



## Nemours Childhood Obesity Prevention: A decade of making a difference

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**Nemours.** Children's Health System

# Acknowledgment

- On behalf of Nemours Health and Prevention Services, we would like to thank the following for their contributions over the past ten years:
  - Nemours Board of Directors
  - David Bailey, MD
  - Debbie Chang, MPH
  - Kevin Churchwell, MD
  - Mary Kate Mouser, M.Ed
  - Roy Proujansky, MD
  - Mariane Stefano
  - Associates: past and present

# Nemours – Who are we?

- Internationally recognized integrated children's health system
- Nonprofit children's health organization
- Operate children's hospitals in Wilmington, DE and Orlando, FL
- Primary care and specialty clinics in Delaware, Pennsylvania, New Jersey and Florida
- Supports research, education, prevention and advocacy programs in the communities served



# Nemours Health and Prevention Services

- Launched in 2004 expanding the organization's focus on child health to include health promotion and disease prevention strategies.
- Two initial focus areas emerged from a community needs assessment of children's health:
  - 1) healthy eating and physical activity
  - 2) emotional and behavioral wellness
- Model:
  - working with community partners to identify needs, promote policies, practices, and sustainable systems-level changes where children live, learn and play, will ultimately achieve the vision of optimal health for all children in Delaware.

# The Big Picture

- In creating Nemours Health and Prevention Services (NHPS), Nemours was cutting-edge; leading a transformation that was necessary, but uncharted
- **Ten years ago...**
  - Primary prevention was not the focus in most non-governmental pediatric health systems
  - Clinical care remained at the forefront of leaders' minds
- **Now, in 2015...**
  - The ACA has changed the healthcare landscape
  - There is national conversation about how health, and health care, interface
  - Improved population health outcomes has emerged as a critical component of ACA, and therefore a key focus for health care leaders
  - Community level primary prevention is a critical element to improving the health of populations as well as a critical component within health care systems

# Key Strategies

- **Established multi-sector partnerships where kids live, learn and play**
  - Engaged child care, schools, primary care and other community settings
- **Pursued policy, system and environmental change efforts**
  - Systems changes, including capacity/infrastructure in multiple sectors
  - Licensing and regulation requirements – e.g. Child and Adult Care Food Program/child care licensing
  - Efforts to support the built environment and healthy communities
- **Developed 5-2-1-*Almost None* healthy lifestyles social marketing campaign**
- **Leveraged technology**
  - Used our Electronic Health Record to establish a childhood obesity quality improvement initiative to alert users when a patient's BMI is above the healthy weight range and outline appropriate follow-up and counseling for families
- **Served as an “integrator” that works intentionally and systematically across sectors to improve health and well-being**

# Making Strides: Systems Level Changes for Delaware's Children

- CHILD CARE:
  - Piloted the learning collaborative model that improved healthy eating and physical activity practices in child care centers
  - Provided training and technical assistance to providers statewide on healthy eating
- SCHOOLS:
  - Trained 2,000 teachers on classroom based physical activity programming to help students reach 150 minutes per week of moderate to vigorous physical activity
- BUILT ENVIRONMENT
  - NHPS collaborated with the Delaware Division of Public Health to offer recommendations for healthy community design for large development proposals
    - NHPS recommendations influenced the design of 15 large development proposals and 9 municipal comprehensive plans.

