

Introduction

- Focus:** childhood obesity and weight management for obese children in primary care
- Objective:** evaluate the successes and areas of improvement of project site's weight management program and identifies common themes among self reported barriers.
- Impact:** improve outcomes for participants of this weight management program with the potential for widespread dissemination and future projects.

Background & Significance

- The prevalence of childhood obesity in the U.S. is 18.5%₃.
- Obese children are at greater risk for numerous long term health complications (cardiovascular disease, asthma, diabetes, etc.)₂
- The U.S. spends \$14 billion on these children in their lifetime₄.
- The CDC and AAP encourage primary care providers to combat obesity through weight management₁.
- This is accomplished by increasing exercise to meet the recommended amount appropriate for each age group and by adopting a healthy diet₁.

Methodology

Design: Retrospective chart review

Sample: All weight management program participants since inception: 21 male and female patients ages 4-17

Setting: Pediatric primary care office in a suburban area of northern New Jersey

Measures:

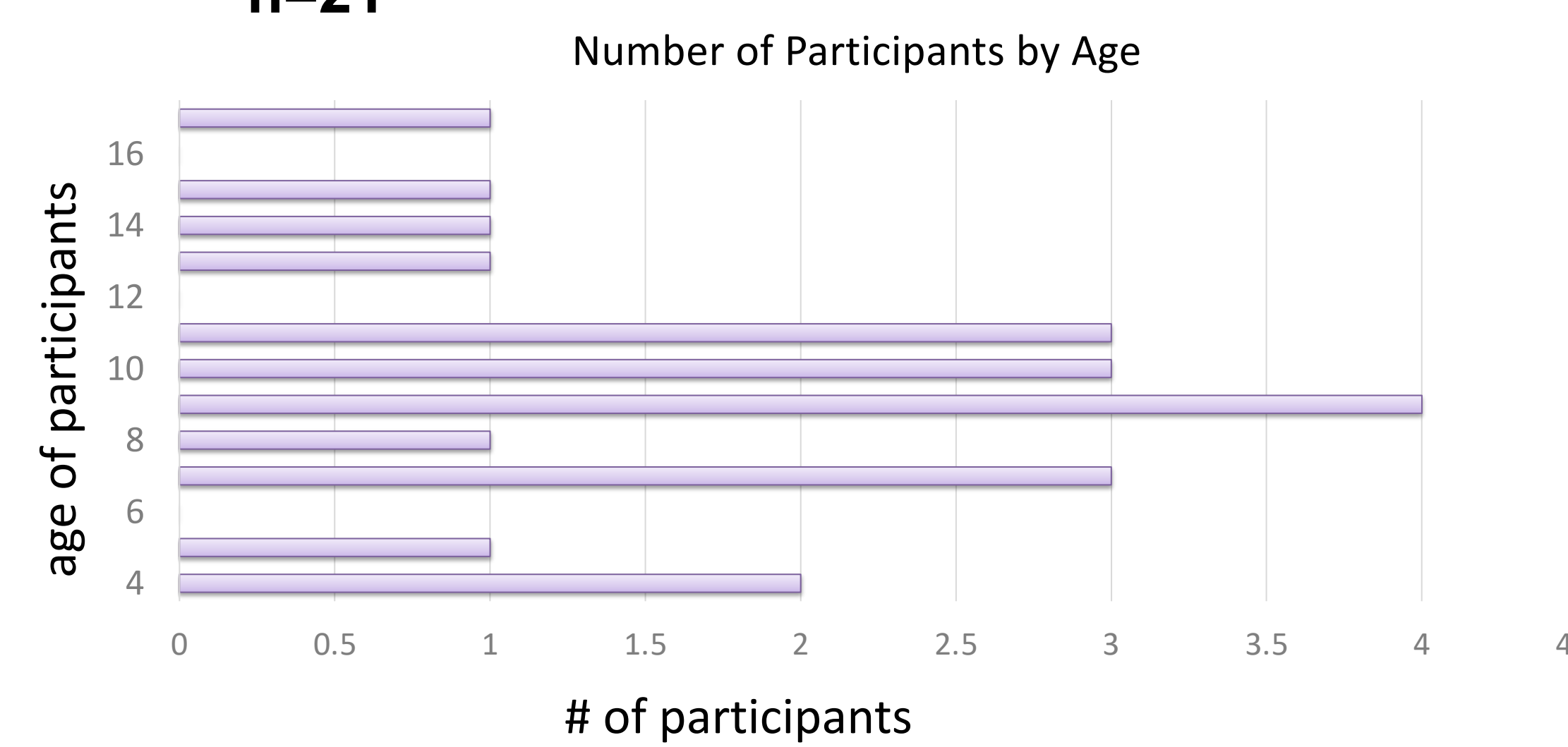
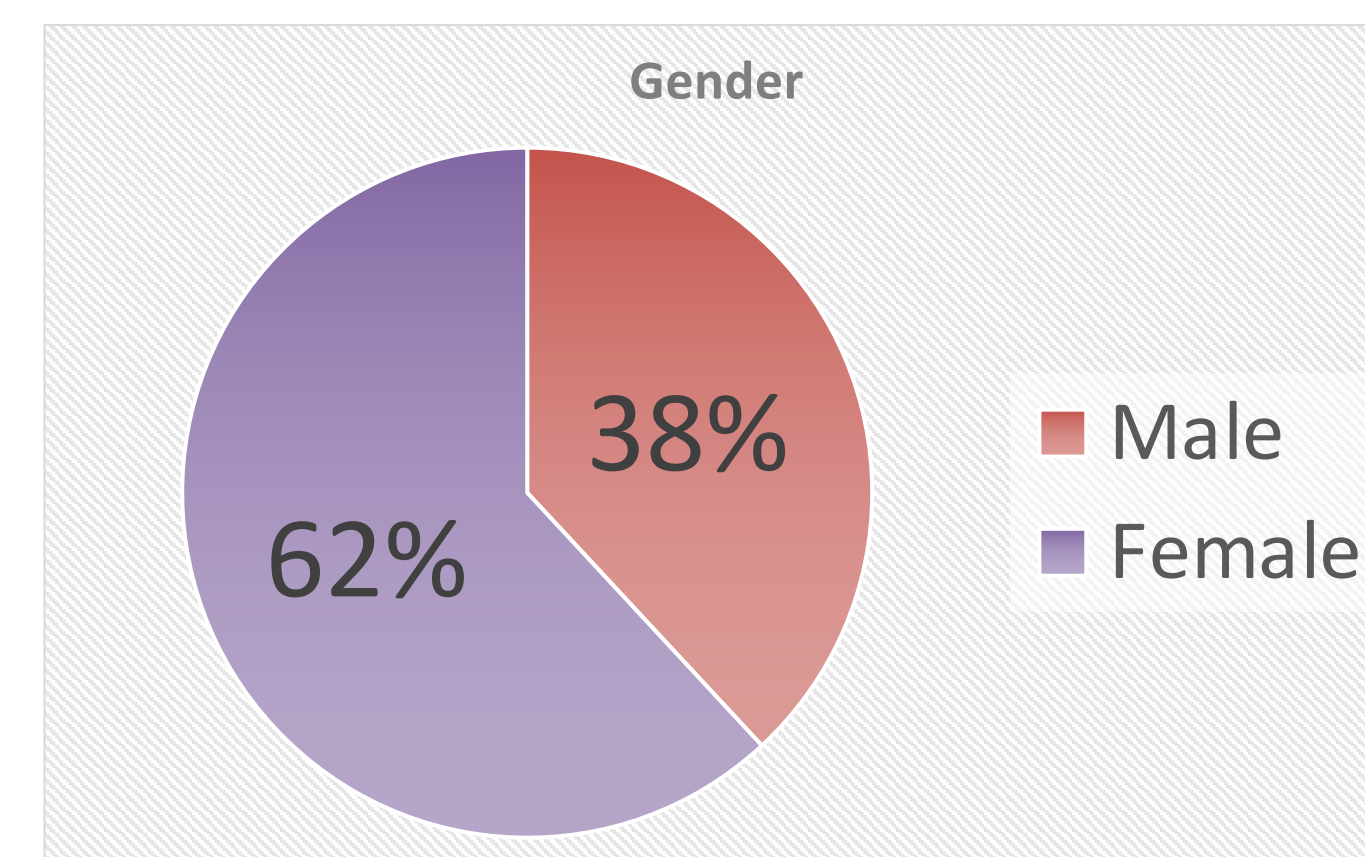
- Age/Gender/BMI data
- Program attendance to follow up visits
- Self reported barriers to achieving program goals and self-reported importance of meeting program goal scored on a scale of 1-10
- Number of patients ages 3-17 seen for well visits over a one-month period, and how many of those patients qualify vs. how many were enrolled in the weight management program

