

Primary Care Obesity Network



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Four Stages for Childhood Obesity Management

Stage 1 Prevention Plus
Primary care provider

Stage 2 Structured Weight Management
Primary care provider with appropriate training

Stage 3 Comprehensive Multidisciplinary Treatment
Lifestyle intervention (e.g., MEND, Healthy You &
Your Child) offered in Pediatric Weight
Management Center/Community Settings

Stage 4 Tertiary Care Interventions
Bariatrics, specialized diets, medication
interventions offered in Pediatric Weight
Management Center

The Primary Care Obesity Network: Translating Expert Committee Guidelines on Childhood Obesity Into Practice

Clinical Pediatrics

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Abstract

Childhood obesity remains a serious public health threat. There is an urgent need for innovative, effective, and sustainable interventions for childhood obesity that are multisector, integrated, and pragmatic. Using the 2007 Expert Committee on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity as a guide, a tertiary care obesity program at a children's hospital established the Primary Care Obesity Network (PCON). This article describes the structure, implementation, resources, and outcome measures of the PCON, a network of primary care practices and a tertiary care obesity center established to prevent and treat childhood obesity in Central Ohio. This program offers an opportunity to assess how and whether the expert committee guidelines can be translated into practice. As Accountable Care Organizations strive to provide services through the lens of improving population health, the PCON can serve as an example for addressing childhood obesity.

Keywords

primary care, children, obesity, integration, treatment

Childhood obesity can be optimally managed by concurrently tackling risk factors at several socioecological lev-

Treatment within the primary care office offers an opportunity to reach and engage a larger proportion of



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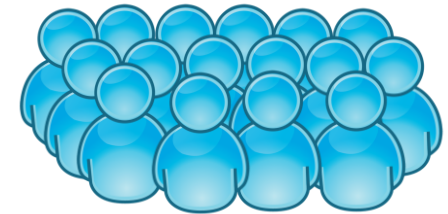
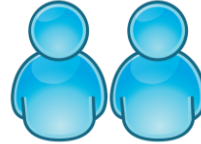
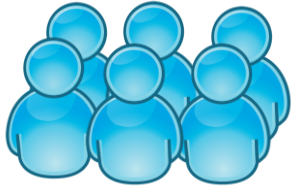
When your child needs a hospital, everything matters.SM

Primary Care Obesity Network (PCON) Objectives

- Implement high-quality, evidence-based obesity care by providing training, allied health, and administrative support for primary care practices.
- Create clinic-community linkages by establishing a patient-centered medical neighborhood that recognizes and supports the care of patients.



Structure & Implementation



PCON Team

- Director of CHWN
- Program dietitians
- Obesity Prevention Coordinator
- Two Physician Leads

Practice Champions

- Physician Lead
- Administrative Lead

Practice Staff

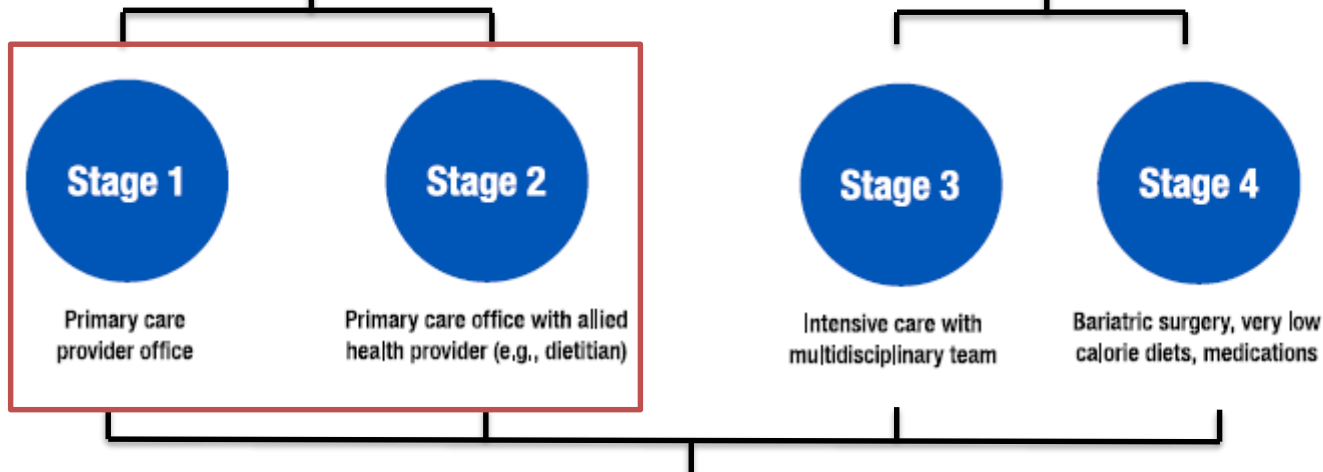
- Medical providers
- Nurses
- Allied Health
- Administrative



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Center for Healthy Weight and Nutrition (CHWN)

Primary Care Obesity Network (PCON)