# Making Strides: Systems Level Changes for Delaware's Children

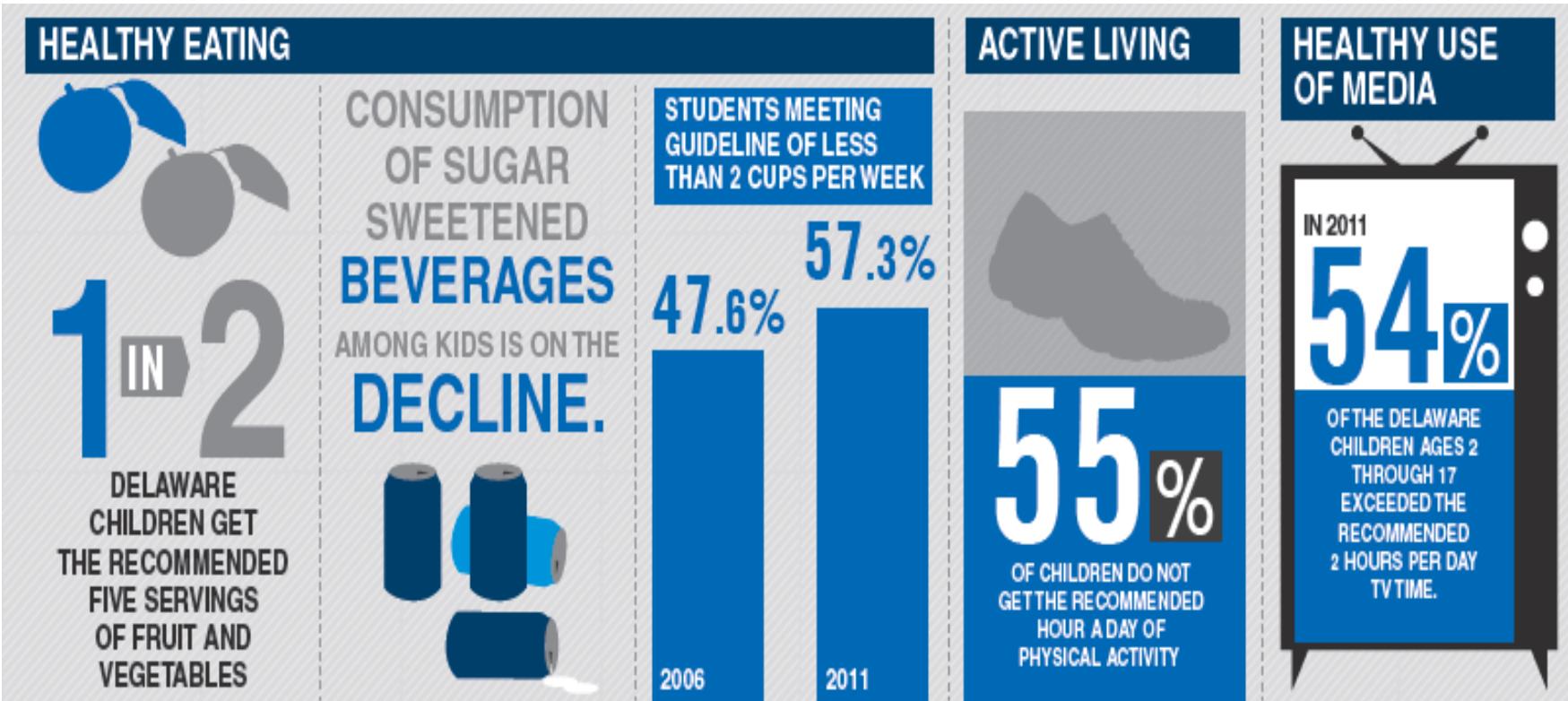
- PRIMARY CARE:
  - Nemours implemented the Pediatric Developmental Screening Initiative to integrate developmental screening into well child visits in all primary care settings in Delaware.
    - 7,428 child developmental screenings were completed by Nemours in 2013. Nemours received over \$98,600 in reimbursement for developmental screenings and earned a net profit of over \$74,000.
  - Nemours was the first health system in the country to capture BMI data in the patient EMR.
    - This allowed for greater data gathering and evaluation for a variety of initiatives.

