



# Overweight Children

Kaiser Permanente's Approach to Prevention & Treatment

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 KAISER PERMANENTE®

## About Kaiser Permanente

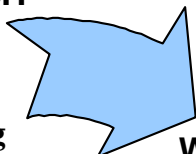


- One of the nation's oldest not-for-profit health care delivery systems and a leader in quality.
- 8.2 million members nationwide; 6.2 million in California.
- Kaiser Permanente has made a deep and longstanding commitment to working within our communities to encourage healthy eating and active living.

## Kaiser Permanente's Approach to Overweight Children

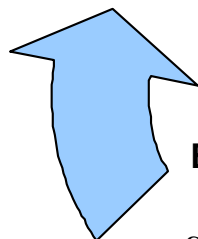
### MEDICAL OFFICE VISIT INTERVENTIONS

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



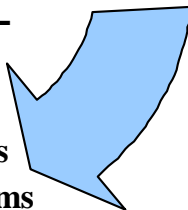
### WEIGHT MANAGEMENT INTERVENTIONS

- 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

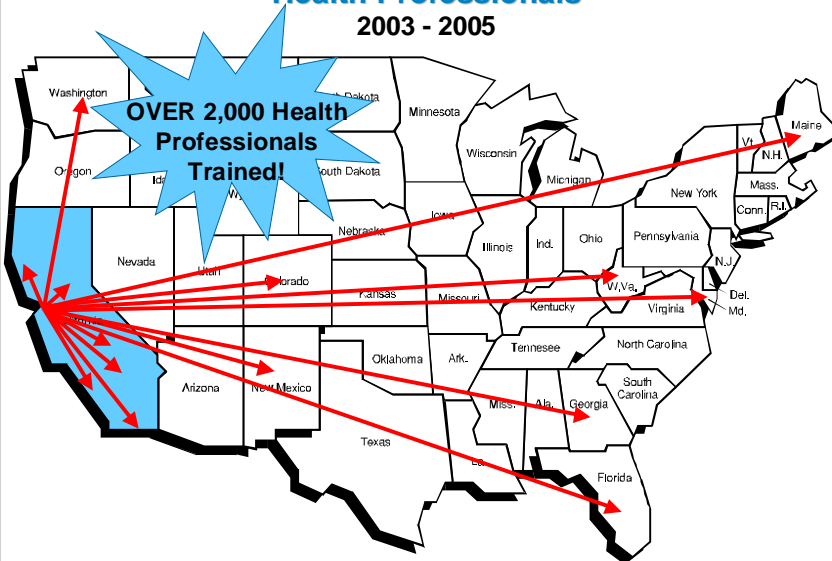
## Office Systems, Physician Training and Feedback



- 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

# Kaiser Permanente's Physician Training Initiative

Kaiser Permanente Childhood Overweight Training for Health Professionals  
2003 - 2005

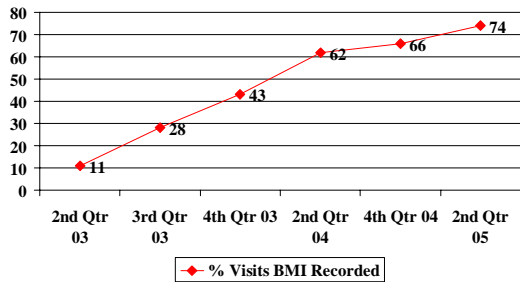


- Over 1,000 KP physicians and 2,000 community physicians trained nationally since 2002
- Collaboration with the American Academy of Pediatrics and the National Initiative for Children's Healthcare Quality, Indian Health Service
- IHI Collaborative Model - Maine & New Mexico

