

# **Health Centers' Ground-Breaking Work in Childhood Obesity**

**Community Health Center: Yes We Can!  
Region II Conference, Rye Brook, NY  
July 14, 2009**



MARTIN E. SEGAL  
THEATRE

CHCANYS  
"Power Harvesting"  
Thursday, June 18, 2009  
Segal Theatre

<b>5</b> Eat 5 or More Portions of Vegetables Daily	<b>5</b> Come a Little Further to Vegetable Dishes
<b>2</b> Eat Daily Dinner Only in 2 Hours or Less	<b>2</b> Reduce a Third of the Television Watching in After-School Hours
<b>1</b> Participate in at least 1 Hour of Moderate Physical Activity Daily	<b>1</b> Participate for 1 Hour in Activities Outside School Hours
<b>0</b> Sugary Snacks, Sweets, Desserts, Soda and Fruit Drinks	<b>0</b> Sugary Soft Drinks, Sodas, Desserts

CHCANYS





















# Parent Nutrition Workshop









**Yogurt Burst Cheerios**  
Serving Size 1/2 cup (30g)  
Servings Per Container about 11

**Nutrition Facts**  
Amount Per Serving  
Calories 160  
Calories from Fat 20

**% Daily Value\***  
Total Fat 1.3g 2%  
Saturated Fat 0.5g 2%  
Trans Fat 0g  
Polyunsaturated Fat 0.5g  
Monounsaturated Fat 0.5g  
Cholesterol 0mg 0%  
Sodium 190mg 8%  
Potassium 60mg 2%  
Total Carbohydrate 24g 8%  
Dietary Fiber 2g 8%  
Soluble Fiber less than 1g  
Sugars 9g  
Other Carbohydrate 13g  
Protein 2g

**with 1% cup milk**  
Calories 160  
Calories from Fat 20

**Control for Children Under 4**  
Amount Per Serving  
Calories 140  
Calories from Fat 15

**% Daily Value\***  
Total Fat 2g 3%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Polyunsaturated Fat 0.5g  
Monounsaturated Fat 0.5g  
Cholesterol 0mg 0%  
Sodium 190mg 8%  
Potassium 170mg 8%  
Total Carbohydrate 20g 7%  
Dietary Fiber 3g 11%  
Soluble Fiber 1g  
Sugars 1g  
Other Carbohydrate 16g  
Protein 3g

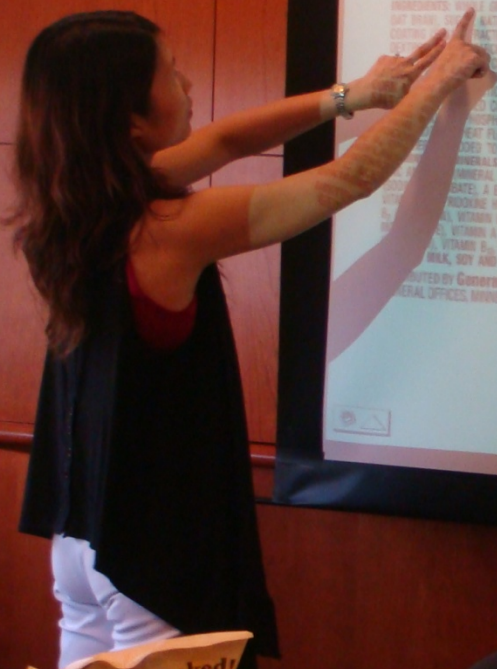
**Cheerios**  
Serving Size 1 cup (28g)  
Servings Per Container about 14  
Children Under 4 - about 19

**Nutrition Facts**  
Amount Per Serving  
Calories 100  
Calories from Fat 15

**% Daily Value\***  
Total Fat 2g 3%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Polyunsaturated Fat 0.5g  
Monounsaturated Fat 0.5g  
Cholesterol 0mg 0%  
Sodium 190mg 8%  
Potassium 170mg 8%  
Total Carbohydrate 20g 7%  
Dietary Fiber 3g 11%  
Soluble Fiber 1g  
Sugars 1g  
Other Carbohydrate 16g  
Protein 3g

**LOSE WEIGHT HELP FEED AMERICA**

**General Mills Cereals, LLC**  
GENERAL OFFICES: MINNEAPOLIS, MN 55440 USA







# YMCA "Healthy Families Walk Together"





# The ABCs of Vitamins & Minerals

## FROSTED FLAKES Power Up!

**What It Is...**

**Try It...**

- Carrots are a good afternoon snack.
- Because with peanut butter for a snack.
- Peas or fish - your choice!
- Fruits, like oranges, are a great source of Vitamin C.
- Milk with each meal.
- Broccoli in your omelet and don't forget your Flinstones Vitamins.
- Get out and play in the sun!
- Trail mix on an outdoor hike.
- Spinach with dinner.
- Chicken tenders or a chicken sandwich.
- Tomato sandwich for lunch.
- ...skillet.
- ...day.
- ...cheese sandwich.

on (flinstones.com)





Murray Hill



A BRIEF HISTORY OF MURRAY HILL

The Murray Hill neighborhood is one of the most historic and diverse areas in New York City. It is home to a mix of architectural styles, from grand mansions to modest tenements. The area's history is rich and varied, reflecting the city's growth and evolution over time.