# Nemours' Impact in Policy

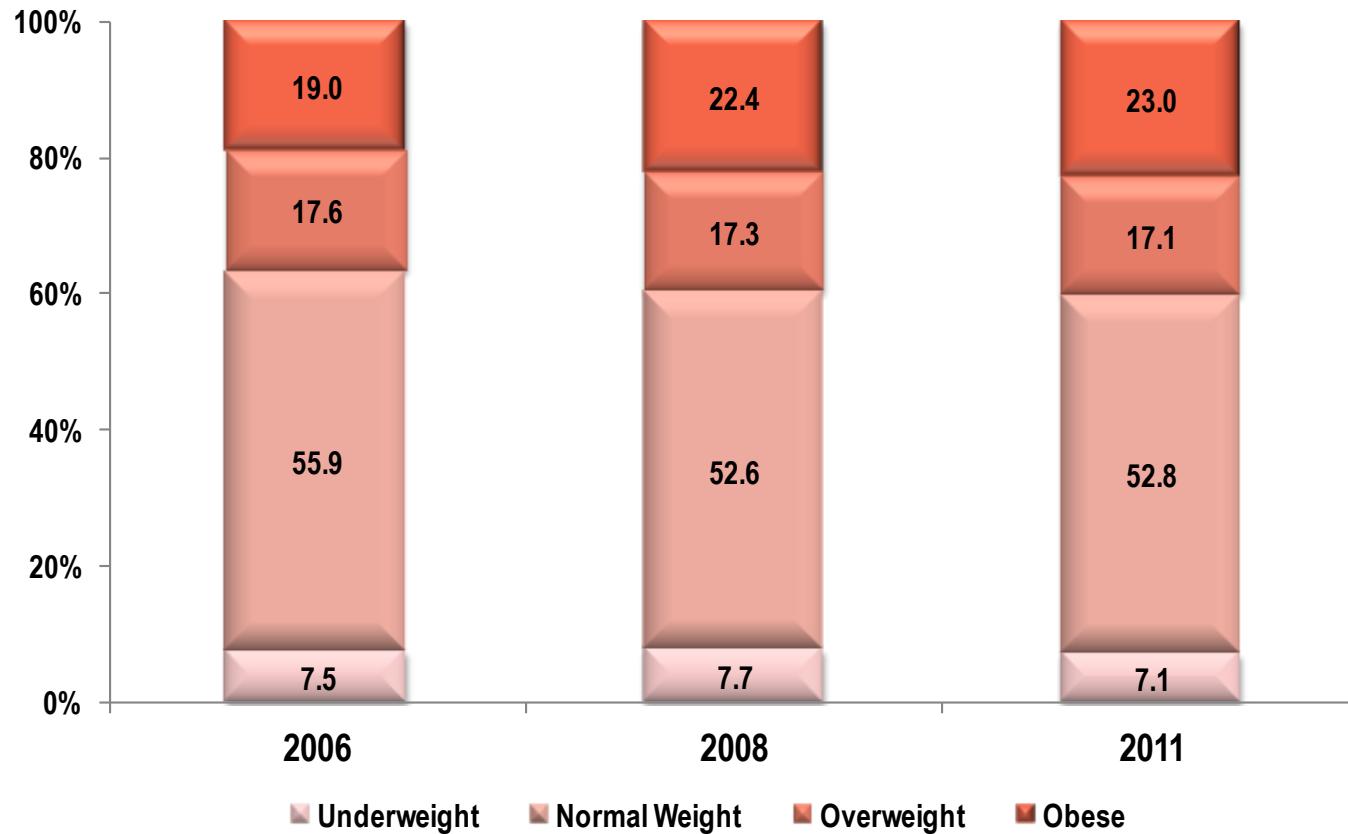
- Since 2004, NHPS has successfully advocated for policy change promoting health and wellness for Delaware's children, including:
  - **Child care licensing regulations** for healthy eating and active living
  - Legislation to implement **FITNESSGRAM** and the Physical Education and Physical Activity Pilot in schools
  - Reimbursement for **developmental screening** in primary care
  - \$20 million in funding for the **built environment** and over 500 miles of public trails and multi-use pathways
  - Investment of \$23 million in the **early childhood system**
- Issued over 10 policy briefs that promoted children's health in legislature with fact-based analysis

