

## 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

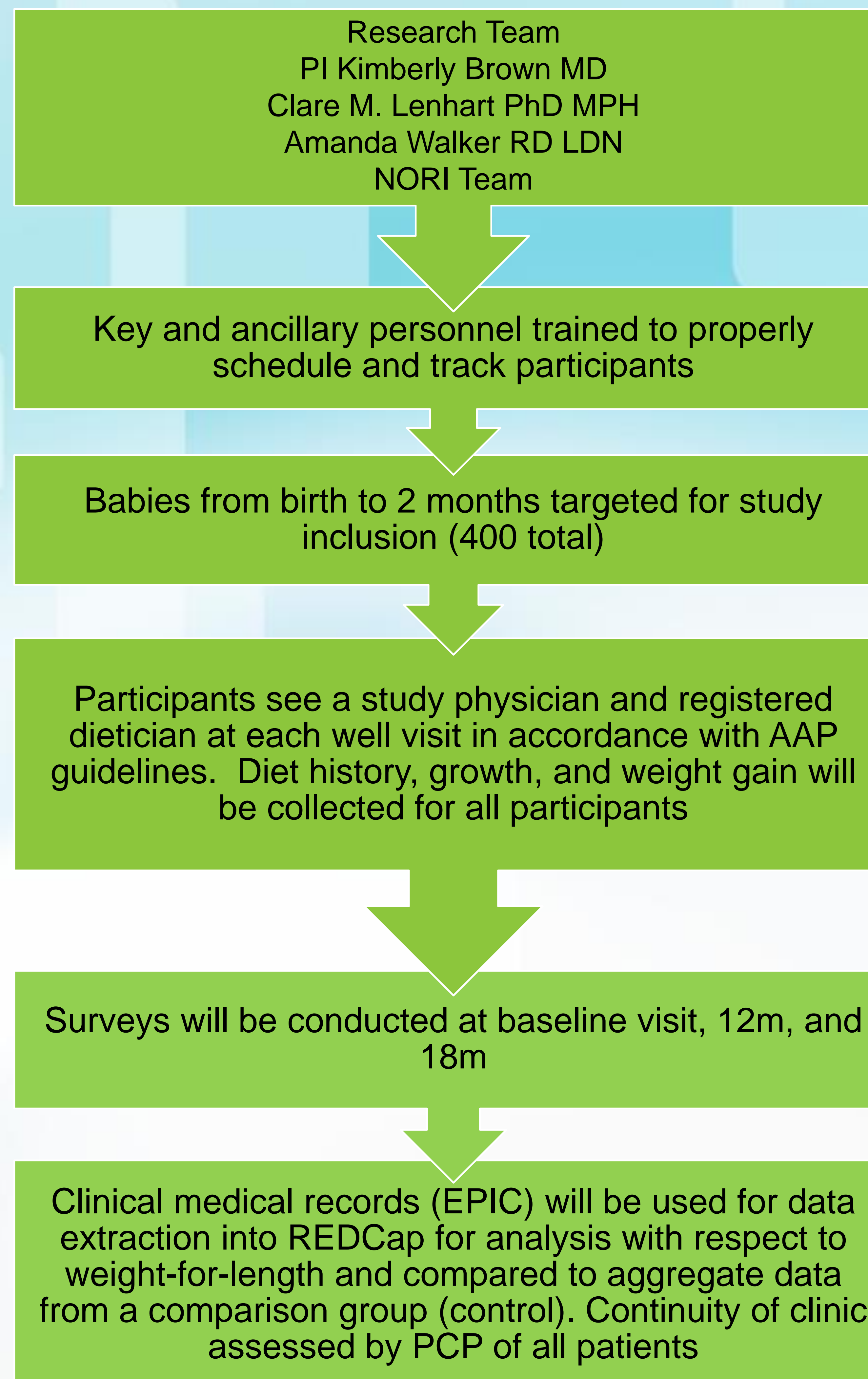
- In 2012 over 1/3 of children were considered overweight or obese with a body mass index  $\geq 85^{\text{th}}$  percentile for their respective age and gender.<sup>1</sup>
- This trend is established early in life and often continues into adulthood leading to greater risk of chronic disease such as diabetes, hypertension, and obstructive sleep apnea.<sup>2</sup>
- Research shows that obesity rates in the United States amongst children are higher in Black non-Hispanic and Hispanic populations.<sup>3</sup>
- Obesity rates are also found to be at the highest in low-income populations independent of race.<sup>3</sup>
- 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.