HISTORIC MURRAY HILL



WALKING TOUR AND ARCHITECTURAL GUIDE TO LANDMARKS



**CHCANYS** | *Defining New Directions*  
Community Health Care Association  
of New York State





used in brickmaking. In the 1780s, the wealthy Murray family, known as Murray Hill, built a house on the site. The house was built by the architect Philip Hone. The Murray family lived there until the 1850s. The house was then sold to the British Army. The British used the house as a barracks for their soldiers. The house was destroyed in 1862 during the Battle of Ingleberg. The site was then used as a cemetery for the British soldiers who died during the battle.

**MARY LINDSEY MURRAY AND THE REVOLUTION**  
 In September 1776, the British evacuated New York City and moved their headquarters to Lancaster, Pennsylvania. Mary Lindsey Murray, the wife of the British Major General William Murray, stayed in New York City. She was the only woman to stay in the city during the British evacuation. She was captured by the British and taken to Lancaster, Pennsylvania. She was held in a prison for several months. She was then released and returned to New York City. She was the only woman to be held in a British prison during the American Revolution.



**BATTLE OF INGLEBERG**  
 The Battle of Ingleberg was a battle fought on September 11, 1776, between the British Army and the Continental Army. The battle took place in the Murray Hill area of New York City. The British Army, led by General William Murray, defeated the Continental Army, led by General John Mifflin. The battle was a tactical draw, but it was a morale boost for the British. The British evacuated New York City and moved their headquarters to Lancaster, Pennsylvania. The Continental Army followed them and fought the Battle of Red Bank on December 19, 1776. The Continental Army was defeated and evacuated the city. The British then moved back to New York City and occupied it from September 26, 1783, to November 25, 1783.

**MURRAY HILL**  
 Murray Hill is a neighborhood in the Upper East Side of Manhattan, New York City. It is bounded by 17th Street to the south, 21st Street to the north, and Lexington Avenue to the west. The neighborhood is known for its historic architecture and its proximity to Central Park. The Murray Hill area was developed in the 1850s and 1860s. It was one of the first areas in Manhattan to be built with brick. The Murray Hill area is home to many historic buildings, including the Murray Hill Hotel, the Murray Hill Club, and the Murray Hill School. The Murray Hill area is also home to many parks, including Murray Hill Park and Murray Hill Square.



**Lutheran Family Health Center**  
 School Health PS 172 and MS 88  
 Obesity Initiative 2009

**Site Data**

Year	Students	Teachers	Staff
2008	1,200	100	50
2009	1,300	110	55
2010	1,400	120	60

**Scale up Strategy**

- Initiative was expanded to include MS 88
- Additional staff hired to support the initiative
- Additional resources provided to support the initiative
- Additional training provided to support the initiative
- Additional outreach provided to support the initiative

**Site Data 2009**

**Scale up**

**Challenges**

- Staffing
- Resources
- Training
- Outreach

**Successes**

- Increased student participation
- Increased teacher participation
- Increased staff participation
- Increased parent participation

**William F. Ryan Community Health Center**

**Site Data**

Year	Patients	Staff
2008	1,500	100
2009	1,600	110
2010	1,700	120

**Self Management**

- Patients who were identified as overweight/obese at well-child checks set a SM goal with HD (activity goal and one nutrition goal)
- Goal was recorded for chart an given to patient
- Intern made F/up phone call 3-weeks later to check on progress

**THE BATTLE FOR THE MIDDLE AND REAL TO CHANGERS**

**PARK SLOPE Courier**  
 It's all about fundamentals

**William F. Ryan Community Health Center**

**Site Data**

Year	Patients	Staff
2008	1,500	100
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**Come play a game with us**  
 the After-School Kids Club  
 Every Friday in May 2011  
 at Ryan Center's





**William F. Ryan Community Health Center**

**Team Aim Statement**

- The pediatric department at the William F. Ryan Community Health Center is committed to providing high quality care for all of our patients.
- Our goal is to provide a safe, secure, and comfortable environment for our patients and staff.
- We are committed to providing a high quality of care for all of our patients and staff.