# What we have seen...

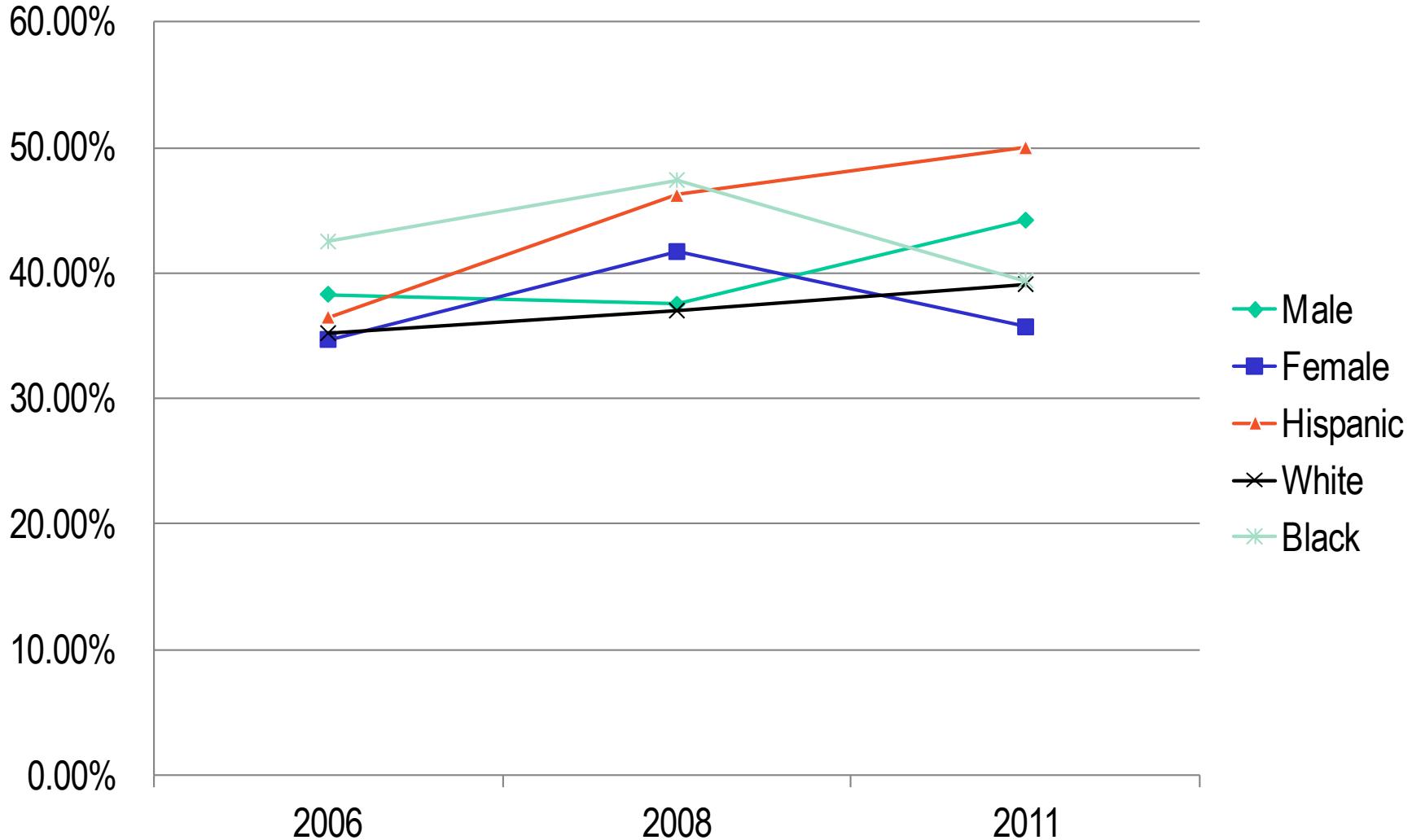
- Over the past ten years, we have monitored progress at the state level through a surveillance tool, the Delaware Survey for Children's Health. In 2011, this is where we were...