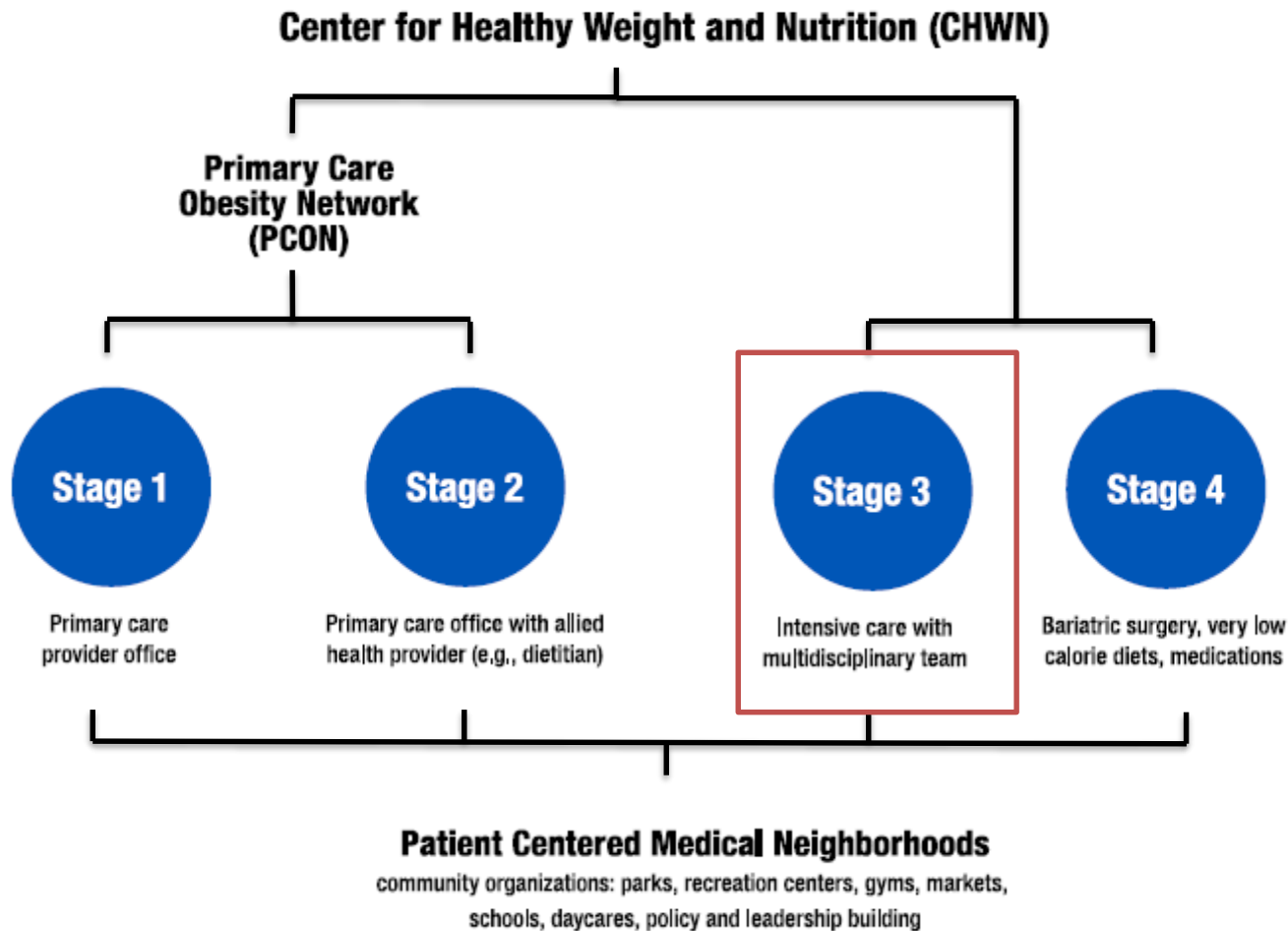


Patient Centered Medical Neighborhoods

community organizations: parks, recreation centers, gyms, markets,
schools, daycares, policy and leadership building