**Parent Ambassadors**

- Parents who did not attend classes in lobby, assisted with the After School Kids Group, is presented by the William F. Ryan Community Health Center.
- Her presentation went smoothly and she was the first to be presented with a certificate of appreciation.
- She has a great story to tell and she is a great role model for our patients and staff.

**Site Data**

Year	Population	Income	Education	Health Status
2008	10,000	20,000	High School	Obese
2009	10,000	20,000	High School	Obese
2010	10,000	20,000	High School	Obese

**Scale Up Strategy**

- 2008: WE CAN! classes for parents
- Incorporated motivational interviewing techniques & 5/2/1/0
- Updated BMI policies
- 2009: Ongoing WECAN classes and a Kids After School Group
- Nutrition refers to the SM Flip
- Nutrition stations in the pediatric lobby

**William F. Ryan Community Health Center**

- Ongoing plans: Contract signed by Hunter College to provide ongoing nutrition interns for lobby stations & phone Flip calls to overweight patients
- Student After School Kids Group in the fall

**Self Management**

- Patients who were identified as overweight or obese at well-child checks set a SM goal with MD (one activity goal and one nutrition goal)
- Goal was recorded for chart and copy given to patient
- Intern made Flip phone call 3-4 weeks later to check on progress

**Community Resources**

- RD did 5/2/1/0 message presentations to:
  - Harlem Gems
  - Resident at Gerard Riverside
  - Local Singsong (family transfer unit)
  - Church (also incorporated into Ryan Center's FITWEC program)

**Next Steps**

- Our desire is to continue the After School Kids Group in the fall
- Nutrition interns will continue with SM Flip calls and nutrition stations
- I think our Parent Ambassador has discovered her story and enthusiasm is inspirational to others...she may have a health educator career in front of her!

**Come, Dine & Learn with us at the After School Kids Group - Every Friday at 4:00-5:00 PM at Ryan Center!**

**YOUR GUIDE TO GETTING MORE ACTIVE**



Charles B. Wang Community Health Center  
136-26 37th Avenue, Flushing, NY  
www.cbwchc.org

Site Data Continued



Decision Support

- Behavioral Motivation and Motivational Interviewing Training
- CMOM Healthy Living Trainings
- Quarterly Meetings with Peds Providers
- Obesity Updates at Site General staff Meetings
- Obesity measures included in Provider and Nursing peer review.

Parent Ambassadors

- Attended CMOM trainings
- Internal activities
  - Waiting Room Education
  - 1:1 counseling
  - Workshops
  - Participate in our annual Good Health Day in August
- External Activities
  - Interacted with other parents at their children's schools and at their workplaces
  - Upcoming partnerships

Use of Training and Tools

- CMOM Tools used hands-on projects used at workshops
  - Get moving magnets
  - Inspirational Card's Hats
  - A rainbow of food - drawing on food
  - Plate Method
  - Germs & Hygiene!
  - Sugar Bottles & Carbs presentation
  - Urban Health Plan handout on sugar
- Waiting Room education
  - "Welling Your Kids to Work Day" at The Center
  - Don't Skip & Calorie Poster
  - SD10 posters in an exam room
  - CBM leader created by Charaban used for 1:1 counseling

Team Members

- Team Leader: Janice Nguyen MPH
- Debbie: Cynthia Wong, RD, CDN
- Team members
  - Yan Yang, LMSW, RHA
  - Josephine Jung, MD
  - Holly Lee, PhD
  - Howard Lee, MPH
  - Grace Wang, RD
- Parent Ambassadors
  - Christine Lee
  - Lily Lu
- Senior Leader: Hyeonjung Nook Kim, MD - Medical Director

Clinical Information System

- Obesity Registry in EMR
- EMR Reporting
  - Monthly reports pulled by CI to track progress
  - Coordinate with Chinatown site on indicators
- EMR template for Obesity

Children's Workshops



Parent Workshops



Team Aim Statement

The Obesity Collaborative Team Community Health Center will identify and manage obesity patients by:

- Appropriate diagnosis of obesity
- Consistent management across Community Recommendation Program
- Use of an electronic registry for monitoring of appropriate care
- Utilization of the care model in other agencies

Delivery System Design

- Obesity Registry in EMR EHR and
- Height, weight and BMI taken assessed & recorded at all visits
- Self-management plan shared with visit
- Provider referral to workshops
- 1:1 counseling with PA
- Counseling materials outside exam rooms

Self Management

- Workshops
  - POPGAs on days of the week that fit
  - Standard timing format
  - Flexibility timing
  - Naming target
  - Quality care process
  - Language
- 1:1 counseling
- Waiting Room Education

