Obesity Prevention: Focus on the First Two Years

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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.

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

METHODS

• Research Team
  PI Kimberly Brown MD
  Clare M. Lenhart PhD MPH
  Amanda Walker RD LDN
  NORI Team

• Key and ancillary personnel trained to properly schedule and track participants

• Babies from birth to 2 months targeted for study inclusion (400 total)

• Participants see a study physician and registered dietician at each well visit in accordance with AAP guidelines. Diet history, growth, and weight gain will be collected for all participants

• Surveys will be conducted at baseline visit, 12m, and 18m

• Clinical medical records (EPIC) will be used for data extraction into REDCap for analysis with respect to weight-for-length and compared to aggregate data from a comparison group (control). Continuity of clinic assessed by PCP of all patients

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

REFERENCES


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