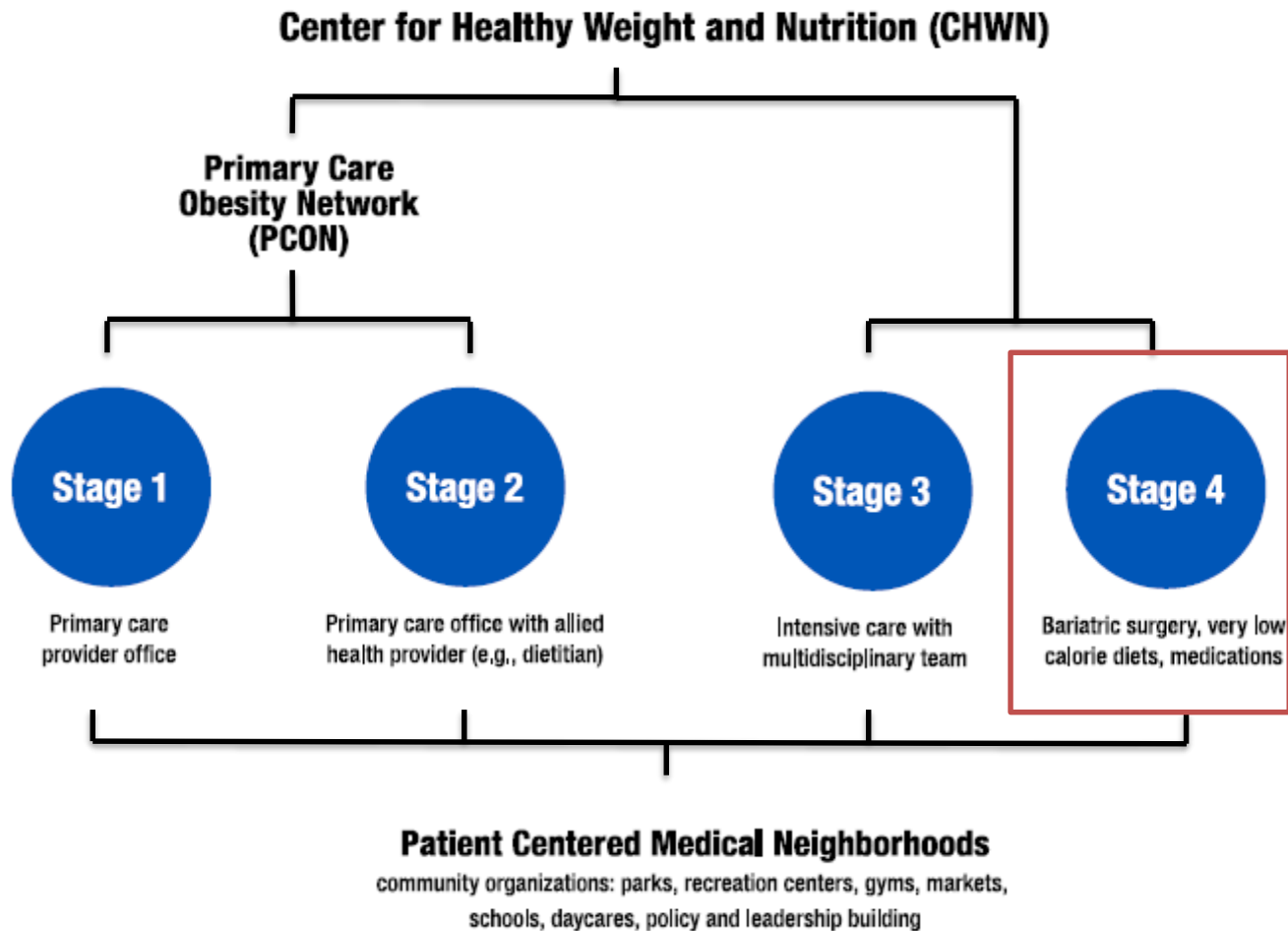
PCON Quick Facts

- Children 2 and older
- BMI at or above 85th percentile
- Monthly visits
 - Stage 1 – MD/NP
 - Stage 2 – plus RD



Healthy Weight Quick Facts

- Children 2 and older
- BMI at or above 95th percentile
- Monthly visits 1 : 1 Visits in clinic
 - Individualized treatment plan
 - Physician or NP
 - Dietitian
 - PT
 - SW/ Psychology*
- New U evening group programs- (child & parent)
 - ATC
 - Dietitian
 - +/- Psych

