

Pediatric Weight Management at Family Medicine Clinic

Lorelli Lewis MD, Tony Huy Nguyen MD, Justin Meyers MD, Luke LeBlanc MD, Nick Ely MD,
Kaeley Whiting Allen MD, Kyle Lau MS4, Lisa Zak-Hunter PhD, Jennifer Budd DO, Anne Keenan MD

Importance

- According to the CDC, pediatric obesity prevalence has been rising since 1999 with a current rate of 18.4% in children age 6-11.
- Prior to this intervention, adherence to AAP obesity management guidelines at our clinic was unknown.

Aim Statement

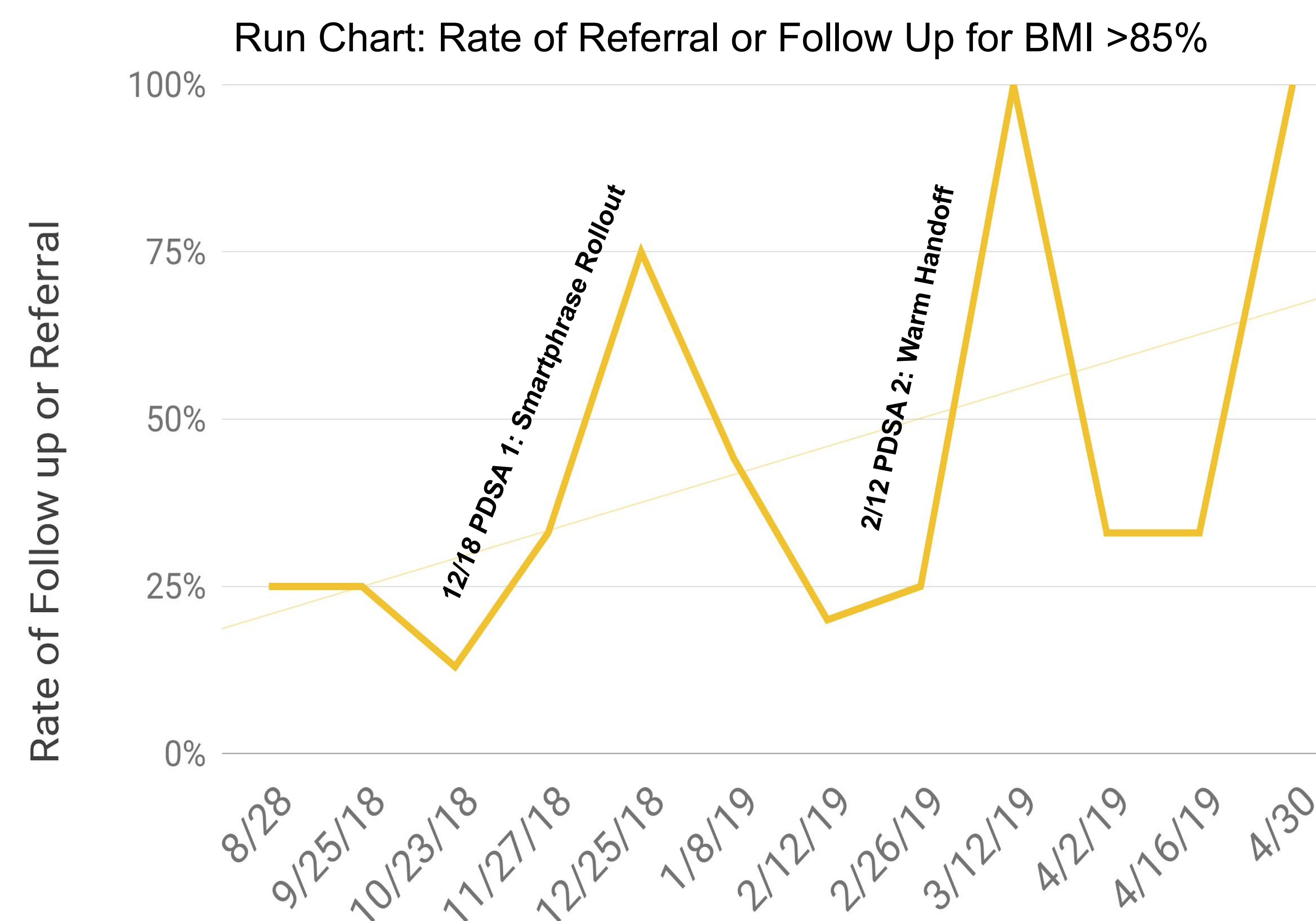
- In children ages 6-11, we aim to increase the follow up/referral rate for BMI above 85 percentile by 75%.