## RESULTS

### Lessons Learned:

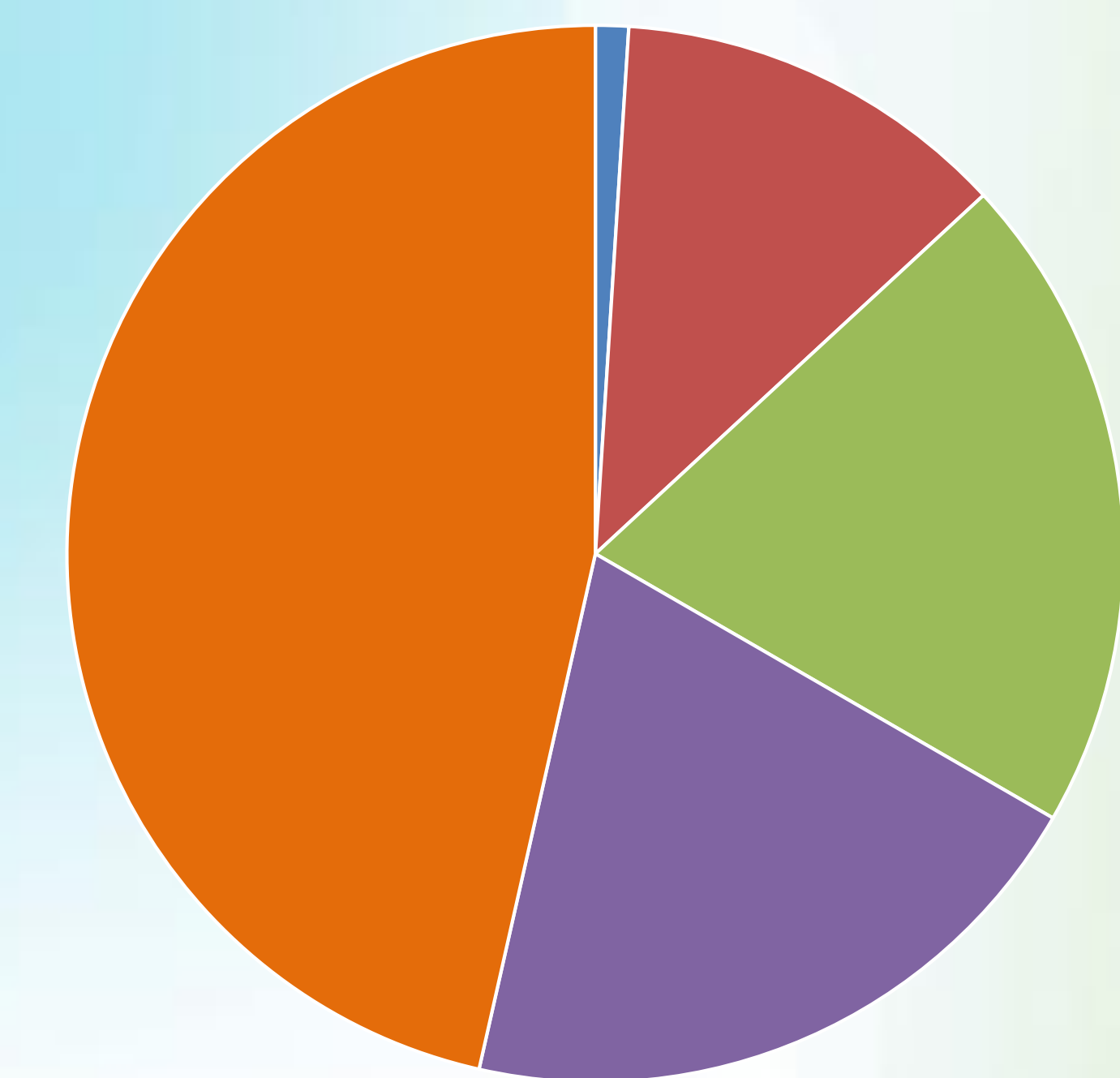
- Grant writing process
  - Include NORI staff in discussions about budget
- Proposal
  - Detailed enough to conclude results
  - Broad enough to account for scheduling difficulties
- Continuity Clinic
  - Having a single PCP makes patient care more personalized
- Patient Population
  - No shows
  -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

## METHODS



## OUTCOMES

Proportion of Patients ( $\geq 12\text{m}$ ) Who Saw Same PCP out of First 7 Well-Visits



■ 7 ■ 6 ■ 5 ■ 4 ■ 3 or less

## 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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