Obesity Prevention: Focus on the First Two Years

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BACKGROUND / INTRODUCTION

In 2012 over 1/3 of children were considered overweight or obese with a body mass index ≥ 85th percentile for their respective age and gender.¹

This trend is established early in life and often continues into adulthood leading to greater risk of chronic disease such as diabetes, hypertension, and obstructive sleep apnea.²

Research shows that obesity rates in the United States amongst children are higher in Black non-Hispanic and Hispanic populations.³

Obesity rates are also found to be at the highest in low-income populations independent of race.³

To combat this alarming epidemic, this pilot study aims to target youth as early on in life as possible through the use of nutrition counseling at each well visit (newborn, 2-4wks, 2m, 4m, 6m, 9m, 12m, 15m, 18m, 24m) to demonstrate a decrease rate of obesity.

OUTCOMES

Proportion of Patients (≥12m) Who Saw Same PCP out of First 7 Well-Visits

CONCLUSIONS

• Preliminary data collected will be used for BMI calculations to draw conclusions based incidence of obesity at 18 months between intervention and control babies
• This will allow for the institution of better care at LVHN
• Future steps would be to repeat the protocol in other pediatric settings with different patient populations

RESULTS

Lessons Learned:

• Grant writing process
  – Include NORI staff in discussions about budget
• Proposal
  – Detailed enough to conclude results
  – Broad enough to account for scheduling difficulties
• Continuity Clinic
  – Having a single PCP makes patient care more personalized
• Patient Population
  – No shows
  – Cancellations
  – Transient patients
• Education and Planning
  – Medical staff
  – NORI
  – Office staff

REFERENCES


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