

Improving Capacity and Support for Community Health Centers to Provide Pediatric Weight Management Program Services

PURPOSE

To improve health outcomes for children ages 7 through 13 years who are obese or overweight with risk for obesity through implementation of the evidence-based Mind, Exercise, Nutrition, Do It! (MEND) 7-13 program.

BACKGROUND

There is broad recognition in the health care and public health sectors that childhood obesity is a common and serious condition. Children with obesity are at risk for poor health, stigmatization, and bullying. National data show that obesity among children of all ages in the United States is too high—about 1 in 5 children ages 2 to 19 are obese with prevalence increasing with age. Racial disparities exist with higher prevalence among Hispanics and non-Hispanic black children than among non-Hispanic white and non-Hispanic Asian children.

In 2010 and 2017 the United States Preventive Services Task Force recommended that health care providers screen children ages 6 years or older for obesity and provide referrals to intensive lifestyle modification programs for children with obesity. Despite these recommendations and access to insurance coverage for evidence-based prevention, treatment services continue to be limited, particularly for low-income children whose families may have a harder time getting their children the health screenings and weight management support they need.

GOAL

Engage and impact the lives of 400 obese children and their families.

POPULATION OF FOCUS

Children ages 7 through 13 who are obese or overweight.

APPROACH

Collaborate with 4 primary care associations (PCA) to implement MEND 7-13 at 4 member health centers each:

- Engage the PCA and health center workforce through an integrated model of related and reinforcing activities, including training and technical assistance on how to implement MEND 7-13 and ongoing learning to successfully sustain the impact of MEND efforts in health centers
- Learning community: monthly web-based check-ins with expert faculty and peer learning
- Quality Improvement Coaching/Practice Facilitation
- Pre/post project and monthly data reporting
- Data entry into online data entry and resource system to



TIMELINE | 1/1/2019 – 7/31/2019



FUNDING | CDC



TYPE OF INTERVENTION

Systems Transformation

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- track participation and progress
- In-person Harvest Meeting

MEASURES

- Patients 3–17 years of age with obesity or overweight (BMI ≥85th percentile and <95th percentile)
- Patients 3–17 years of age who had healthy behavior change as a result of the program
- Children recruited and retained in program numbers

COLLABORATORS

CDC	Project Officer. Financial and technical support.
NACHC	Establish national leadership role around childhood obesity for PCAs and health centers. Project design, support, and management. Quality improvement strategies for prevention and management of childhood obesity, data reporting, and other relevant content.
Healthy Weight Partnership	Since 2000 has designed and supported expert-developed programs and services that empower children and their families to improve their health, fitness, and self-esteem by managing their weight in a sustainable way. Collaborate with NACHC to train health centers to implement MEND 7-13. Collect data for reporting and analyses and provide technical expertise.
PCA	Identify and engage 4 health centers to implement MEND 7-13. Convene participant health centers for in-person training. Participate in learning community. Partner with public health, Medicaid, payers, and other organizations in the state to provide sustainability and scale to childhood weight management programs.
Health Center	Participate in in-person MEND 7-13 training. Recruit 30 children into 2 cohorts of 15 children each; conduct 10-week MEND 7-13 course for each cohort. Data entry into online data entry and resource system to track participation and progress. Participate in learning community.