Methods

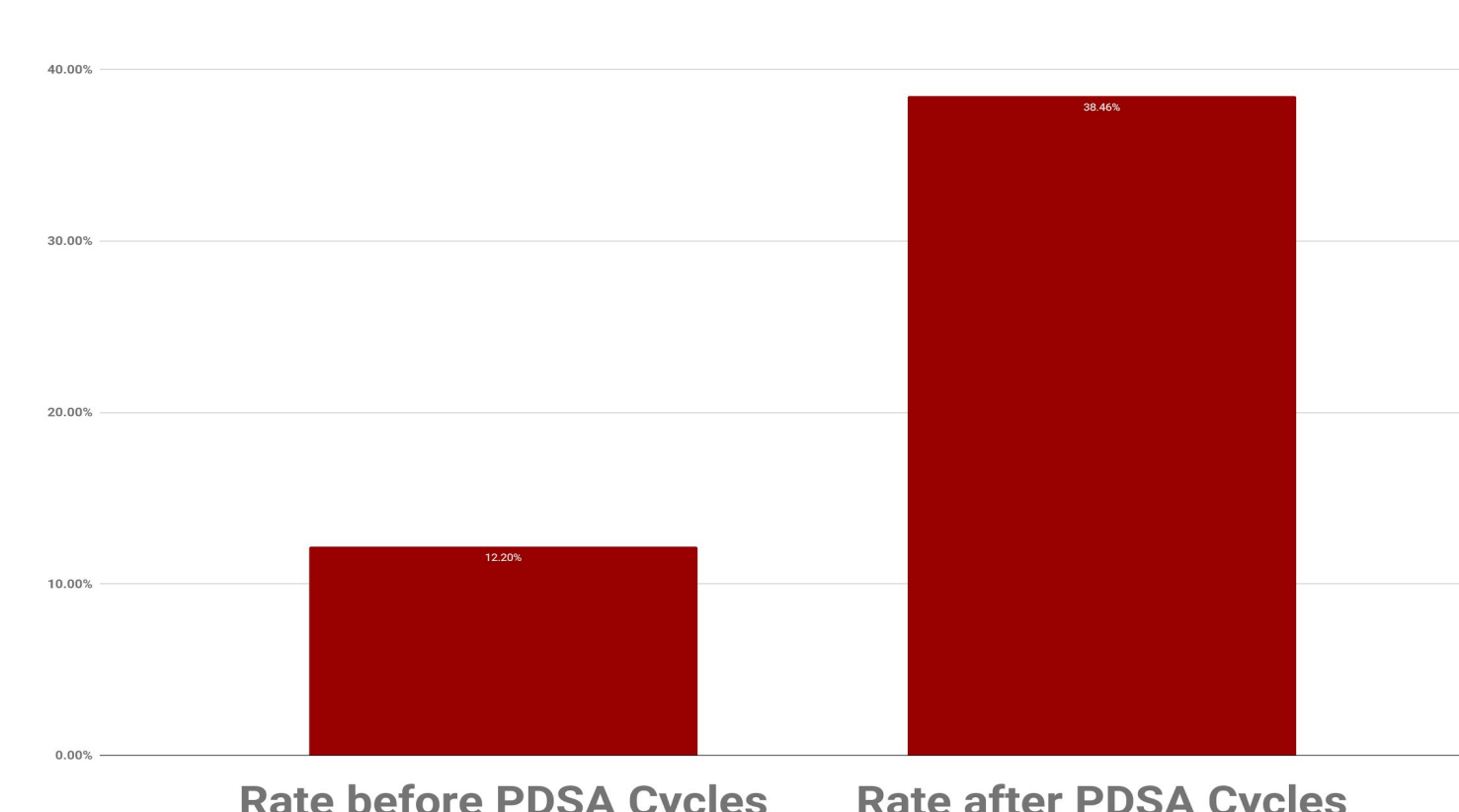
- Baseline data collection, literature review and smartphrase development
- Smartphrase: AAP Intervention Stages, Table of recommendation for BMI Categories, Instructions for follow up and reminder of Healthy Weight Order Set availability