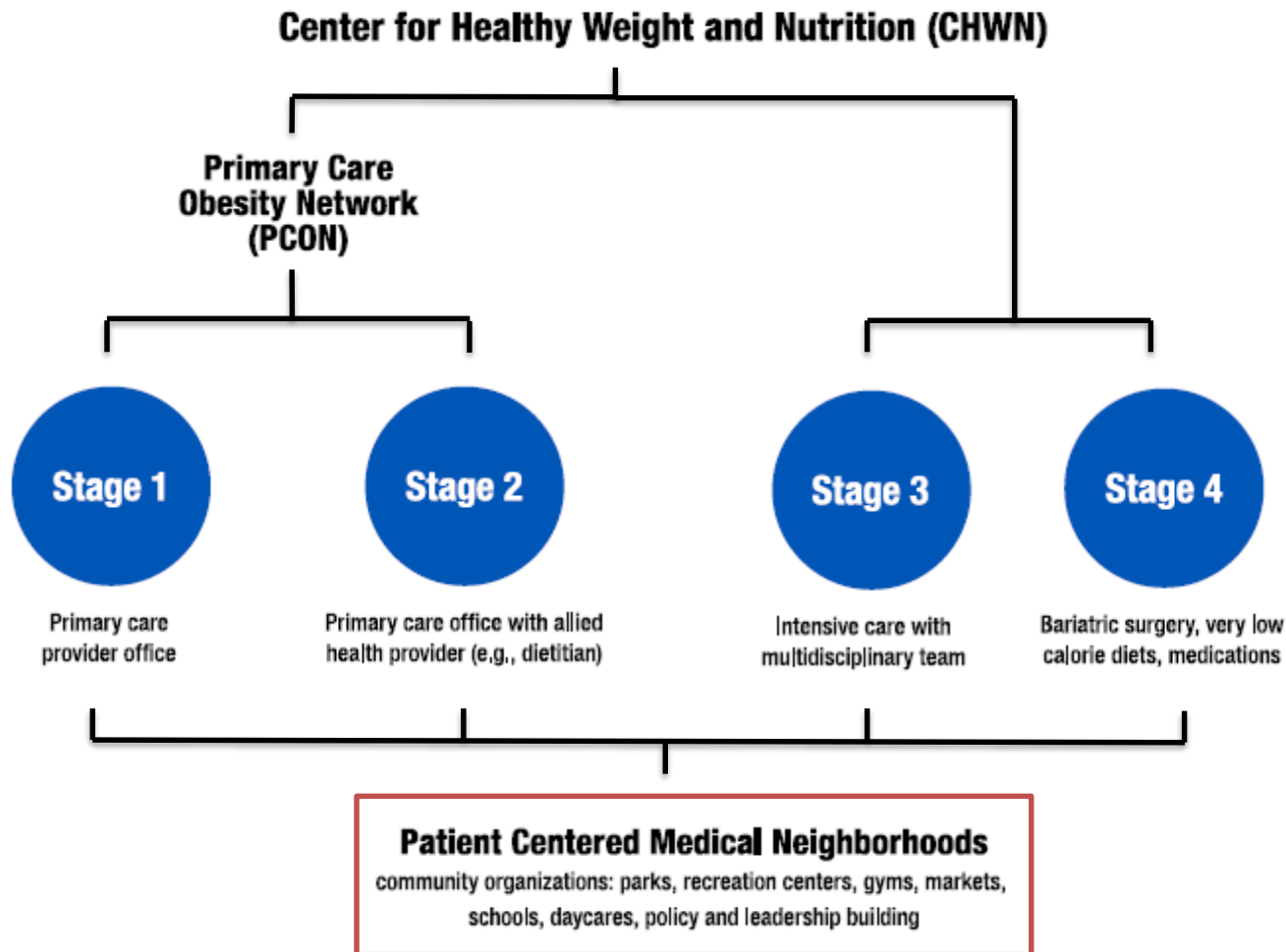


Bariatric Quick Facts

- Adolescents 13-26
- BMI at or above 40
- Monthly visits
 - Physician or NP
 - RD
 - PT
 - SW/ Psychology*
- Seen at least 6 to 9 months before surgery
- Specialized diets, (e.g., PSMF, low-CHO diets)
- Medications



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PCMN Quick Facts

- Set of relationships around medical home
- Links individuals to pertinent resources in their own community
- Community organizations, parks, recreation centers, markets, schools, day cares, as well as policy and leadership building.

Program Outcomes

Table 3. PCON Evaluation Measures.

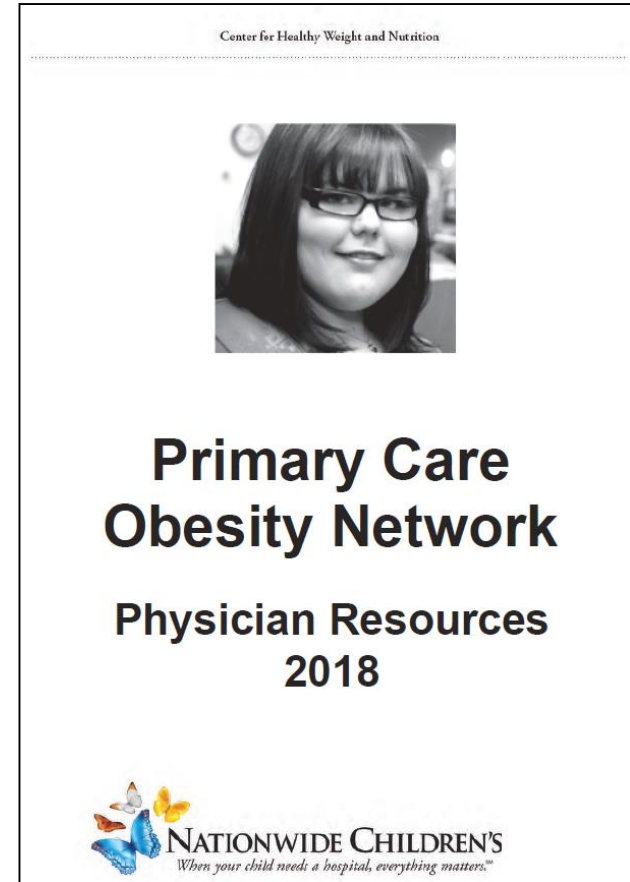
Outcomes	Variables	Description
Program	Clinic utilization rate	75% of available clinic appointments are filled for each session
	Uptake of community resources	Percentage of participants who use community resources
Provider	Participation in training	Practice champion will attend annual training
	Participation in webinar	Attend 2 webinars a year
Patient	Anthropometrics: BMI, BMI z-score; diet and physical activity behaviors	75% will have 3 or more visits in 6 months
		55% of patients with 3 or more visits in 6 months decrease BMI
		Improvement in diet and physical activity behaviors after 3 PCON visits

Abbreviations: PCON, Primary Care Obesity Network; BMI, body mass index.

Eneli *et al.*, 2017)

