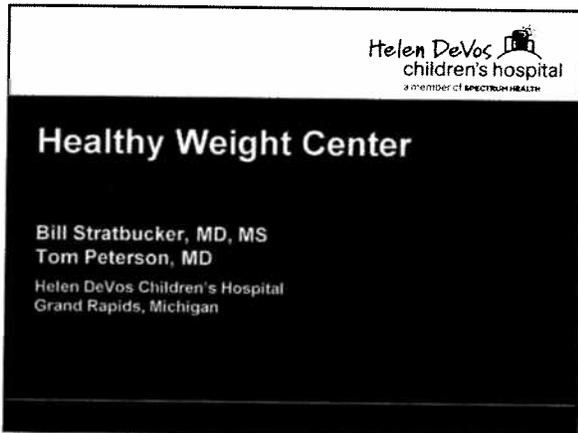
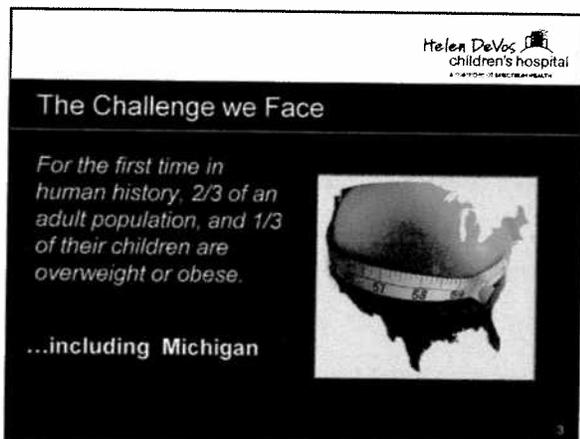


Submitted by
Dr. Bill Stratbucker + 5/18/2011
Dr. Tom Peterson







Helen DeVos children's hospital
A DIVISION OF SPECTRUM HEALTH

"Childhood obesity is a consequence of dramatic societal and environmental changes that make it very difficult, sometimes impossible, for families to provide children with healthy foods and opportunities for physical activity.

While we did not intentionally allow this to happen, we must intentionally improve it."

Joe Thompson, MD, MPH
Director of the Robert Wood Johnson Foundation
Center to Prevent Childhood Obesity

4

Helen DeVos children's hospital
A DIVISION OF SPECTRUM HEALTH

Serious threat to the next generation

- First generation to not outlive their parents due to obesity and complication
- Alarming rise in once adult-only obesity-related disorders like hypertension, diabetes, cholesterol abnormalities and liver disease
- Obesity in pregnancy now far more prevalent than failure to gain enough weight and leads to increase in generational risk.

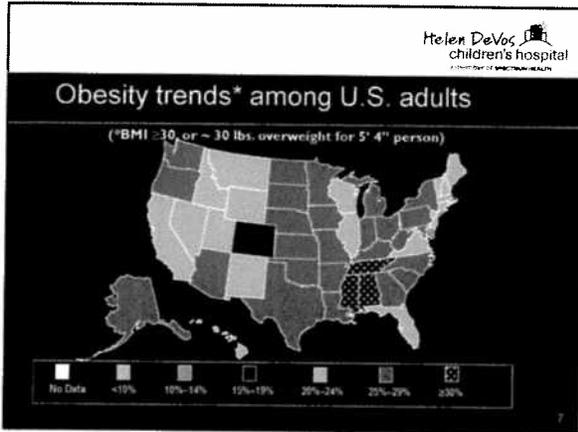
5

Helen DeVos children's hospital
A DIVISION OF SPECTRUM HEALTH

Serious threat to the next generation

- An overweight child will likely die 14 years younger than a healthy weight child
- One-third of all children are either overweight or obese
- At the current rate, a third to one half of the children born in the 21st century will become diabetics.

6



Helen DeVos children's hospital
A DIVISION OF CHRISTIAN CHILDREN'S HOSPITAL

Childhood Obesity: Impact on Health

- **Asthma** (2 -fold rise if obese)
- **Cardiovascular** (2.5-2.7 increase)
hypertension, cholesterol abnormalities
50% obese 5-10 you have >1 cardiovascular risk factor
- **Type 2 diabetes**
Up to 45% new onset of pediatric diabetes
Up to 25% of severely obese children have pre-diabetes
- **Psychological** quality of life, ADHD, depression, eating disorders
- **Gallstones**
- **Fatty Liver**
- **Sleep Apnea** 3x rise over 30 years, 25% obese
- **Muscle/Bone Disease** arthritis, back pain

Helen DeVos children's hospital
A DIVISION OF CHRISTIAN CHILDREN'S HOSPITAL

Introduction

- Need for action
- A children's hospital's response
- Opportunities for impact

Helen DeVos
children's hospital
A DIVISION OF SPECTRUM HEALTH

The Need for Action

- Overweight and obesity are widespread in Michigan children
- Single most important pediatric public health issue
- Children's hospitals have a central role in reversing the epidemic
- Passion exists among many in pediatrics