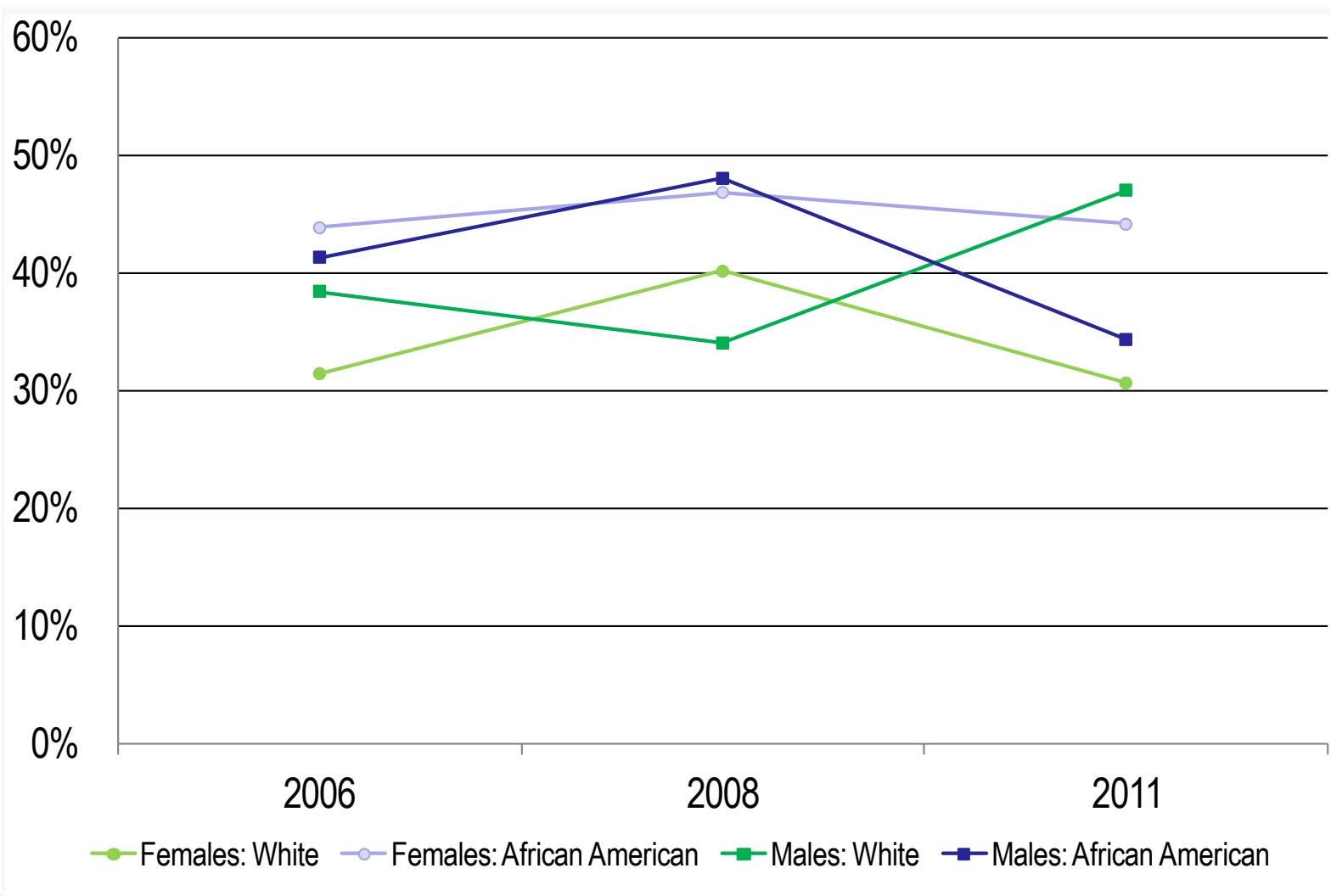
# Weight Status of Delaware Children (Based on BMI Percentile): 2006 - 2011