PCON Support

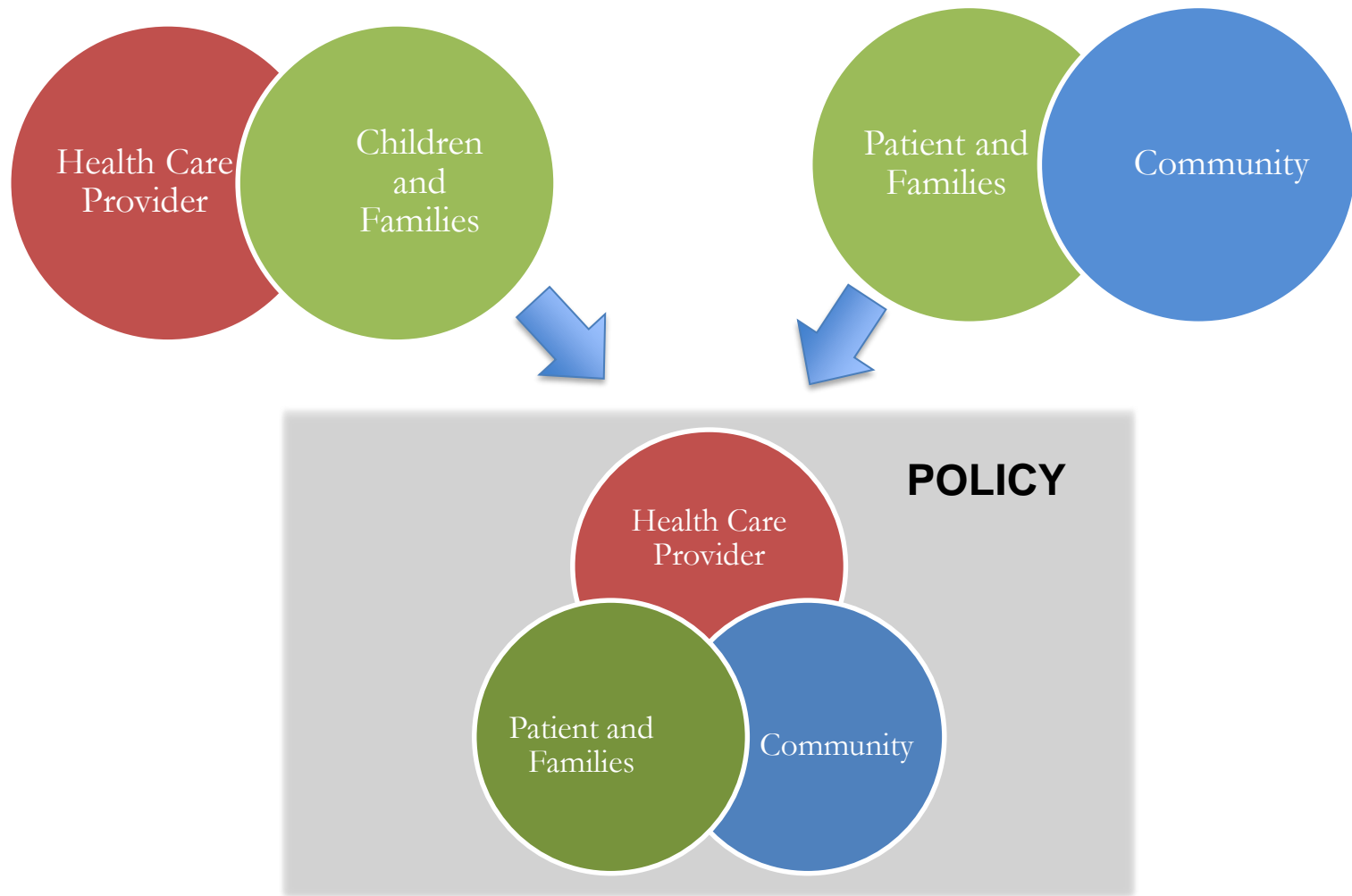
- Annual training: 2-3 hours
- Opportunity for Maintenance of Certification (MOC)
- Quarterly Webinars with CME
- Linkage to community activities
- Linkage to team of experts
- Social support