11

Helen DeVos
children's hospital
A DIVISION OF SPECTRUM HEALTH

Everyone has a role

• Pediatricians	• Government
• Workplaces	• Child Protective Services
• Food / Beverage companies / advertisers	• Legislators
• Restaurants	• City Planners
• Schools	• Insurance companies
• Medical Schools, graduate schools	• Philanthropists and granting agencies
• Obstetricians	• Researchers
• Children's hospitals	• Media
• Primary care clinicians and office staff	• Advocates
• Pediatric specialists and surgeons	• Professional organizations – American Academy of Pediatrics
• Child care centers	• Parents
	• Patients
	• Others

12

Helen DeVos
children's hospital
A DIVISION OF SPECTRUM HEALTH

The role of the children's hospital

- Overweight and obesity affects a large number of children we already serve
- Obesity causes significant medical complications. Treat the cause, not just the effect
- Referring primary care physicians and sub-specialists are overwhelmed by the difficulty of the problems and are asking for our help
- Our children's hospital can serve as a regional leader to positively impact prevention and treatment for thousands of children in Michigan

13

Helen DeVos children's hospital
A DIVISION OF SPECTRUM HEALTH

Healthy Weight Center

- Multidisciplinary Team includes:
 - MD, social worker, pediatric registered dietician, exercise physiologist, child psychologist
- Complete medical assessment, lab and exercise testing
- Access to our subspecialists
- Monthly office visits with the team
- Weekly healthy lifestyle intervention for families

14

Helen DeVos children's hospital
A DIVISION OF SPECTRUM HEALTH

Healthy Weight Center

Opened April 2010

- Seen over 150 new patients and 500 office visits
- All patients have obesity
- Nutrition choices, low levels of activity
- Family choices, anxiety, depression, sleep problems, poor self esteem, bullying, school problems
- Diabetes, pre-diabetes, hypertension, fatty liver disease

15

Helen DeVos children's hospital
A DIVISION OF SPECTRUM HEALTH

Overcoming challenges

- Patient/parent motivation
 - Motivational interviewing
- Clinician skills
 - Cultural, nutritional, community resources
- Time
 - Non-clinician counselors, web presence
- Reimbursement
 - Negotiations with insurance companies
 - Value placed on "thinking" specialties vs. procedures

16

Helen DeVos
children's hospital
A DIVISION OF BRIDGESOUTH HEALTH

Opportunity for Impact

Education

- Patients, parents
- Community, media, clinicians, residents, medical students, lawmakers

Community collaboration

- YMCA, non-profit organizations, parks and recreation, farmers' markets, childhood activities

17

Helen DeVos
children's hospital
A DIVISION OF BRIDGESOUTH HEALTH

A Children's Hospital Community Strategy

- Treatment
- Research
- Advocacy
- Community initiatives and coalitions
- Education/Training
- Prevention
- State and national efforts and collaboratives

18

Helen DeVos
children's hospital
A DIVISION OF BRIDGESOUTH HEALTH

Research

- Early childhood
- Pre-natal
- School children fitness and academics
- Severe obesity
- Medicaid populations
- Community programs

19

Helen DeVos children's hospital
A MEMBER OF SPECTRUM HEALTH

Community Initiatives and Coalitions

- FitKids 360
- Buddy programs
- School based programs
- Media awareness
- Running clubs
- Schools, universities, medical schools, nursing schools

20

Helen DeVos children's hospital
A MEMBER OF SPECTRUM HEALTH

Prevention

- Early child education
- Pediatric providers
- Pre-school
- Child care providers (HeadStart, Early On, Great Start Collaborative, etc)
- 0-5 prevention curriculum
- Parent education

21

Helen DeVos children's hospital
A MEMBER OF SPECTRUM HEALTH

Education/Training

- Pediatric provider trainings in obesity management
- Conferences
- Webinars
- Skills training for providers
- School education and teacher trainings

22

Helen DeVos children's hospital
A Division of Spectrum Health

Advocacy

- Policy changes at schools, hospitals, businesses
- Safe streets, complete streets efforts
- Farm to school programs
- Local farmers markets
- Fast food and restaurants

23

Helen DeVos children's hospital
A Division of Spectrum Health

Statewide and National Collaboratives

- Healthy Kids, Healthy Michigan
- Michigan American Academy of Pediatrics
- National Association of Children's Hospitals
- Michigan State Medical Society
- Michigan State University College of Human Medicine

24

Helen DeVos children's hospital
A Division of Spectrum Health

Questions?



Helen DeVos Children's Hospital
Grand Rapids, Michigan

25