TEACH A KID TO FISH

"Energizing the movement to prevent childhood obesity."

Mission and Vision

Our mission is to prevent and reduce obesity by empowering Lincoln children and families to eat healthy and be active.

Vision: "Creating community solutions for children's health"

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Goals:

Mobilize the community to empower children and families to eat healthy and be active.

Provide prevention and treatment programs ranging from early childhood to adolescence.

Increase access and promotion of healthy foods.

Increase safe physical activity opportunities.

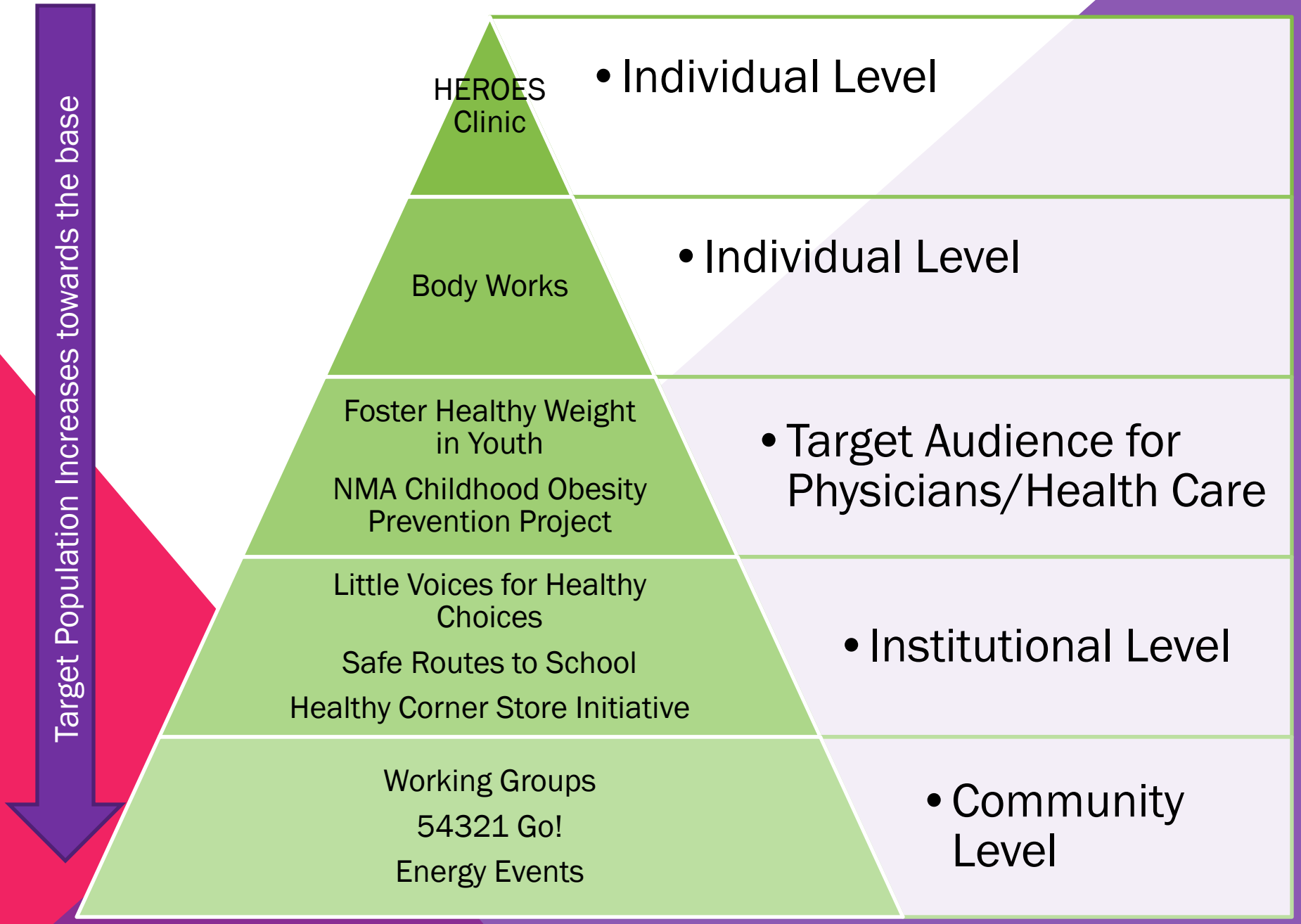
Focus Areas:

