

# Overweight Children

## A Comprehensive Approach to Address the Epidemic

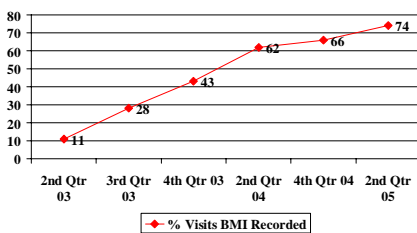
Kaiser Permanente Northern California – Regional Health Education Executive Summary – May 2005



The prevalence of overweight children in the United States has tripled since the early 1960's to the late 1990's with an estimated prevalence of 16% in 2002. Medical complications of being overweight as a child including type 2 diabetes and asthma have also increased dramatically over the last 30 years. In June 2001, Kaiser Permanente developed a comprehensive, multi-faceted plan to address the epidemic of overweight children. This plan has 3 areas of focus:

1. Medical Office Visit Interventions
2. Weight Management Interventions
3. Environmental Changes

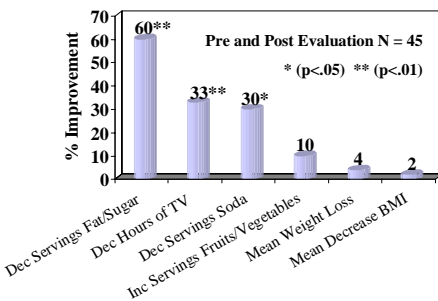
### KPNCR 2003-5 BMI Completion Rates at Well Child Care Visits Ages 2-18 Years



### Medical Office Visit Interventions

Kaiser Permanente reviewed the current research on overweight children and developed an evidence-based guideline for physicians and practitioners. This guideline emphasizes prevention as well as treatment and targets four key behavioral determinants for childhood overweight: physical activity, television viewing, sweetened beverage consumption and fruit and vegetable consumption. Facility based leaders have been identified throughout Northern California and meet regularly. Tools and training have been provided for all of the 500 pediatricians and nurse practitioners working in Northern California. Tools include exam room posters, patient education materials and BMI calculators. Training includes information on diagnosis, treatment, communication skills and referral options. Body mass index (BMI) screening at well child visits has dramatically increased from 2003 to 2004 with all facilities now providing periodic screening. Provider training has been associated with improvements in BMI screening. Facilities are given quarterly feedback on BMI screening at well child care visits. Kaiser Permanente is tracking long term outcomes (BMI % and type 2 diabetes).

### KP Kidshape Program Evaluation



### Weight Management Interventions

Since 2001, Kaiser Permanente has tripled the number of facilities offering weight management programs for families. There are currently 25 facilities in Northern California offering weight management programs for families. Single session weight management programs are offered in all major service areas at no additional cost to members. Kaiser Permanente is evaluating the effectiveness of commercial programs (e.g., Kidshape) and Kaiser Permanente's developed programs throughout Northern California. Preliminary results are encouraging with most programs demonstrating improvements in health behaviors, weight and BMI. Kaiser Permanente is also conducting research on intensive programs for children with medical complications (such as insulin resistance). Internet resources are available to all members through their pediatrician's home page and members.kp.org. Kaiser Permanente developed an internet-based health risk assessment program for adolescents (Teen Choices and Challenges) which addresses nutrition, physical and body image and is available to all members as well as schools and communities.

### Environmental Changes

Kaiser Permanente is actively involved with schools and communities to address the epidemic of overweight children. Over 2,000 community physicians and health professionals throughout the country have been trained by NCAL Kaiser Permanente staff and provided tools which include the "Get More Energy!" poster and BMI calculators. The Educational Theatre program provides schools with "Zip's Great Day" which educates school age children on healthy eating and physical activity. Kaiser Permanente provides grants to communities to address healthy eating and active living. Kaiser Permanente has been actively involved in supporting key legislation including SB677 Soda Ban in which a Kaiser Permanente pediatrician provided key senate testimony to support the bill. Kaiser Permanente has partnered with the CDC, UCB, UCSF and NICHQ to accelerate learning, knowledge transfer and research.

