

Fresno Unified School District Healthy School Environment Wellness Policy

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Personal Experience

- Appreciate effort needed to meld various economic/political/regulatory/compassionate agendas
- Clinicians add necessary credibility to further community health messages
- Resources are available to facilitate community involvement for busy clinicians
- My loved ones are positively impacted

Obesity Provider Toolkit Expert Panel Meeting April 8, 2006



Panel Co-Chairs

- Dexter Louie, MD, MPA, JD
Associate Medical Director
Chinese Community Health Plan
- Helen Jones, MD
Internal Medicine, Fresno
Past President, Fresno/Madera Medical
Society

Project Goals



Develop the “Ultimate” Provider Toolkit

- Maximize Resources
- Comprehensive Tool
- Packaged in a provider-friendly way



Equip and Empower Clinicians to Work With Patients



Develop Toolkits & Key Components

- Adult, adolescent and pediatric patient populations
- Post bariatric surgery patient education



Create Summary Guideline Compendia for -

- Adult and children obesity prevention & early identification
- Weight Management



Context for Action

- The prevalence of adult obesity has doubled over the last 20 years. California has experienced the fastest increase in adult obesity of any state in the nation.
- Nearly 2/3 of the U.S. adult population is overweight & 32% of those are considered obese
- Overweight adults have a:
 - **60% increased risk for diabetes**
 - **80% increased risk for high blood pressure**
 - **50% higher chance for elevated cholesterol levels**
- 17% of children and adolescents are overweight
 - **15% of children and adolescents are at risk & 70% - 80% of obese adolescents will become obese adults.**
- The incidence of obesity is higher in African-American, Latino, and underserved, low-income populations.

*"Health Plans Emerging As Pragmatic Partners in Fight Against Obesity". National Institute for Health Care Management. April 2005.
http://www.nihcm.org/finalweb/Obesity_Report.pdf*

Why Clinicians need to talk to their patients about overweight and obesity



- In a 2003 Field Poll, nearly 90 percent of Californians surveyed wanted physicians to be their primary source of information about nutrition, physical activity, and other issues associated with obesity.
- Physicians report identifying obesity in only 8.6% of all patients seen in their offices and less than 30% of overweight patients report being counseled by their physician.
- Studies have shown that for obese children, obesity is documented in the medical record for only 53% of these children.

Stafford et al. Archives of Family Medicine.

Galuska et al. JAMA 1999

O'Brien et al. Pediatrics 2004.

Governor's 10-Point Vision for a Healthy California

1. Emphasis on importance of physical activity and healthy eating.
2. Children's daily participation in physical activities.
3. Adults will be physically active every day.
4. Only healthy foods and beverages in schools.
5. Market only healthy foods and beverages to children 12 years old and younger.
6. Affordable and readily available produce and healthy food.
7. Community and neighborhood support of physical activity.
8. Access, affordability and promotion of healthy foods and beverages in grocery stores, restaurants and entertainment venues.
9. Promotion of physical activity and healthy eating by insurers and health care providers.
10. Employee access to physical activity and healthy food options.



"Governor's Vision for a Healthy California". Governor's Summit on Health, Nutrition and Obesity. Sept. 15, 2005.

Strategies for Combating Obesity

- Multifaceted strategies involve the efforts of many stakeholders including:
 - Individuals
 - Families
 - Employers
 - Health plans
 - Schools
 - Communities
 - Government
 - Policy Makers
 - Healthcare Providers



“Health Plans Emerging As Pragmatic Partners in Fight Against Obesity”. National Institute for Health Care Management. April 2005. http://www.nihcm.org/finalweb/Obesity_Report.pdf

Strategies for Combating Obesity

- Significant culture changes to promote healthy lifestyles.
- New model of care and significant cultural change to address the non-medical causes and management.
- Leverage public and private resources and expertise.
- Focus on the community as well as lifestyle.
- Education



*"Health Plans Emerging As Pragmatic Partners in Fight Against Obesity".
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National and State Efforts

- **National Government**

- Public education handbooks & toolkits
- Outreach campaigns
- Focus: Growing obesity issue & adopting healthy lifestyles
- Focus: Shaping individual and family behaviors in home & community

- **California**

- Changes in school environments: vending machines, wellness policies, etc.
- Several state programs promoting healthy, active lifestyles
- Examples:
 - California Nutrition Network
 - California 5 a Day
 - Project Lean
 - California Works Well Health Promotion Program
 - StayWell Program
 - California Obesity Initiative
 - California Diabetes Program

How does the Provider Toolkit fit this context?

