

Bite To Balance

A novel approach to group pediatric obesity care

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Alameda Health System



Pediatric Obesity: Call to Action

Statement of Problem

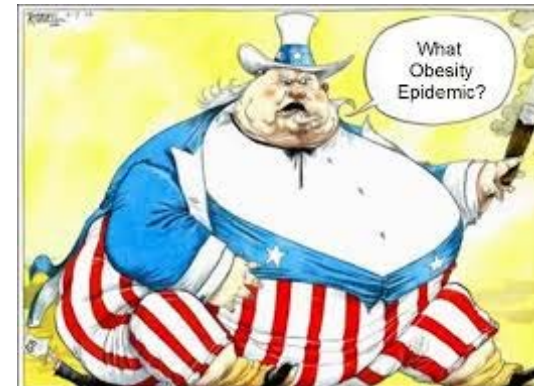


30% of Highland pediatric population meet criteria for obesity

Average family income \$18K

Average walk to corner store = 1 block **or** 2 minutes

Average walk to grocery store = 10 blocks **or** 20-30 minutes



Current State at AHS



Poor show rates for nutrition visits (<50%)

“One provider – One patient” paradigm suboptimal

- Inconsistent messaging
- * Limited “value time”
- * Provider frustration

*Poor patient (and provider)
care experience*



Bite To Balance: Goal

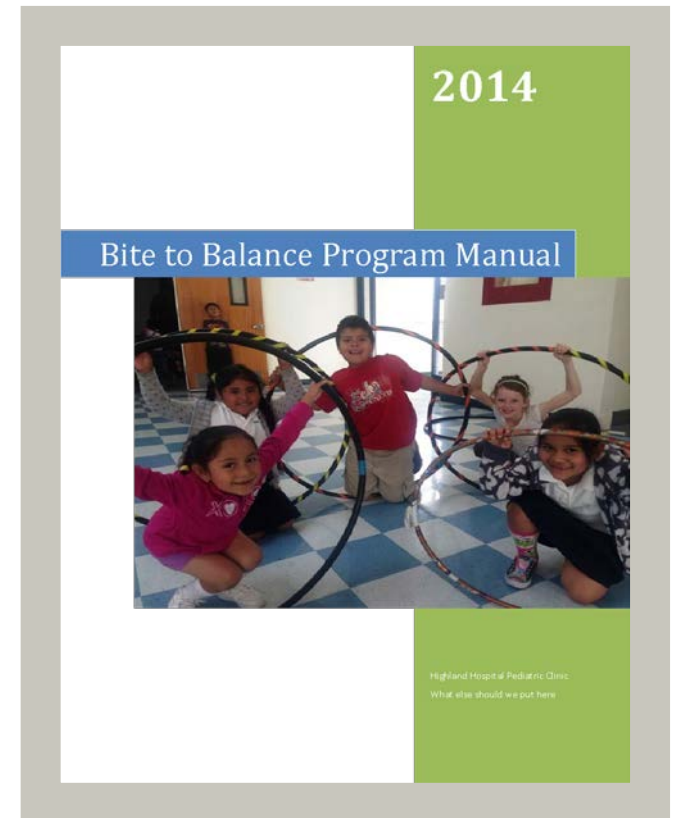


Key: Fresh produce at visits as incentive and intervention

Bite To Balance: Project Description



- Patent pending
- 7 group visit curriculum
- Weekly produce for 6 months
- Cohorts of 5-15 families
- Team:
 - ✓ REGISTERED DIETICIAN
 - ✓ PEDIATRIC PROVIDER
 - ✓ COORDINATOR
 - ✓ PEER FACILITATOR



Bite To Balance: Project Description



Group Visit Advantages:

- 2 hours of value time = full family interaction, deeper relationship
- Seen by medical provider
- Fresh produce at visit
- Community experience



Appendix B2
B2B Visit Sheet

BITE TO BALANCE VISIT

PMD: _____

Presents with: _____ Date: _____ Time: _____

AGE: _____ BP: _____ / _____ HR: _____ RR: _____ Allergies: _____

To be done 1st visit: Wt: _____ lb _____ kg Ht: _____ in _____ BME: _____ %ile

To be done 2nd visit: Wt: _____ lb _____ kg Ht: _____ in _____ BME: _____ %ile

Additional History

Physical Examination

Check if normal

General	WDWN
HEENT	Nasal Passages patent, tonsils nl, mm
Lungs	CTA B/L
Heart	RRR, no murmurs
Skin	No rashes, no acanthosis

Other examination/Abnormal Findings

Labs done: no yes date: _____ abnormal/comments _____

Assessment:

_____ yo Bite to Balance participant, session #

1. Obesity

Plan:

1. Bite to Balance program content – refer to Bite to Balance Curriculum

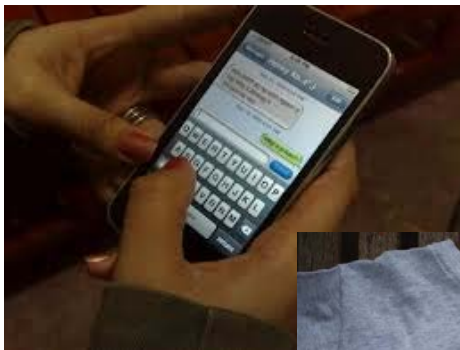
Follow-up 2 weeks for next session
 _____ for _____

Provider name/Signature _____ Date _____

Bite To Balance: Community



- Groups offered in English & Spanish
- Each with slightly different activities
- Text message reminders and incentives