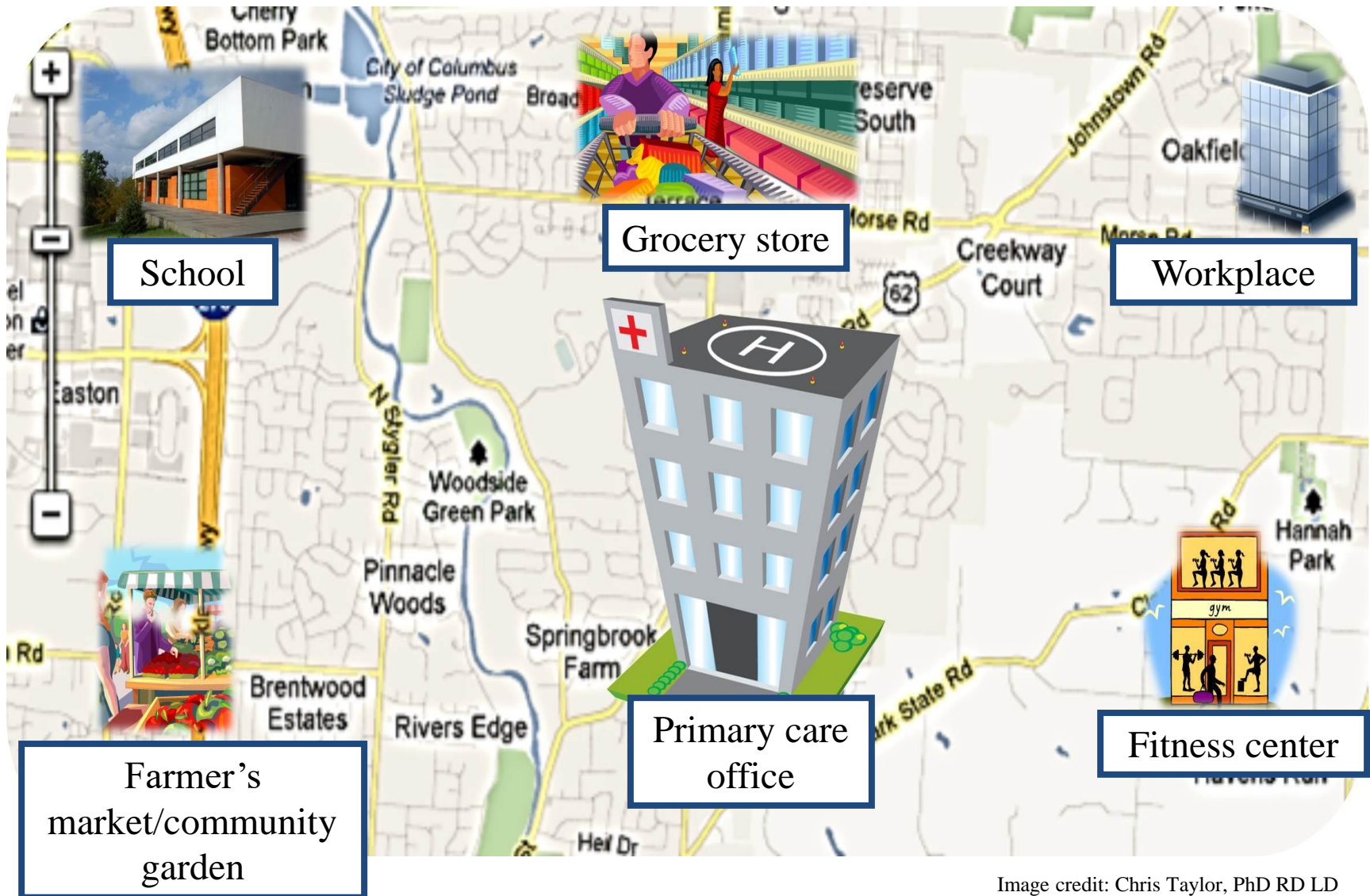
Training Content

- Medical
 - Review of program inclusion/exclusion criteria
 - Translation of expert committee guidelines into practice
 - Guidelines on screening and interpretation of lab results
 - Review potential co-morbidities
- Key messages & counseling techniques
 - Physical Activity
 - Nutrition
- Review motivational interviewing & AAP Institute of Healthy Childhood Weight Change Talk App
- Billing/coding guidelines
- Medical, nutrition, physical activity, and psychology case studies
- Prevention themes & local resources

Addressing obesity through linkages between families, community, healthcare and public health



The Patient Centered Medical Neighborhood: Link to local resources



Example Prevention Themes

Participation in Water First campaign.



Distributing tomato plants during well visits.



Offered grocery store tours.

Tip Sheets

Center for Healthy Weight and Nutrition

Eat More Family Meals

Center for Healthy Weight and Nutrition

Proper Portions

Trends in Increasing Portion Sizes

Whether at home or at your favorite restaurant, oversized portions are

Quick Tips

Center for Healthy Weight and Nutrition

Fruits and Vegetables for Better Health

Fruits and vegetables offer us many nutrients and antioxidants that help to keep us healthy and prevent us from getting sick. They're also low calorie, and full of fiber, which helps us to stay full, longer.

How Much Should We Get in a Day?

According to the USDA, we should fill $\frac{1}{2}$ our plate with fruits and vegetables. Buying fruits and vegetables doesn't have to be expensive, and adding them into our diet doesn't have to be hard.

How Can You Add Them Into Your Diet?

- Snack on raw fruit and veggies with 2 Tbsp of peanut butter, low fat ranch dip, or



Center for Healthy Weight and Nutrition

Eat a Healthy Breakfast Every Day

Center for Healthy Weight and Nutrition

Limit Total Screen Time To 2 Hours A Day

Center for Healthy Weight and Nutrition

Be Physically Active Daily

Center for Healthy Weight and Nutrition

Limit Sugar-Sweetened Beverages

Why limit sugar-sweetened beverages?

- Sugar-sweetened beverages offer no nutrition but add a lot of extra calories and sugar
- Sugar-sweetened beverages often replace milk, which contains many nutrients for good health
- Sugar-sweetened beverages raise the risk of cavities and dental damage
- Sugar-sweetened beverages include: soda, lemonade, sweet tea, coffee drinks, juice, sports drinks, fruit punch
- Energy drinks contain sugar plus caffeine and other harmful ingredients. The American Academy of Pediatrics recommends no one under the age of 18 should consume these drinks.

Quick Tips

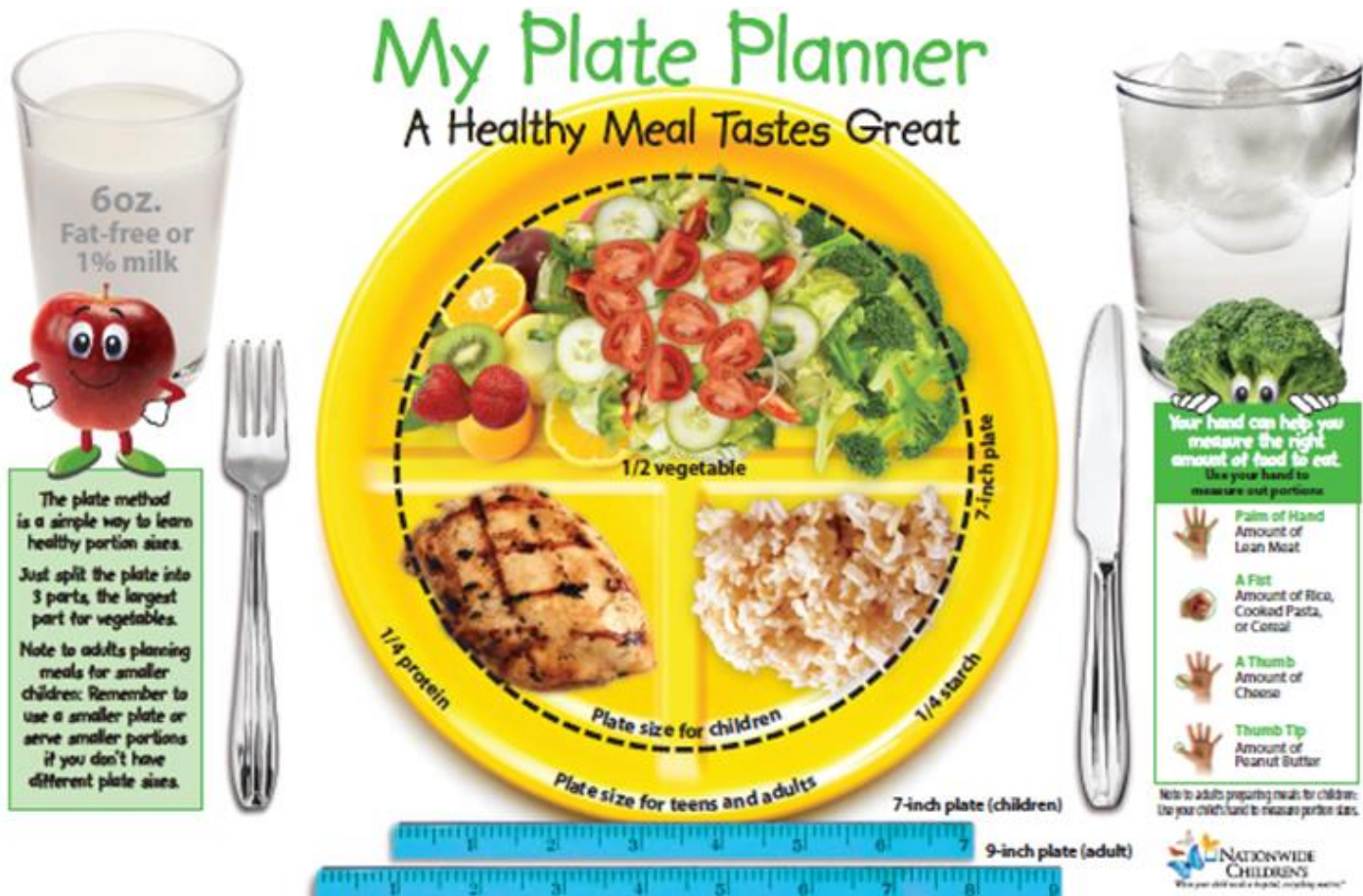
You can determine if your drink contains additional sugars by reading the ingredient list. Sweeteners listed on an ingredient list go by different names. The ingredients below show that a beverage is sweetened and will add extra calories.

