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The Virtual Reality of Pediatric Weight Management

Suzanne Paul, MSN, BSN, FNP-C
 Program Coordinator Lifestyle Medicine
 Senior Instructor, Department of Pediatrics, Section of Nutrition
 National Nurse Practitioner Symposium
 Keystone, CO




Disclosures

I have no financial disclosures




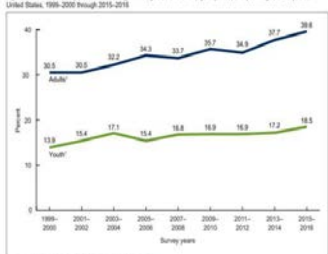
Objectives

- Discuss current trends in pediatric obesity and the model for care at Children's Hospital Colorado
- Describe the transformation of pediatric obesity management from in person to telehealth
- Explain a variety of telehealth platforms available for delivering care to families, and identify barriers to telehealth delivery of care



What is obesity?

- Abnormal or excessive fat accumulation that presents a risk to health (<https://www.who.int/topics/obesity/en/>)
- Medical condition
- Body mass index (BMI) at or above the 95th percentile of the CDC sex-specific [BMI-for-age growth charts](#)
- Terminology : unhealthy weight, unhealthy weight for height, high body mass index, too much weight for one's height
 - Avoid using the term "Obesity" when speaking with families





How Common is Obesity in Children ?

Figure 3. Trends in obesity prevalence among adults aged 20 and over (age adjusted) and youth aged 2-19 years, United States, 1999-2016 through 2016. 2016.

†Significant increasing trend from 1999-2016 through 2016-2016.

‡95% CI all estimates for adults are age adjusted to the 2002 U.S. census population using the age groups 20-24, 45-54, and 65 and over. Source: Behavioral Risk Factor Surveillance System (BRFSS), 1999-2016.




The State of Childhood Obesity

Youth Obesity Rate Ages 2-19, 2017-2018

19.3%




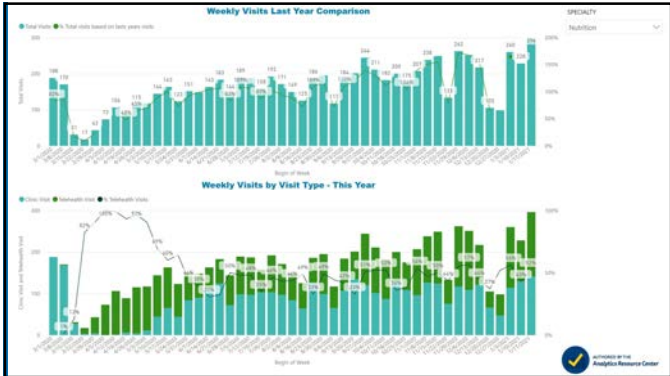
Youth Obesity Trend by Age, 1971-2018



According to the most recent NHANES, the prevalence of obesity was lower among youth ages 2-5 compared with older children.

<https://stateofchildhoodobesity.org/monitor/>

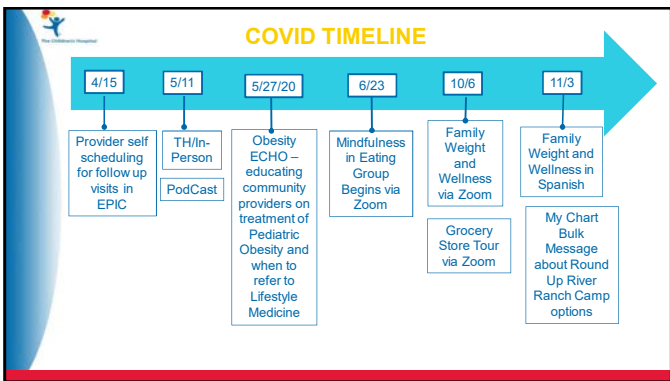
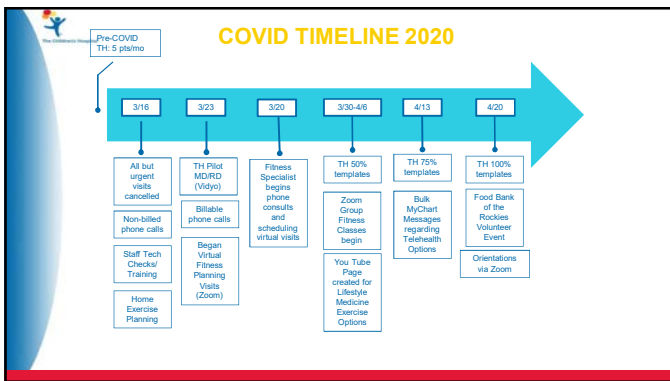