Bite To Balance: Outcomes

SMART Objectives



Outcome 1: Patient Engagement

- Enrollment
- Engagement = “show rates”

Outcome 2: Health measures

- BMI
- Serum obesity markers

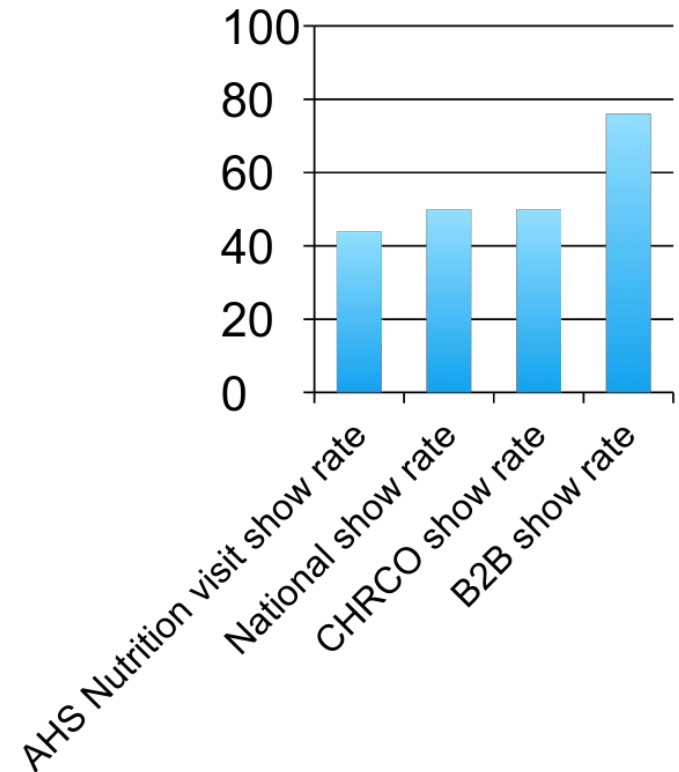


Bite To Balance: Outcomes



Outcome 1: Patient Engagement

- 86 obese children participated
- 76.2% “show rates”
- Questionnaires



Bite To Balance: Outcomes



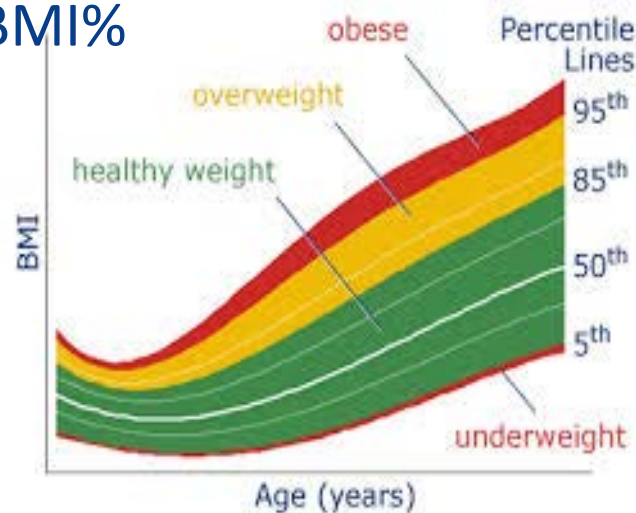
Outcome 2: Health measures

BMI:

- Improved in 68%
- 89% maintained or improved BMI%

Serum obesity markers:

- No statistically significant change



Bite To Balance: Sustainability

Process Measure



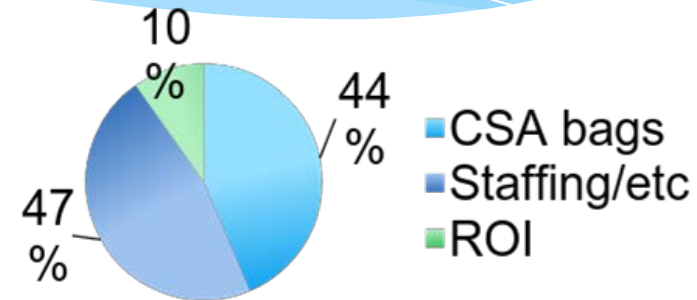
Profit:

$8 \times \$234 \times (7 \text{ visits}) = \$13,104$

Expenditures/Investments:

- * Staffing/other = $\$878.50 \times (7 \text{ visits}) = \6149.50
- * Veggie bags = $12 \times 24 \text{ weeks} \times \$20/\text{bag} = \$5760$

Total = \$11909.50 net per cohort (10% ROI)



* Assumes 66% show rate average (8 of 12 participants)

Bite To Balance: Pay Off



- Positive ROI for program
- Expenses = value to patients
- Innovation
 - Population-specific
 - Population Health standpoint
 - *Salutogenesis*:
Concept of total health -- as opposed to disease treatment/prevention



Policy Implications



An effective food assistance policy would recognize that diseases related to food insecurity are diseases of inequity.



Future Directions



- New grant from USDA looking at mixed groups – adults, children, diabetics, gestational diabetics
- Group visit model
- Opt-out rather than in



Bite To Balance: Lessons Learned



- Incentives matter: barriers to care are significant
- Create ways to increase engagement
- Positive ROI key for sustainability
- Relationships matter

“I liked how the nutrition labels were broken down and explained. I liked meeting new people.”



Bite To Balance: Thank you!



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*B2B team: Erika, Michele, Bob, Tola,
Raheemah, Cesar, People's Grocery*