Healthcare

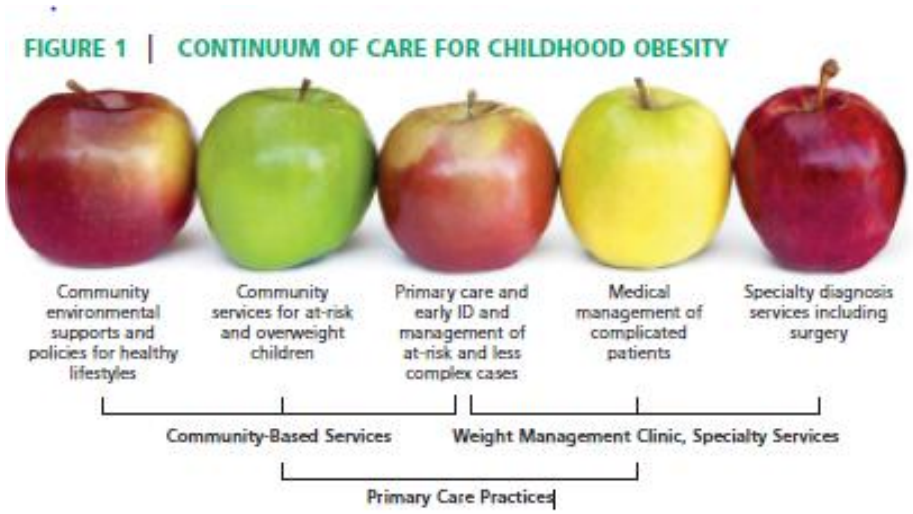
Early childhood

Community

Schools and Youth


Target Population Increases towards the base
HEROES Clinic
• Individual Level
Body Works
• Individual Level
Foster Healthy Weight in Youth
NMA Childhood Obesity Prevention Project
• Target Audience for Physicians/Health Care
Little Voices for Healthy Choices
Safe Routes to School
Healthy Corner Store Initiative
• Institutional Level
Working Groups
54321 Go!
Energy Events
• Community Level

Continuum of Care for Childhood Obesity



Mission and Vision of the Clinic

The mission of the childhood obesity clinic is to improve the health and well-being of overweight and obese youth through a comprehensive, family-based approach.

"Promoting the health of the greater community by providing a continuum of care for childhood obesity."

THE NEED

- 32.1% of children overweight/obese in Lincoln
- Certain subpopulations have rates exceeding 40%
- Overweight/obese children at risk for numerous adverse physical and psychosocial problems
- Though the AMA recommends a 4-staged approach to prevention and treatment of obesity, Lincoln currently lacks a stage IV intervention
- Currently, Lincoln families are having to commute to Omaha for services
- AAP CATCH grant survey and focus group data
- But… 100% of Lincoln physicians would refer to a multidisciplinary obesity clinic if it existed

