

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

BMI	11/2011	11/2012
Normal Weight (Under 85 th percentile)	68%	68%
Overweight (85 ≤ % < 95)	15%	15%
Obese (% ≥ 95)	17%	17%

In 2011, 22% of BMI data was missing. By June 2012, this number as 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 dietitians, 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