



Overweight Children

Kaiser Permanente's Approach to Prevention & Treatment

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 KAISER PERMANENTE®

About Kaiser Permanente

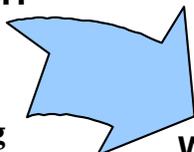


- One of the nation's oldest not-for-profit health care delivery systems and a leader in quality.
- 8.2 million members nationwide; 6.2 million in California.
- Kaiser Permanente has made a deep and longstanding commitment to working within our communities to encourage healthy eating and active living.

Kaiser Permanente's Approach to Overweight Children

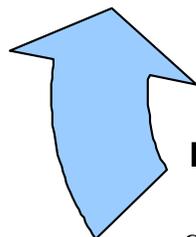
MEDICAL OFFICE VISIT INTERVENTIONS

- BMI Screening
- Physician Counseling
- Patient Education Materials
- Referral and Follow-Up



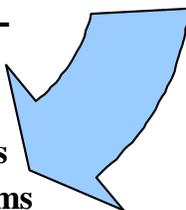
WEIGHT MANAGEMENT INTERVENTIONS

- Individual Counseling
- Group Programs
- Intensive Programs
- Internet Resources



ENVIRONMENTAL CHANGES

- School Programs
- Work Site Programs
- Community Programs
- Legislation & Partnerships



- Medical Office Visit Interventions
- Weight Management Interventions
- Environmental Changes

A Longitudinal Approach to Preventing Overweight

Fetus

Preventing:

- SGA
- LGA



Infants

Promoting:

- Breastfeeding



Toddlers

Diagnosing:

- Early Adiposity Rebound



Children

Increasing:

- Physical Activity

Decreasing:

- TV Viewing
- Sweetened Beverage Consumption



Adults

Increasing:

- Physical Activity

Decreasing:

- Portion Size

Encouraging:

- Weight Maintenance



Medical Office Visit Interventions



- Diagnosis of overweight using body mass index (BMI)% for age at well child care visits 2 years and older
- In-depth medical assessment
- Appropriate weight goals
- Counseling - motivational interviewing
- Referral and follow-up

A Practical Approach to Overweight Children

Well Child Care Visit

- Calculate BMI and Plot BMI% for Age
- Perform In-Depth Medical Assessment
- Determine Weight Goals
- Order Screening Lab Tests (if indicated)
- **Provide Brief Focused Advice**
- Arrange for Follow-Up Visit or Phone Call 1-4 Weeks

Follow-Up Visit or Phone Call

- Review Labs
- Discuss Treatment Options and Referrals
- **Provide Brief Negotiation or Motivational Interviewing**
- Arrange for Follow-Up as Necessary

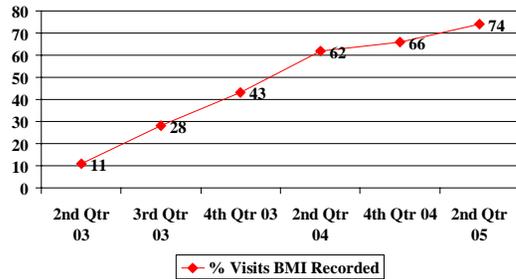
Office Systems, Physician Training and Feedback



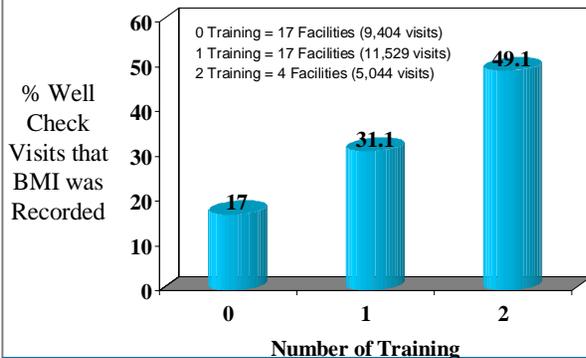
- Office System
 - CDC Growth Charts
 - BMI Wheel Calculator
 - Patient Education Materials
 - Exam Room Poster
- Staff Training
 - Physician & Medical Assistant
 - On-Site, Skills Based
 - Single or Multi-Session Training
- Audit and Feedback
 - BMI Measurement - Administrative Data

What have we learned since 2001?

KPNCR 2003-5 BMI Completion Rates at Well Child Care Visits Ages 2-18 Years

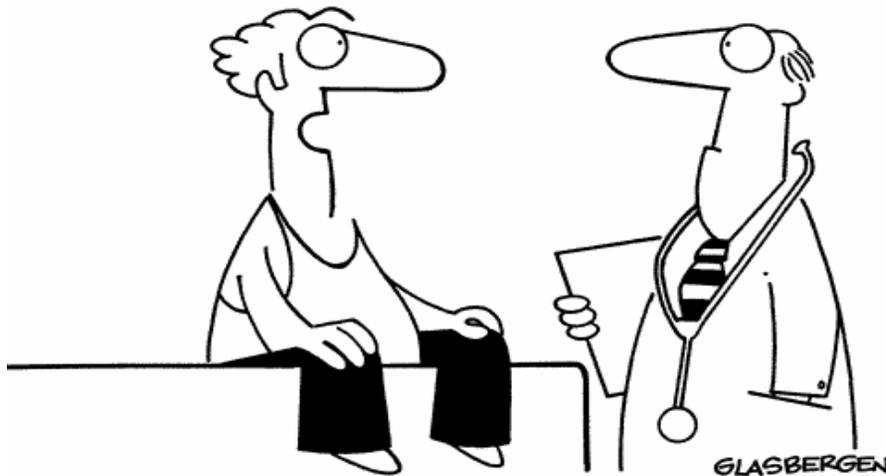


Mean BMI Coding Completion at Well Care Visits (2-18 Yrs) for Number of On Site Training Sessions - August 2003



