

NEW JERSEY PRIMARY CARE  
ASSOCIATION, INC

NEW JERSEY COMMUNITY HEALTH  
CENTER OBESITY EDUCATION  
PROGRAM INITIATIVE  
APRIL 2008-APRIL 2009

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# Obesity Education Program Overview

- ▣ Funding
- ▣ Terms of Participation
- ▣ Inclusion Criteria
- ▣ Health Center Programs
- ▣ Challenges/Strengths



# Obesity Education Program Initiative

- ▣ 2008 DHSS funded the Obesity Education Program Initiative
- ▣ 1 year April 2008-April 2009
- ▣ Obesity Education Program Coordinator

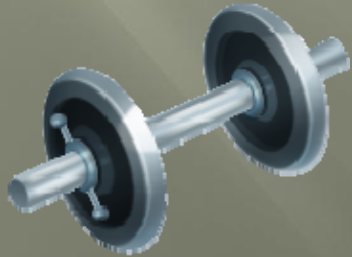
# Obesity Education Program

- ▣ Terms of Participation Agreement Form
  - Signed by 16 out of 19 CHC
  - Agreed to adopt/implement an obesity education program OR enhance an existing program
  - Each health center awarded \$800 for participation



# Obesity Education Program Focus Areas

- ▣ Promoting healthy lifestyles and personal responsibility
- ▣ Reducing obesity in both adults and children
- ▣ Improving nutrition
- ▣ Increasing physical activity



# NJ Childhood Obesity Prevention/Education Programs

- ▣ Community Health Care, Inc.
- ▣ Eric B. Chandler Health Center
- ▣ Henry J. Austin Health Center
- ▣ Jewish Renaissance Medical Center
- ▣ Ocean Health Initiatives
- ▣ Zufall Health Center

# Community Health Center, Inc.

- ▣ **H.A.N.D.S** (Health and Nutrition Develops Strength)
- ▣ Program Goals:
  - Healthy eating
  - Healthy lifestyle
  - Regular exercise
- ▣ Intervention
  - Nurse Educator/LPN met with West Avenue School Students (4<sup>th</sup> and 5<sup>th</sup> graders) 1x/week for 1 hour
  - 48 Students
  - 32 of the 48 were obese
  - All students participated regardless of BMI
  - Nutrition and exercise component

# Community Health Center, Inc

- ▣ **H.A.N.D.S** (Health and Nutrition Develops Strength)
- ▣ Partners
  - “We Can!”
  - Yomedics
  - Garden Area Health Education Center
  - School-based Youth Education Services
  - West Avenue School 4<sup>th</sup> grade teachers
- ▣ Ideas for the Future
  - Healthy Cookbook
  - Traveling Children’s Health Fair focused on MyPyramid
  - Expansion into more schools
  - Bilingual



# Eric B. Chandler Health Center

- ▣ Together Healthy
  - Intervention focused on;
    - ▣ Family behavior change
    - ▣ Making healthy choices
    - ▣ Increased physical activity
    - ▣ Enrolled overweight and obese pediatric patients and their families
  - Group meetings held 1x/month with Nutritionist
    - ▣ Used low literacy reading materials
    - ▣ 5-2-1-0 education
    - ▣ WE CAN! Materials
    - ▣ Label reading, grocery store tours, physical activity education

# Eric B. Chandler Health Center

- ▣ Together Healthy
  - Partners
    - ▣ Local Grocery Store
    - ▣ American Diabetes Association
    - ▣ Rutgers Football Team
    - ▣ New Brunswick Recreation Center
  - Ideas for the future
    - ▣ Implement Obesity Support Program with Obese Cardiovascular Patients
    - ▣ Partner with local fast food stores/chains

# Henry J. Austin

- ▣ **S.W.E.E.T. Program** (Successful Wellness by Eating and Exercising Together)
  - 8 week program for children and their families
  - Nutrition education with RD and 1 healthy meal/week
  - Behavior modification (food diaries, incentives)
  - Fitness opportunity (1 hour/week led by personal trainer)
- ▣ Focus:
  - Traffic light diet
  - Low fat/low calorie vs. low glycemic index
  - Portion size
  - SSB
  - Family Involvement

# Henry J. Austin

## ▣ S.W.E.E.T. Program

### ■ Maintenance Phase

- ▣ Occurs bi-monthly and every month in the summer
- ▣ Events like bowling, swimming and picnics

### ■ Ideas for the Future

- ▣ Expand to all schools in Trenton
- ▣ Randomized trial of program
- ▣ Advocate for required measurements and reporting of BMI

# Jewish Renaissance Medical Center

- ▣ Quitman Street School After School Program
  - Goal is to provide age specific education on healthy eating and exercise to teens and parents
  - Provide a supportive environment to discuss concerns
  - Classes began on July 6<sup>th</sup>
    - ▣ Grades 5-8
    - ▣ 50 minutes, 2x/week using WE CAN! Materials
    - ▣ Label reading, grocery store tour, cooking demo, better menu choices, physical activity



# Jewish Renaissance Medical Center

- ▣ Ideas for the Future
  - Expand onsite fitness classes
  - Provide weekly program during the school year
  - Offer monthly cooking workshops for parents



# Ocean Health Initiatives

- ▣ Goal is to reduce disparities in obesity by educating families on behavior change
- ▣ Targeted pediatric patients and families
- ▣ Intervention:
  - BMI was calculated on all patients
  - Consistent 5-2-1-0 Message
  - New template was created in the EMR to capture 5-2-1-0 education and goal setting
  - Standardized bilingual educational materials distributed
  - Pediatric Dept. holds weekly Fitness Fun Days (2-10 year olds)
    - ▣ Dancing, relay races with challenges, etc

# Ocean Health Initiatives

- ▣ Partnerships
  - Lakewood public schools
  - Lakewood Blue Claws
  - Fun Bus
  - Yoga and You
  - WIC
  - Healthnet, Horizon, Amerigroup
- ▣ Ideas for the Future
  - Expand the program to teens
  - Nutrition classes
  - Installation of BBall net in courtyard
  - Distributing nutrition and exercise info packets in processing room, rotation topics monthly



# Zufall Health Center

- ▣ Healthy Lifestyles Group
- ▣ Intervention
  - Group Meets 1x/week with psychologist/SW and MD for 6 weeks with a f/u session afterwards
  - 9-14 year olds
  - Behavior Modification
  - Nutrition Education (plate method, label reading)
  - Physical Activity Information (walking program and exercise contract)
  - Discussed negative and positive outcomes of current lifestyle

# NJ CHC Obesity Education Programs

## ▣ Challenges

- Lack of staffing
- Environmental (easy access to unhealthy food)
- Transportation
- Financial
- Space availability
- Follow-up

## ▣ Success/Strengths

- Energy and excitement of children
- Patient Empowerment
- Positive behavior change
- New groups/support systems
- Staff buy-in
- Partnerships formed