Let's Get Cooking



Main Ingredients

- 2 large bunches of Tuscan kale, center stem discarded, leaves thinly sliced
- Medical Providers (Medical Doctors and Advanced Practice Providers)
- 12 ounces of brussels sprouts, trimmed, finely grated, or shredded with a knife
- Registered Dietitians




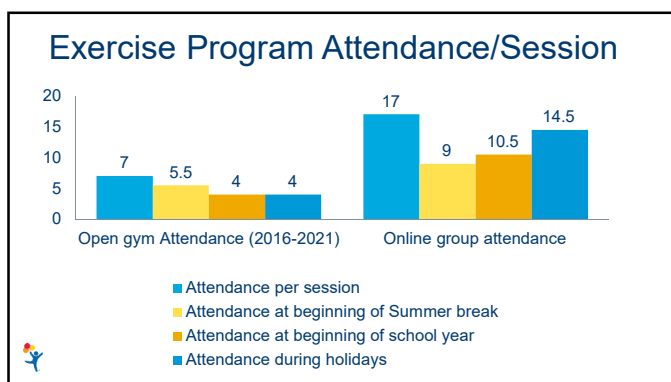
Dressing

- ¼ cup fresh lemon juice
- Michael Witten – Exercise Specialist

Exercise Options

- Initially performed Fitness planning sessions via Zoom
 - Replaced Fitness Planning visits
- 3/25/2020 - Began contacting both LM1 & LM2 patients upon request of LM providers for phone consults or scheduling virtual visits
- 3/30/2020 - Began online group fitness sessions (via Zoom) You tube videos that children can log onto asynchronously and perform at their own time







ORIENTATION CLASS

1 tablespoon of minced shallot

LIFESTYLE MEDICINE

Orientation

COOKING MATTERS AT THE STORE

1 small garlic clove, finely grated

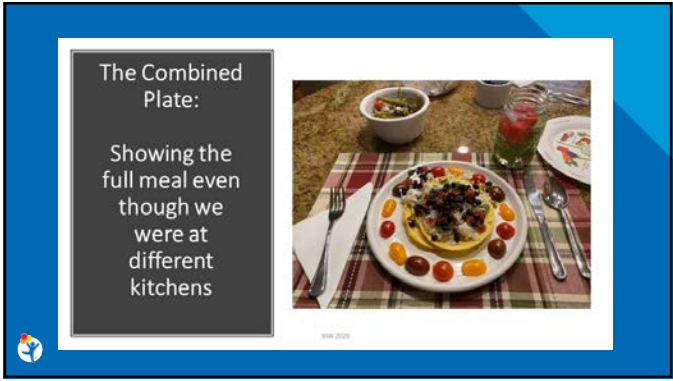
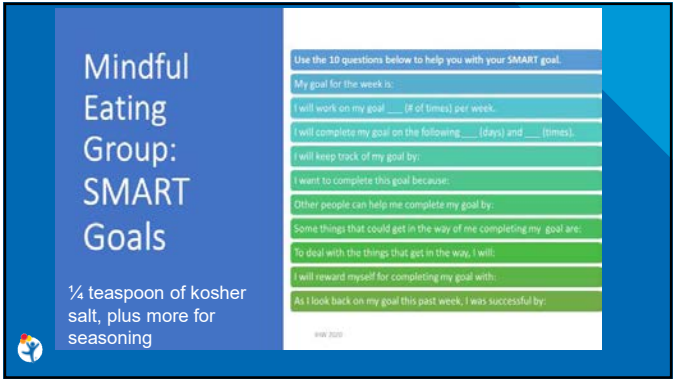
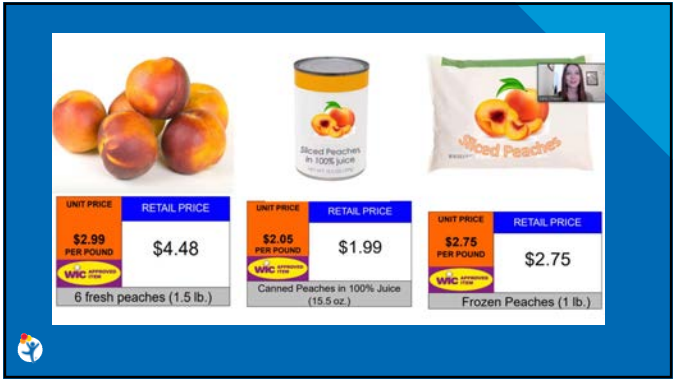
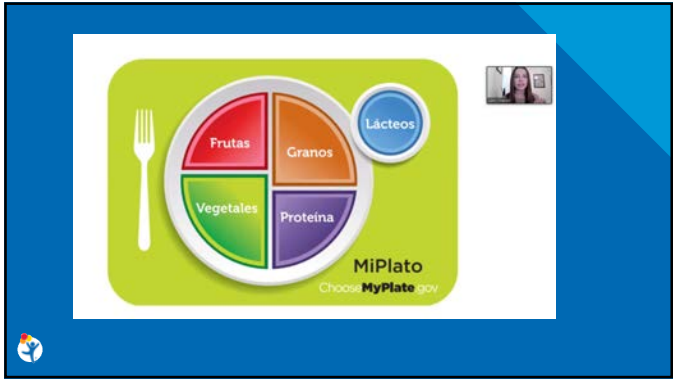
Cooking Matters at the Store teaches adults and their families how to get the most nutrition for their food dollars by learning food shopping skills to make healthy and affordable choices at the supermarket.

