Healthy Living Initiatives

Denver Health Community Health Service
Denver Health Managed Care

Reducing Childhood Obesity
Goal

- Increase rate of BMI measurements
- Reduce overweight and obesity rates among children 18 and under
Process

• Interdisciplinary QI weight management committee meets monthly
• Committee composed of RNs, MDs, data analyst, managed care staff
• Reports to DH Ambulatory Care QI Committee
Interventions – Providers

• Clinical guidelines with standard work for height/weight measurements incorporated into patient check-in process
• Provider training on how to manage patients who present with obesity (motivational interviewing)
Interventions – Resources

• Hired three new dieticians
• Educational “smart snacking” flyer for parents and children with healthy, kid-friendly snacks – in review
• 5-2-1-0 guidelines and posters in clinic
• Bilingual, educational “Cooking Matters” course for 7-11 year olds with BMI > 95th percentile @ Westwood FHC and Managed Care
• Grow Happy Kids nutrition classes which teach healthy eating habits for young kids and parents
• Westside resource organization in progress -- compiling pediatrics weight management/healthy lifestyle resources in one easy-to-access online location
Outcome -- Screening

• Between 12/31/2010 and 12/31/2011, the rate of BMI measurements has increased from 82.7% to 89.1% (6.4% increase)
• We expect that this rate will increase further during 2012, but HEDIS data will not be in until later this year
Outcome – Obesity rates amongst children <18 years old

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<tbody>
<tr>
<td>Normal Weight (Under 85&lt;sup&gt;th&lt;/sup&gt; percentile)</td>
<td>68%</td>
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<tr>
<td>Overweight (85 ≤ % &lt; 95)</td>
<td>15%</td>
<td>15%</td>
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<tr>
<td>Obese ( % ≥ 95)</td>
<td>17%</td>
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In 2011, 22% of BMI data was missing. By June 2012, this number had reduced to 2.4% and at the end of 2012, it was down to 1.1%. Missing data is excluded from the above chart. Obesity rates have remained stable.
Challenges

- Connecting patients to adequate resources
- Centralizing resources
- No set organizational structure to bring together dieticians, RNs, MDs, multiple clinics, etc.
- Little compensation or time for those working to address problem outside of their usual duties
Remeasurement

- Remeasurement will occur in June of 2013, when the latest HEDIS results become available
Questions?

• If I can’t answer something for you today, e-mail me at alexander.wilson@dhha.org and I will find you an answer.