according to scientific research. Children's risk for overweight and other preventable diseases can be reduced if:

5 – Five or more servings of fruits and vegetables are consumed each day;

2 – Screen time (television, videos, and computer) is limited to less than two hours each day;

1 – Children are physically active for at least one hour each day;

Almost None – Sugar-sweetened beverages, specifically soda, fruit drinks, and sports drinks, are limited to less than two servings each week.

The *5-2-1-Almost None* healthy lifestyle formula forms a base for action. Physicians, communities, and parents who support these goals will enhance children's ability to achieve overall health.

Provider and Patient Benefits

- AAP QI fulfillment
- Training on the most up-to-date behavior change techniques and ways to help your patients using tools for BMI classification, comorbidity assessment, and counseling
- CME/CE credits and contact hours*
- Knowledge of the latest innovative approaches to address childhood overweight
- Improve patient medical care through consistent BMI assessment and focused counseling related to healthy eating and physical activity
- Families learn shared goal setting to identify and plan for behavior changes that are culturally appropriate and will work for them
- On-site technical assistance

* This activity has been approved for AMA PRA Category 1 credit

Expectations

Practices should commit to participate for the duration of the Initiative, establish a multidisciplinary team, and make improvements in the care of children they serve.

The multidisciplinary team will:

- Participate in day-long learning sessions focused on improving prevention, identification and treatment of childhood overweight.
- Test and implement changes in the practice.
- Collect and report monthly data to track progress.
- Participate in monthly clinical conference calls to share successes and problem solve with faculty and other participants.
- Serve as ongoing contacts after the conclusion of the learning sessions for other organizations as future statewide initiatives are rolled out.

Initiative Faculty and Support Agencies

Nemours Health and Prevention Services (NHPS) is responding to a national call to action and is committed to being a part of the solution to the epidemic of childhood overweight. NHPS has requested the endorsement of several agencies to carry out these efforts including: the Delaware Chapter of the American Academy of Pediatrics (DE-AAP), the Delaware Department of Health and Social Services and the National Initiative for Children's Healthcare Quality (NICHQ).

Because the epidemic of childhood overweight is complex and is best addressed at multiple levels of intervention, the Initiative also seeks to coordinate with community efforts by child care centers, schools, and other groups interacting with children and youth. An effort will be made through the Initiative to promote clinical-community coordination.

For More Information Contact:

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Steps to Apply for Participation

1. Participate in a call for more information (optional).
2. Identify a three to four person team, composed of a physician, PA or APN, a nurse, MA, RD or SW, and an administrative support staff member.
3. Complete and submit the Initiative application.
4. NHPS will contact you to follow up and provide more detailed information. An NHPS team member will visit your practice to further review your interest.
5. Applicants will be notified of acceptance or denial into the initiative.
6. Accepted applicants will need to sign Initiative enrollment form.