During the tour, participants will learn and practice:

- Buying fruits and vegetables on a budget
- Comparing unit prices
- Reading food labels
- Identifying whole grain foods.

Participants can receive a booklet with recipes and shopping tips, and a \$10 gift card for completing the class.

Class info:
 The class is a one-time, virtual "grocery store tour" that is currently offered over a secure Zoom meeting.
 We are currently offering a class in English once a month, and a class in Spanish once a month.



WELCOME TO FAMILY WEIGHT AND WELLNESS

This is WEEK 1 of 4
 (Moving From Chaos to Calm)

Please check the following before class starts:


- Your computer or device is in a bright place (so we can see your face)
 - You have a place to take notes
- You are prepared to be online for the entire class

We will begin shortly.

Mixing it all together




LABELING BACKGROUND SCREENS



COACH K - EXERCISE PHYSIOLOGIST



Helen - Dietitian




RICHARD - PSYCH

½ cup extra virgin olive oil

1/3 cup almonds with skin, coarsely chopped

1 cup finely grated pecorino



FWW Class 1: Moving from Chaos to Calm

1

Regular mealtimes

2


Calm meal setting

3

Ritual for sharing meals together


4

Consistent with types of food served



Jeopardy Game

All About Choice	Get Wise With Vegetables	Ignore Poor Behavior	Praise Be	Day by Day
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40
50	50	50	50	50



Kale and Brussels Sprouts Salad



<https://www.epicurious.com/recipes/food/views/kale-brussels-sprout-salad-368295>



Barriers To Telehealth

- Language
 - Removed orientation for our Spanish Speaking Families
 - Incorporated interpreters into telehealth visits
 - Translation services for After Visit Summaries and bulk messaging that was sent to families
- Technology
 - Education Education Education!
 - Help Desk
- Licensing
 - Improved during COVID times
 - Now how do we move forward?
- Consenting for visits
 - Incorporated into My Chart sign on process





Referral Process

- EPIC Referral to Lifestyle Medicine or External Children's Hospital Colorado Website
- Specify problems to be addressed: elevated blood pressures, lipid panel, triglycerides
- Critical Lab results - please page the on-call provider for Endocrine or Cardiology:
 - Hemoglobin A1c > 6.4%
 - Blood Pressure > 150 mmHg systolic, symptomatic at any level, or uncontrolled BP on medication.
 - Fasting Triglycerides > 500

Questions?