- Corn Syrup
- Dextrose



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MyPlate Placemat - Front



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MyPlate Placemat - Back

How to Choose Healthy

Don't Eat This!

White Bread

White Rice

Fried Fish Sticks

Spare Ribs

Sausage

Double Cheeseburger

Pepperoni Pizza

Full of Sugar!

Low in Fiber

Oily!

Lots of Fat

Soda

Juice

Eat This!

Green Beans

Banana

Spinach

Orange

Apple

Carrots

Grilled Beef

Baked Fish

Low-fat Yogurt

Low-fat or Natural Peanut Butter

Cheese

Egg

Yams

Corn

Whole Wheat Veggie Pizza

Beans

Full of Vitamins

Helps You Grow

Full of Fiber

Calcium for Your Bones

Water

Fat-Free Milk

Oatmeal

Whole Wheat Bread

Palm of Hand
Amount of
Lean Meat

A Fist
Amount of Rice,
Cooked Pasta
or Cereal

A Thumb
Amount of Cheese

Thumb Tip
Amount of
Peanut Butter

Your hand can help you measure the right amount of food to eat.

Note to adults preparing meals for children: Use your child's hand to measure portion sizes.

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Choose This, Not That

Choose This, Not That

Cereal

 ✓	 ✓	 ✗	 ✗
 ✓	 ✓	 ✗	 ✗
 ✓	 ✓	 ✗	Look For: ≤ 6 g sugar ≥ 3 g fiber

Topics

- Cereal
- Fruit
- Bread
- Snacks
- Granola Bars
- Fast Food
- Beverages
- Breakfast
- School Snack
- Nutrition Labels



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Think Your Drink - Front

TAKING STEPS IN THE RIGHT DIRECTION:
THINK YOUR DRINK



*Reproduction of American Dairy Association's Think Your Drink Handout.



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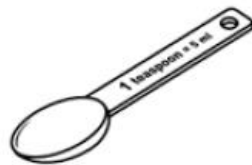
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Think Your Drink - Back

AHA Guidelines for Added Sugar

- **Preschoolers** – 4 teaspoons (16 grams)
- **4-8 year olds** – 3 teaspoons (12 grams)
- **Preteens/Teens**- 5-8 teaspoons (20-32 grams)
- **Women** – 6 teaspoons (24 grams)
- **Men** – 9 teaspoons (36 grams)

**Added sugar does not include natural sugar (e.g. sugar found in plain milk or fruits).*



1 Teaspoon = 2 Sugar Cubes = 4 grams of sugar

*AHA stands for American Heart Association.