Many clinicians report being overwhelmed at addressing overweight with their patients, given the physical, emotional and social factors aligned with this issue.

While there is no quick fix to the obesity epidemic, collaborative efforts bringing together primary care providers and health plans can result in small steps that better equip clinicians and their staffs to more effectively work with their overweight patients and those at risk for becoming overweight and obese.



Interest

Since 2002, CMA Leaders have passed policy resolutions addressing the issues of overweight, obesity, healthy eating and physical activity.

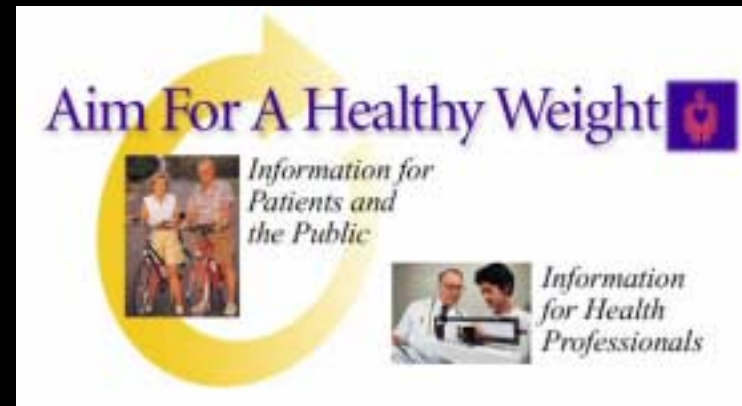
To address these policy resolutions, the CMA Foundation began its Obesity Prevention Project in 2004 with a focus on –

- Community/School Change
- Policy & Advocacy
- Provider Resource Development

Input from physicians and other clinicians pointed to the need for easy to use office based resources to assist in the prevention and management of overweight and obesity.

Toolkit Resources

- Guidelines and policy statements pertaining to -
 - **Obesity & Overweight**
 - **Screening using BMI**
 - **Diet & Physical Activity counseling**
- Communication tools related to patient decision making.
- Culturally appropriate, ready-to-copy materials/handouts on overweight, healthy eating, physical activity.
- Prompts, patient alerts and other patient reminders.
- Identification of internet tools and information.
- Post bariatric surgery education component.
- CME/CEU Resources
- Community Resources
- Community Partnerships

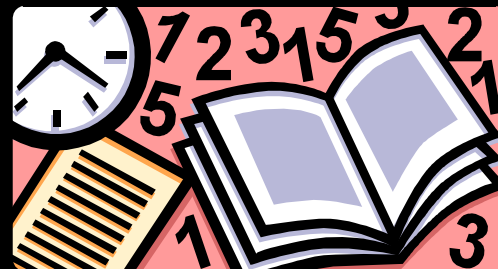


Next Steps

- Formation of work groups to identify content for inclusion in the toolkits.

- Areas of work group focus

- Adult
- Adolescents
- Pediatrics
- Post Bariatric Surgery Weight Management



- Development of draft materials for expert panel review and feedback.
- Additional meetings to further discuss toolkit content and development.

Contribution Opportunities

MD wish list:

- time/place/minimal duration/prompt exit
- prepared handouts
- preview info
- resource list for audiences questions
- perks? (meal, transportation, job site
brief meeting, etc.)
- message within professional scope

Contribution Opportunities

- Back to School Night
- Hospital Wellness Policy
- Health Coalition Presenter
- Resident MD Self-Care
- Wellness Grant
- Healthcare Policy Leadership