Foster Healthy Weight in Youth

- Assess
- Prevent
- Treat

Nebraska's Clinical Childhood Obesity Model

Nebraska's Clinical Childhood Obesity Model

Healthcare Provider Toolkit

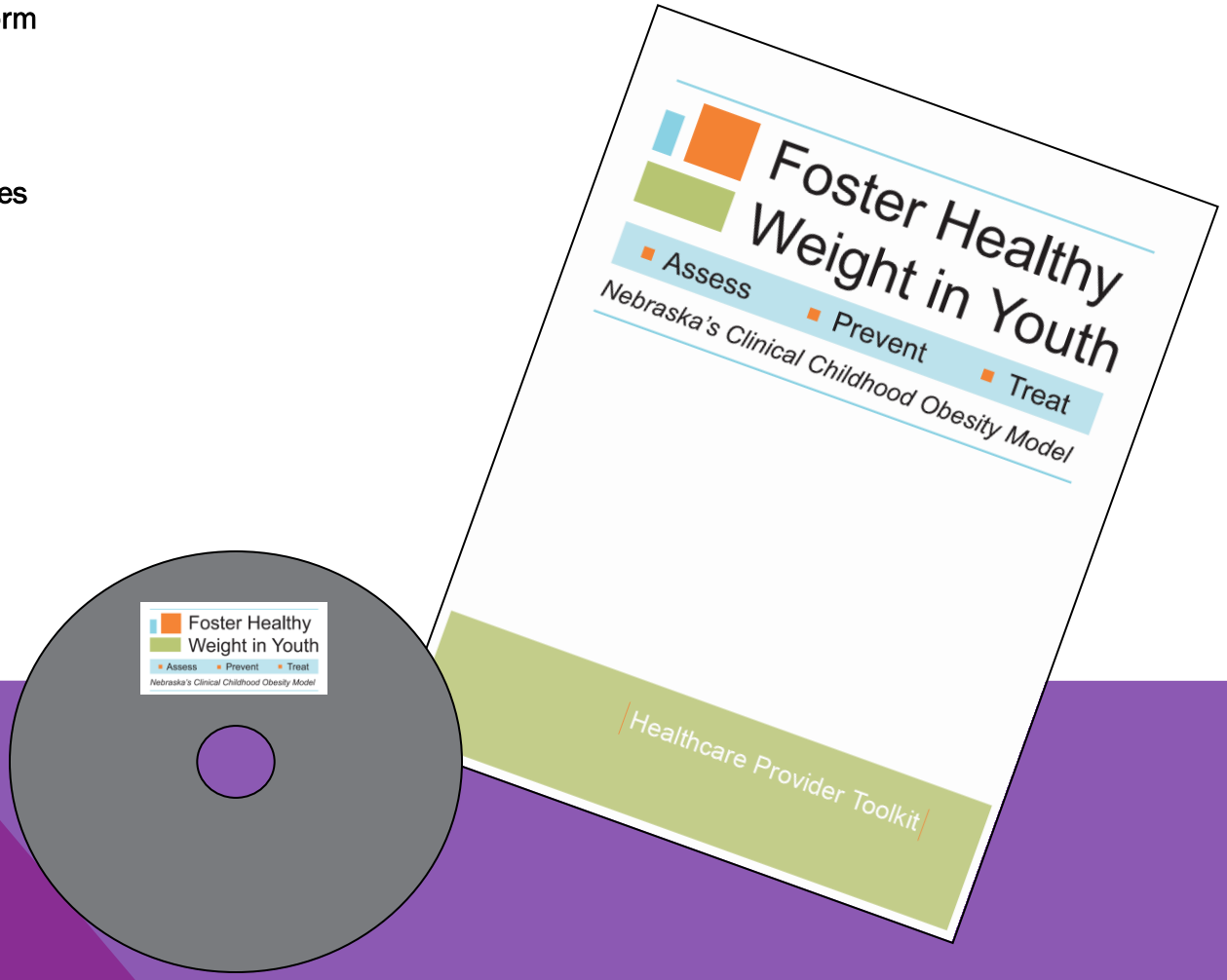
Pocket Reference Algorithm

Youth PA-N Assessment Form

Training Video

Office Posters

Patient Education Brochures



Childhood Obesity Prevention Project

An Initiative of the Nebraska Medical Association

BODYWORKS

A Toolkit for **Healthy** Teens & Strong Families

Program Provided By The Office on Women's Health

STAGED DEVELOPMENT PROCESS BASED ON…

- Expert Committee Recommendations (Barlow)
- Review of empirical literature on multidisciplinary obesity programs nationwide
- Children's HEROES Clinic

CHILDREN'S HEROES CLINIC - OMAHA

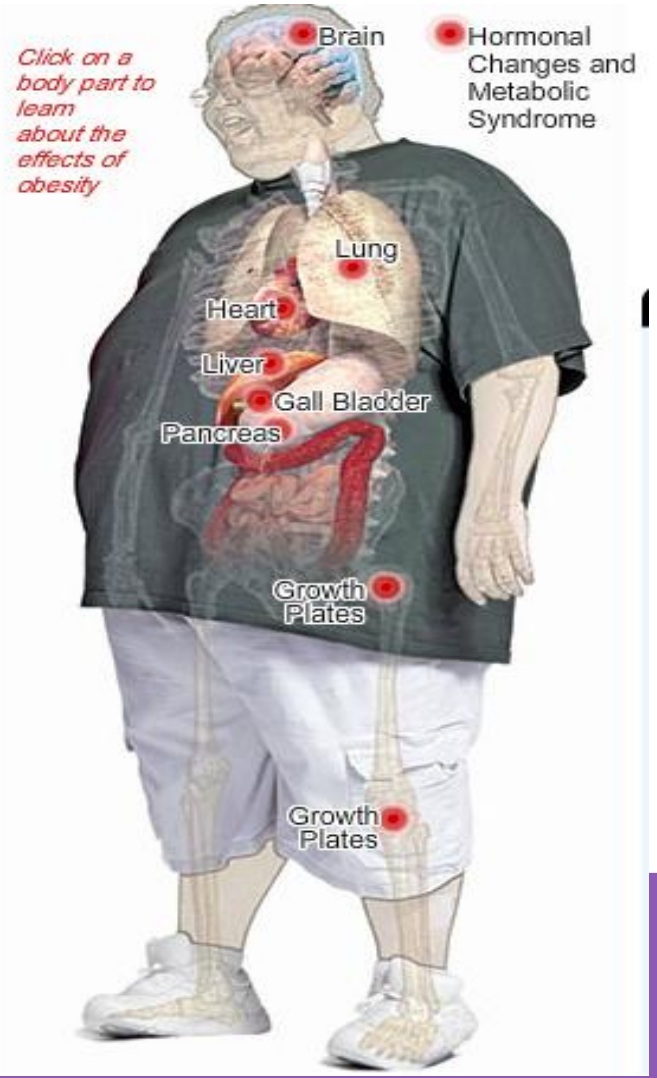
HEROES clinic **(Healthy Eating with Resources , Options & Everyday Strategies)**