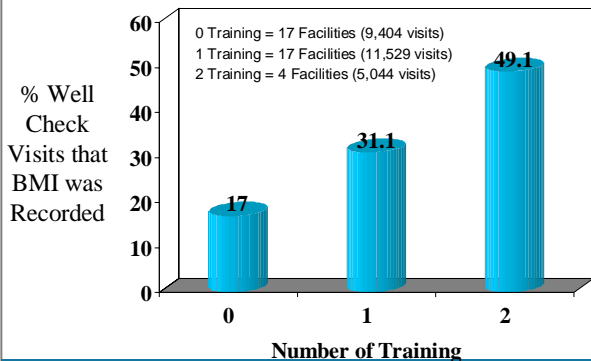


# What have we learned since 2001?

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

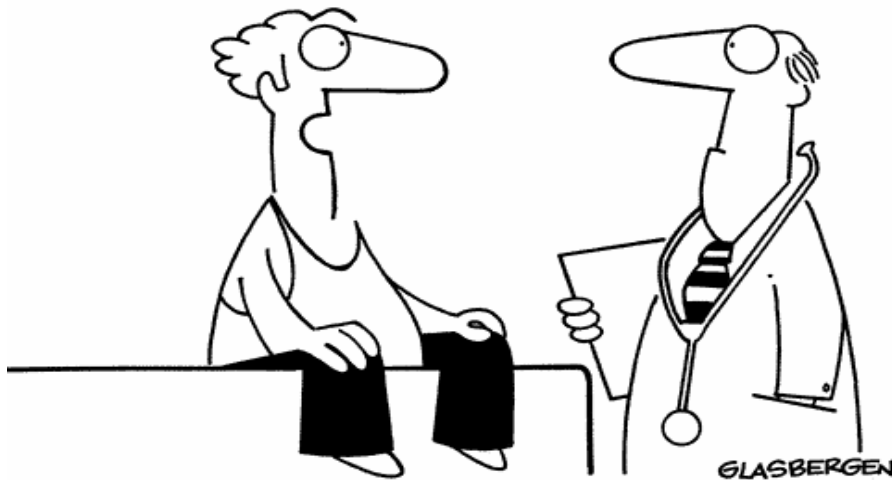


**Mean BMI Coding Completion at Well Care Visits (2-18 Yrs) for Number of On Site Training Sessions - August 2003**



- 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 Interventions



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

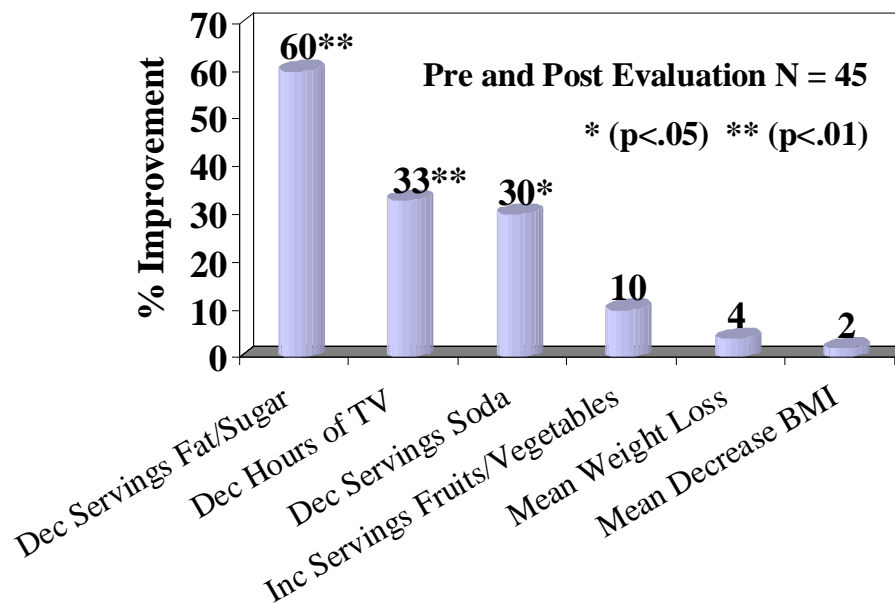
## Weight Management Programs

- 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

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



**“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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