PDSA Cycles

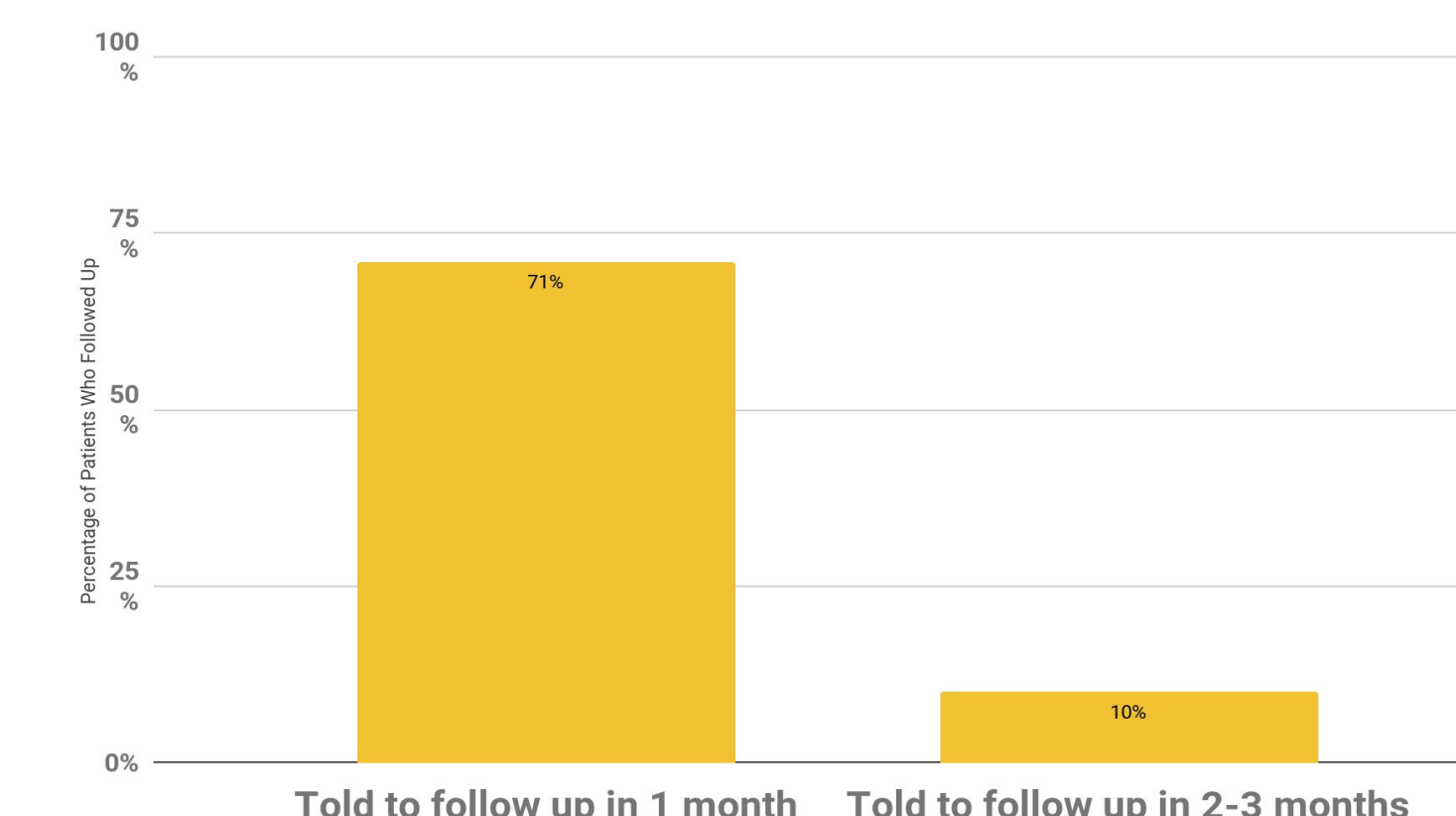
- PDSA 1: Smartphrase rollout, flyers posted and didactic announcement
- PDSA 2: Warm handoff from PCS to provider if vital sign for BMI >85 percentile. Chart review every 2 weeks



Appropriate Referral or Follow Up For Pediatric Obesity Patients



Follow Up Rate Varies by Recommended Time Interval



Discussion

- Treating BMI percentile >85% as a critical vital sign may improve rates of follow up/referral
- More compliance when shorter follow up was recommended

Next Steps

- Re-emphasize and repeat PDSA with PCS to provider warm handoff
- Expand QI project to other UMP clinics
- Consider focus group with parents of children with obesity
- Explore how terminology affects rates of weight management

References

- Davis MM1, Gance-Cleveland B, Hassink S, Johnson R, Paradis G, Resnicow K. Recommendations for prevention of childhood obesity. *Pediatrics*. 2007 Dec;120 Suppl 4:S229-53.
- Barlow SE. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. *Pediatrics*. 2007;120(Suppl 4):S164-S192. doi: 10.1542/peds.2007-2329C.
- Strasburger, Policy Statement-Children, Adolescents, Obesity, and the Media. *Pediatrics*. 2011; 128:201-208
- Gunn et al., Designing healthy communities: creating evidence on metrics for built environment features associated with walkable neighbourhood activity centres. *International Journal of Behavioral Nutrition and Physical Activity*. (2017) 14:164.



UNIVERSITY OF MINNESOTA

DEPARTMENT OF FAMILY MEDICINE AND COMMUNITY HEALTH