Community Resources

- NYC DOH - use of nutrition book from DOH at our workshops
- NYC Parks & Recreation - completed list of parks & swimming pools in the Flushing Queens area & translated information into Chinese
- College Volunteer - assisting with education
- Partnerships (Connects in the waiting room)
  - WQCA - July & August with site
  - For Non- Day Care - more waiting to provide

Next Steps

- Continue Collaborative Care activities at Flushing Site
- Plan for fall curriculum/workshop program for patients/parents in the fall
- Design interventions that target best
- More community outreach

Charles B. Wang Health Center - Flushing





# Murray Hill Walking Tour 1998

## AN ARCHITECTURAL WALKING TOUR OF MURRAY HILL

**T**his tour will take you to the heart of Murray Hill, a neighborhood that has been a part of New York City's history since the 17th century. The tour will cover the area from the Hudson River to the East River, and from the 20th Street to the 40th Street. The tour will include a visit to the Murray Hill Historic Landmarks, the Murray Hill Historic District, and the Murray Hill Historic Site. The tour will also include a visit to the Murray Hill Historic Park, the Murray Hill Historic Garden, and the Murray Hill Historic Plaza. The tour will be led by a professional tour guide, and will last approximately 2 hours. The tour is suitable for all ages, and is a great way to learn about the history of Murray Hill.

# Murray Hill Walking Tour 1998



**Readers**

Learn to identify, understand, and appreciate the architecture of Murray Hill. This tour is a great way to learn about the history of Murray Hill, and to see the many beautiful buildings that have been built in this neighborhood. The tour is suitable for all ages, and is a great way to spend a day in New York City.

**Community Health**

Grant awarded for mobile computing lobby stations & workgroups.

Kelly Group, Inc.

**Steps**

Show the After in the Fall

Coordinate with nutrition stations, information table, and professionals.

Phone: 202-333-1000



### CHC/NYCS Obesity Initiative Phase II

Charles B. Wang Community Health Center - Walker Site  
June 16<sup>th</sup>, 2009

**Team Ann Statement**

**Community Initiatives**

**Site Data**

Category	Value
Population	1,200
Children	300
Adults	900
Seniors	100

**Parent Antecedents**

- Attended CHC parent training
- Proposed nutrition counseling
- Site parents and community
- Assisted in developing site nutrition counseling at local schools
- Assisted in community health fair at Christian YMCA

**Use of Training and Tools**

- CHC materials were incorporated into parent nutrition counseling
- Home visits of dietitian & social worker
- Home visits of nutritionist
- Materials have been using skills learned at Behavioral Modification training in parent counseling

**Next Steps**

- Continue to work with parents on nutrition counseling
- Continue to work with community on nutrition counseling
- Continue to work with site on nutrition counseling



### The Ideal Plate For Children

The diagram shows a plate divided into four sections: Milk, Vegetables, Protein, and Grains. Each section contains small images of representative foods. To the right of the plate is a white silhouette of a child. Various fruits and vegetables are placed on different parts of the child's body, such as an apple on the head, a banana on the arm, and a carrot on the leg.

A collection of informational materials, including brochures and handouts, is displayed on a table in the foreground. The materials appear to be related to the nutrition and community health initiatives mentioned in the exhibit.

Murray Hill  
Murray Hill  
Murray Hill

**CHCANYs** *Building New Connections*  
Community Health Care Association of New York State  
CHCANYs Quality Initiatives Phase II

Charles B. Wang Community Health Center - Walker Site  
June 19<sup>th</sup>, 2009

Community Events

**A BRIEF HISTORY OF MURRAY HILL**

**THE MURRAY HILL NEIGHBORHOOD ASSOCIATION**

In 1976, the Murray Hill neighborhood Association was formed and has since been active in a variety of ways. The Murray Hill Neighborhood Association is a non-profit organization that has been active in a variety of ways. The Murray Hill Neighborhood Association is a non-profit organization that has been active in a variety of ways. The Murray Hill Neighborhood Association is a non-profit organization that has been active in a variety of ways.

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**The Ideal Plate For Children**

**Milk**

**Vegetables**

**Grains**

**Protein**



## Team Members

- Senior Leadership: Dr. Wanda McCoy, Chief Medical Officer
- Team Leaders: Dr. Jaquel Patterson, Dr. Purnima Naik
- Provider Champion: Dr. Aruna Poduval, Pediatric Endocrinologist, and Dr. Filipkowski, Pediatrician
- Parent Representatives: Danilda Placido
- Team Members: Shawnte Brown, Sandra Gruesso, Rosmer Arzola, Vjolca Hetemi, Nadirah Blassingame













Los niños y las meriendas

Recetas divertidas y fáciles de preparar

Los niños pueden ayudar

Kellogg's