# Percentage of Overweight and Obese Children in Delaware by Gender, Race, and Ethnicity, 2006-2011

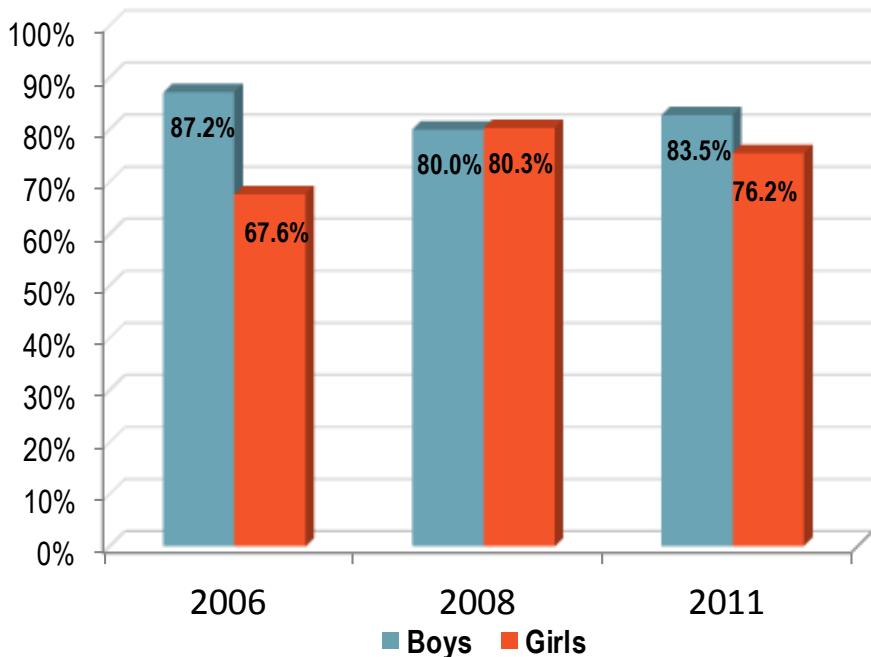


# Percentage of Overweight and Obese Children in Delaware by Race and Gender: 2006-2011

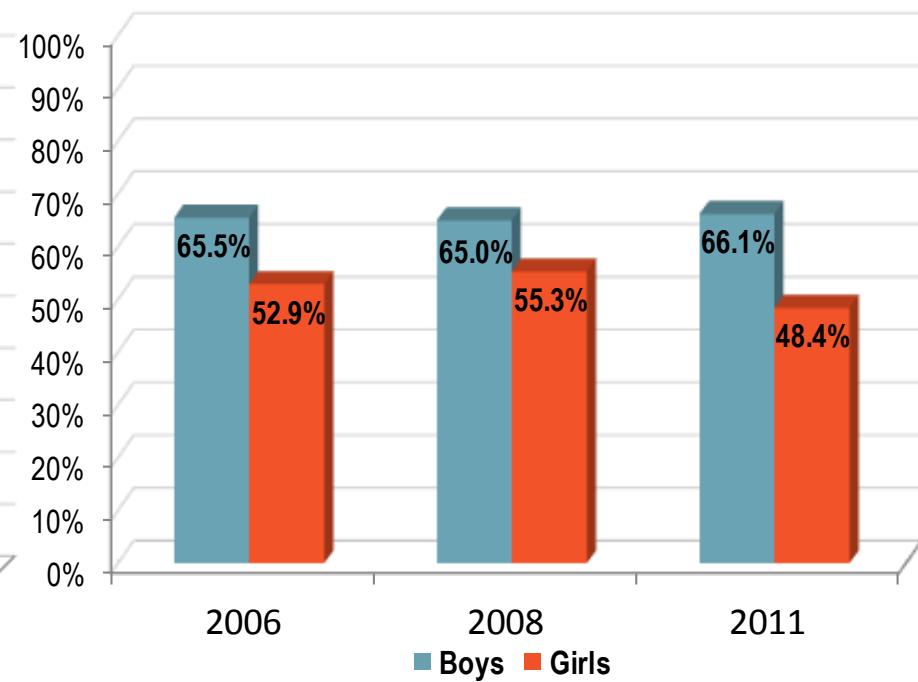


# Parental Perception of Child BMI

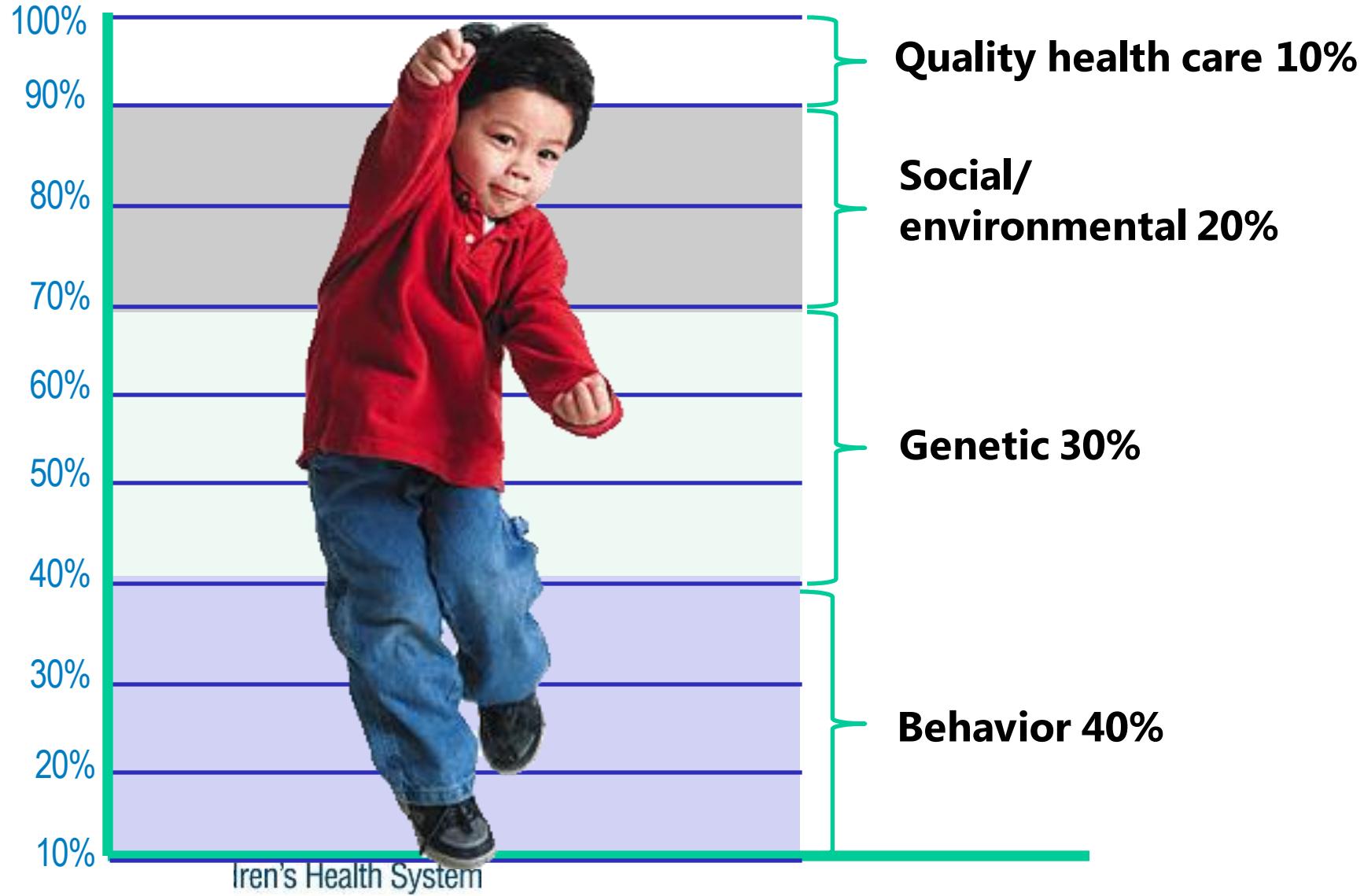
**Percentage of Parents who Consider Their Overweight Children Ages 2-17 to be 'Normal Weight' by Gender: 2006-2011**



**Percentage of Parents who Consider Their Obese Children Ages 2-17 to be 'Normal Weight' by Gender: 2006-2011**



# Determinants of Health



# 2015 and beyond...

- There is still work to be done...
  - But we need to work differently – shifting focus from illness to wellness and sickness to health
- NHPS has evolved...
  - We need to address the whole child
  - We need to focus on communities and populations instead of just an individual
  - We need to integrate with our primary care system as partners in the development of innovative policies and practices
  - We are continuing to work with traditional partners, but looking for new partnership opportunities that extend into non-traditional areas, such as housing

# Thank you