Analysis: Examine the relationship between patient age and BMI change, BMI change and self-reported importance of the program, and relationship between BMI change and program attendance.

- Descriptive Statistics:** Project sample, BMI comparison between participants, and comparison of BMI data to ordinal data to self reported importance of meeting program goals
- Qualitative Analysis:** themes in participant-reported barriers to meeting program goals

Results

Program Participant Demographics



Attendance and Enrollment Data

| Program Attendance* | |
|---------------------|------------|
| Follow Up Visit | % Attended |
| 1 Month | 15% |
| 2 Month | 11.8% |
| 3 Month | 18.8% |

| Program Enrollment** | | |
|---|--------------------------------------|---|
| Number of well visits over 1-month period | Number of those eligible for program | Number of eligible patients enrolled in program |
| 162 | 4 | 0 |

**Retrospective data collected from August 2020

*Including only those eligible for each visit

BMI Data and Analysis

Patient 1
10 y.o. male

- BMI Change: decreased 2 percentiles
- Weight loss: 3.3 lbs.
- Attended 33% follow up visits (3rd)
- Self reported importance score: 10/10

Patient 9
4 y.o. female

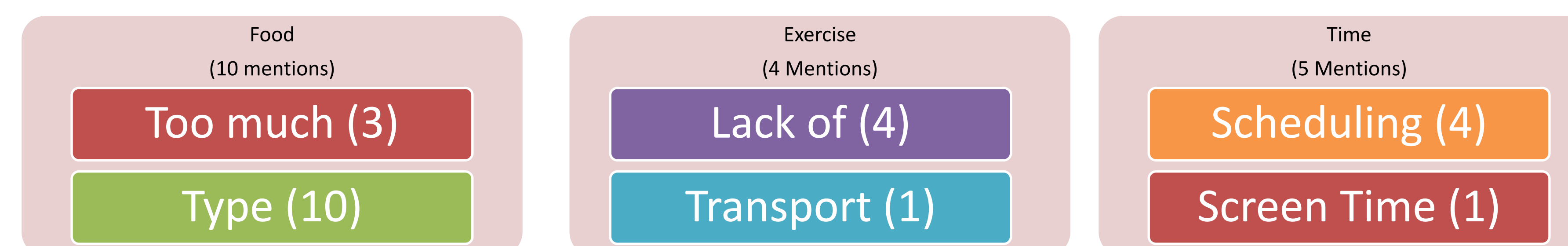
- BMI Change: no percentiles
- Weight loss: 0.5 lbs.
- Attended 66% of follow up visits (1st, 3rd)
- Self reported importance score: N/A

Patient 10
10 y.o. female

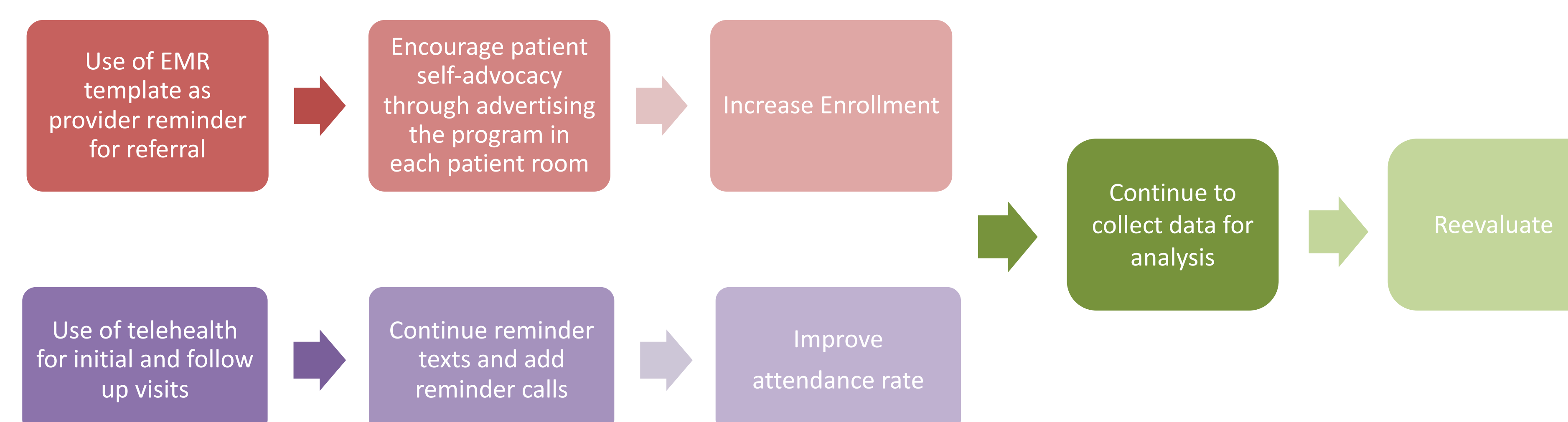
- BMI Change: decreased 1 percentile
- Weight Loss: 7.5 lbs.
- Attended 33% of follow up visits (3rd)
- Self reported importance score: 9/10

Qualitative Theme Analysis Self Reported Barriers to Achieving Program Goal

n=16



Recommendations to Project Site



Discussion

Conclusion:

- Project was successful in identifying strengths and areas of improvement with one exception:
 - Determining if the program resulted in a statistically significant decrease in participant BMI over a three-month period.
- Strengths of this program include:
 - Large group of school-age participants with a mix of both genders.
 - Education materials addressed the commonly reported barriers to program success.
- Areas of improvement include:
 - Attendance and enrollment.
- Moving forward:
 - continue to collect and analyze participant data while implementing the suggested evidence-based changes to improve enrollment/attendance rates.

Implications:

Practice & Patient Care

- More uniform between providers
- Empowering patient self-advocacy

Policy

- Charting and scheduling policy
- Program enrollment and adherence improvement

Healthcare Quality & Safety

- Addressing common self-reported barriers at the initial visit through anticipatory guidance eliminates a barrier to care
- Potential clinical significance of weight change of 3 participants as enrollment/attendance improves and data collection continues

Economic

- Reduce healthcare costs for individuals who would have developed complications from obesity
- Improve revenue for the project site

Weight Management Research

- Follows recommendation for analysis of efficacy of individual weight management programs
- Lack of compliance major barrier to program success
- Further supports need for continued research

References and Contact Information

Please scan the QR code or type in the URL below for references and contact information.



<https://sb1055.wixsite.com/sbdnproject>

