Overweight Children
Kaiser Permanente’s Approach to Prevention & Treatment

June 2, 2005 1:30-3:00 PM
Washington DC

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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**

**Children**
*Diagnosing:*
- Early Adiposity Rebound

**Adults**
*Increasing:*
- Physical Activity

*Decreasing:*
- TV Viewing
- Sweetened Beverage Consumption

*Encouraging:*
- Weight Maintenance

The Permanente Journal/ Summer 2003/ Volume 7 No. 3 pp. 6-7
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

Pediatrics Vol. 112 No. 2 August 2003 pp. 424-430
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

GET MORE ENERGY!
Kaiser Permanente’s Physician Training Initiative

- Over 1,000 KP physicians and 2,000 community physicians trained nationally since 2002
- Collaboration with the American Academy of Pediatrics and the National Initiative for Children’s Healthcare Quality, Indian Health Service
- IHI Collaborative Model - Maine & New Mexico

The Breakthrough Series: IHI’s Collaborative Model for Achieving Breakthrough Improvement 2003
What have we learned since 2001?

- 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
Weight Management Interventions

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

- Family Changes and Self Care
- Weight Management Programs
- Medications
- Surgery
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
# KPNCR Weight Management Programs

<table>
<thead>
<tr>
<th></th>
<th>Single Session</th>
<th>Multi Session</th>
<th>Intensive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Facilities</td>
<td>17 (no cost to members)</td>
<td>12 (2-8 week sessions)</td>
<td>4 (9-20 week sessions)</td>
</tr>
</tbody>
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## KP Kidshape Program Evaluation

Pre and Post Evaluation N = 45

- **60** (p<.01)
- **33** (p<.05)
- **30** *
- **10** *
- **4** *
- **2** *
Environmental Changes
KP Healthy Eating Active Living Grants Strategy

• Evidence-Based Design
• Innovation
• Process & Outcomes
• Dissemination & Translation
• Sustainability

Multi-Sector Interventions

Single-Sector Interventions

Building Evidence

Balancing Assets
## KP Technical Assistance for the CA Health Care Sector

<table>
<thead>
<tr>
<th>Level of Intensity</th>
<th>Training &amp; Consultation</th>
<th>Collateral Materials</th>
<th>Weight Interventions</th>
<th>Information Technology</th>
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</thead>
</table>
| **Level One**      | **1.5 - 2 Hour Basic Training:**  
                    BMI, Medical Assessment, Weight Goals, Brief Focused Advice, Prevention Messages, Community Advocacy Intro | • 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** | • CDC School Health Index  
• Center for Weight & Health Binder | • Zip's Great Day (Educational Theater)  
• TV Turnoff Week (4/25/05 – 5/1/05) | • Teen Choices and Challenges |
| **Level Three**    | **2 - 8 Hour Brief Negotiation Training**  
Intensive skill building in communication with children and families | • Communication Skills Overview  
• Brief Negotiation Workbook | • 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 | • IHI Materials  
• Office Systems Tools  
• Data Collection Tools | • Individual Counseling Intervention (based on availability of local provider) | • 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.
Weight Management Contacts...

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Weight Management Tools...

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Care Management Institute Products
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References...


2. AAP Committee on Nutrition Prevention of Pediatric Overweight and Obesity Pediatrics 2003; 112: 424-430