- Physicians are open to training
- BMI measurement has improved
- BMI measurement is related to the number of training sessions
- Exam room posters and BMI wheel calculators are important office system tools
- Physician counseling can lead to improved health behaviors & BMI

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“Eat less and exercise more? That’s the most ridiculous fad diet I’ve heard of yet!”

Weight Management Interventions

Weight Management Programs

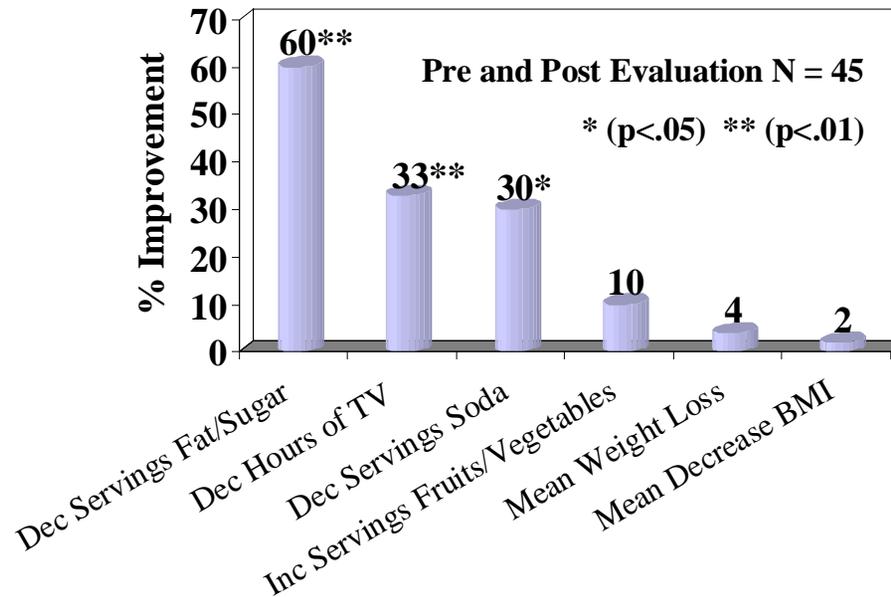
- Most weight management programs for children result in improved behaviors and BMI
- Longer programs have better outcomes (range 2-6 months)
- Most programs target children 6-12 years of age
- Parent involvement is important.
- Disadvantages: low enrollment, high cost (\$100-700) and high drop-out

FOR HEALTH PROFESSIONALS

KPNCR Weight Management Programs

	Single Session	Multi Session	Intensive
Number of Facilities	17 (no cost to members)	12 (2-8 week sessions)	4 (9-20 week sessions)

KP Kidshape Program Evaluation



GET MORE ENERGY!

FOR HEALTH PROFESSIONALS



Environmental Changes

KP Healthy Eating Active Living Grants Strategy



KP Technical Assistance for the CA Health Care Sector

Level of Intensity	Training & Consultation	Collateral Materials	Weight Interventions	Information Technology
Level One	1.5 - 2 Hour Basic Training: BMI, Medical Assessment, Weight Goals, Brief Focused Advice, Prevention Messages, Community Advocacy Intro	<ul style="list-style-type: none"> • Practice Guideline • Poster • Tip Sheets • BMI Wheels • School Presentation for Parents/Teachers 		
Level Two	1.5 - 2 Hour The Physician's Role in Community Advocacy Training	<ul style="list-style-type: none"> • CDC School Health Index • Center for Weight & Health Binder 	<ul style="list-style-type: none"> • Zip's Great Day (Educational Theater) • TV Turnoff Week (4/25/05 – 5/1/05) 	<ul style="list-style-type: none"> • Teen Choices and Challenges
Level Three	2 - 8 Hour Brief Negotiation Training Intensive skill building in communication with children and families	<ul style="list-style-type: none"> • Communication Skills Overview • Brief Negotiation Workbook 	<ul style="list-style-type: none"> • Multi-Session Group Intervention (location tbd – local KP Facility or community site) 	
Level Four	IHI Collaborative Model: 3 Learning Sessions (4-16 hrs/ea over 6-15 mos) with plan, do, study, act methodology	<ul style="list-style-type: none"> • IHI Materials • Office Systems Tools • Data Collection Tools 	<ul style="list-style-type: none"> • Individual Counseling Intervention (based on availability of local provider) 	<ul style="list-style-type: none"> • Registry or Electronic Medical Record consultation • Teen Choices and Challenges

“Through better science, better communication, and better collaboration, we can get ourselves and our children back on the road to better health.”

**Julie L. Gerberding, MD MPH
Center for Disease Control and Prevention**



**Even the longest journey
begins with a single step.**

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