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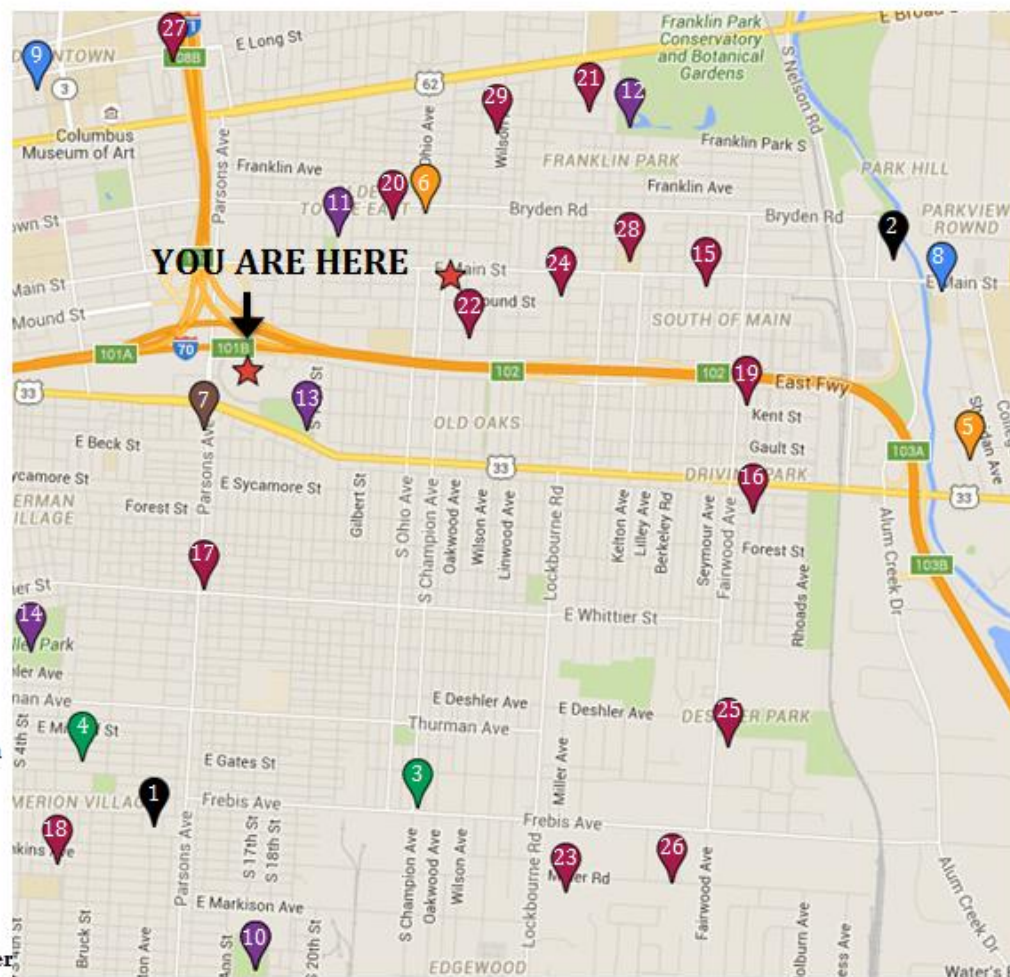
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Community Resources List

- Maps
 - Local grocery stores
 - “Fresh Foods Here” corner store
 - Food pantries
 - Farmer’s Markets
 - Produce Markets
 - Parks & Recreation Centers
 - Relevant community centers
 - Cooking Classes
 - 5k’s
 - Walk with a Doc

- ★ **Nationwide Children's Hospital**
- 📍 **Grocery Store**
 1. **Kroger**
1441 Parsons Ave, 43207
7-min drive, Tours: 614.445.5734
 2. **Kroger**
2000 E. Main St, 43205,
6-min drive, 614.653.9390
- 🌱 **Food Pantry**
 3. **Champion Ave Food Pantry**
1460 S. Champion Ave
7-min drive, 614.443.513
 4. **South Side Food Pantry**
225 E. Gates St, 43206,
7-min drive, 614.444.1669
- 🌳 **Community Garden**
 5. **Bexley Community Garden**
925 Ferndale Pl, 43209
8-min drive, 614.231.0041
 6. **Four Seasons City Farm**
1101 Bryden Rd, 43205
3-min drive, 614.252.2237
- 🌿 **Gardening/Cooking Classes**
 7. **Local Matters**
633 Parsons Ave, 43206
10-min walk, 614.263.5662
- 🌾 **Farmers' Market**
 8. **Bexley Farmers' Market**
2111 E. Main St, 43209
6-min drive, 937.644.0786
 9. **The Hills Market Downtown**
95 N. Grant Ave, 43215
6-min drive, 614.702.7900
- 🏟️ **Parks & Rec**
 10. **Barack Community Center**
580 E. Woodrow Ave, 43207
9-min drive, 614.645.3640
 11. **Blackburn Community Center**
263 Carpenter St, 43205
10-min drive, 614.645.7
 12. **Franklin Park Conservatory**
1777 E Broad St, 43203
8-min drive, 614.715.8000
 13. **Livingston Park**
700 Children's Dr, 43205, Onsite
 14. **Schiller Park**
1777 E Broad St, 43203, 8-min

Center for Healthy Weight & Nutrition Community Resource Map



- 📍 **Free Produce Market**
 15. **Academy**
1667 E. Main St, 43205
4-min drive, 614.405.8328
 16. **Bethany Baptist Church**
959 Bolen Ave, 43206
5-min drive, 614.253.2190
 17. **CD4AP**
946 Parsons Ave, 43206,
4-min drive, 614.445.7342
 18. **Focus Learning Academy - Southwest**
190 Southwood Ave, 43207
8-min drive, 614.269.0152
 19. **GGs Ministries**
726 Fairwood Ave, 43205
5-min drive, 614.569.6058
 20. **IMPACT Comm Action**
700 Bryden Alley, 43205
15-min walk, 614.252.2799
 21. **Love Zion Baptist Church**
1459 Madison Ave, 43205
6-min drive, 614.258.2216
 22. **Macedonia Baptist Church**
492 Oakwood Ave, 43205
14-min drive, 614.252.4269
 23. **Moler Elementary**
1201 Moler Rd, 43207
7-min drive, 614.365.5529
 24. **Mt. Period Youth**
462 Kimball Pl, 43205
4-min drive, 614.735.9574
 25. **New Horizons Christian**
1428 Fairwood Ave, 43206
7-min drive, 614.961.4362
 26. **Restoration Christian Center**
1395 Moler Rd, 43207
10-min drive, 614.443.3181
 27. **St. Paul AME Church**
639 E Long St, 43215
6-min drive, 614.228.4113
 28. **St. Vincent Family Center**
1490 E Main St, 43205
4-min walk, 614.252.0731x1128
 29. **The Word COGIC**
115 Wilson Ave, 43205
4-min drive, 614.372.1250

Contact Information



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