- Outpatient
- Multidisciplinary
- Education classes for first 3 months
- Fitness classes 2x a week
- Goal group monthly
- Medical management, nutrition and behavior modification classes, fitness classes, behavioral health therapy and consultations with medical specialist, dietitian, social worker, exercise specialist, psychologist, and nurse.

Comorbidities associated with obesity

All body systems are affected.

- Endocrine
- Cardiovascular
- Gastrointestinal
- Pulmonary
- Orthopedic
- Dermatological
- Neurological
- Psychological



EXAMINING HEROES EFFECTIVENESS

Outcomes tracked will include:

- Body mass index
- Blood pressure
- Acanthosis nigricans
- Medical labs (e.g., glucose, insulin, triglycerides, cholesterol)
- Food intake
- Physical activity
- Sedentary behavior
- Sleep patterns
- Behavioral, social, and psychological factors (e.g., depression, anxiety, bullying)
- Food insecurity or hunger

Children's HEROES Collaboration:

Value added benefits for Children's:

- The addition of a program evaluator to advance the scientific reputation and evidence based practice of the HEROES clinic
- Publications
- Grant writing
- HEROES network
- TKF collaboration brings together local, state and national partners and evidence-based public health programming from early childhood through adolescence.
- The development of behavior curriculums and treatment plans.

Children's HEROES Collaboration:

Value added benefits to the Lincoln community:

- The HEROES Weight Management Clinic model is a pediatric specialty clinic with a host of resources and expertise.
- The HEROES clinic has been a part of the Focus on a Fitter Future network of Children's hospitals from across the country.
- The HEROES clinic participates in the AAP Institute for Healthy Childhood Weight.
- Training of the Lincoln team by the HEROES team with ongoing consultation with their team.
- Children's Hospital & Medical Center has a strong vision and commitment to address childhood obesity.

WHAT WILL UNL BRING TO THIS COLLABORATION?

- Program evaluation
  - PhD candidate in clinical child psychology from UNL

- Deliverables include evaluation of:
  - Treatment outcomes
  - Health behavior change
  - Program adherence
  - Clinic population characteristics
  - Client satisfaction

UNIVERSITY OF Nebraska Lincoln

WHAT WILL UNL BRING TO THIS COLLABORATION?

- Key areas of focus for research may include, but are not limited to:
  - Psychosocial predictors of body-mass-index reduction
  - Prevalence of co morbidities in the clinic population
  - Predictors of client satisfaction

- Additional deliverables:
  - Grant writing
  - Data collection
  - Data analysis
  - Data dissemination in peer-reviewed journals

"MY CHILD IS NOT OVERWEIGHT!"

- Meta-analysis of 78 studies (N = 15791)
- Results indicated that 51% of parents with overweight/obese children think there children are healthy weight or underweight
- Nearly 1 in 6 believe their normal weight child is underweight

WHY SO WRONG?

- High prevalence of overweight
- Media stereotypes
- Resistant to labeling
- Not willing to make lifestyle changes themselves

SO WHAT?

- Bottom line: Parents are not a good judge of what “healthy” looks like
- This could hinder timely intervention of weight problems
- Parents are a captive audience in the exam room - It is the job of physicians to educate parents about healthy weight and behaviors contributing to it (e.g., diet and physical activity, sufficient sleep)

Business Plan development:

- Meetings
- Partnerships
- Presentations
- Training with the HEROES team
- Development of the model
- Fundraising
- Grant writing
- Literature and clinic models review
- Business Plan consultation by Moss Resource Group

Strategic vision:

- To create an innovative sustainable regional model that is higher level than either community can create on its own.
- Partnerships are intentional and the benefits to the partnership agencies are both immediate and long term.
- The development of a financial pro forma is critical.

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