



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:

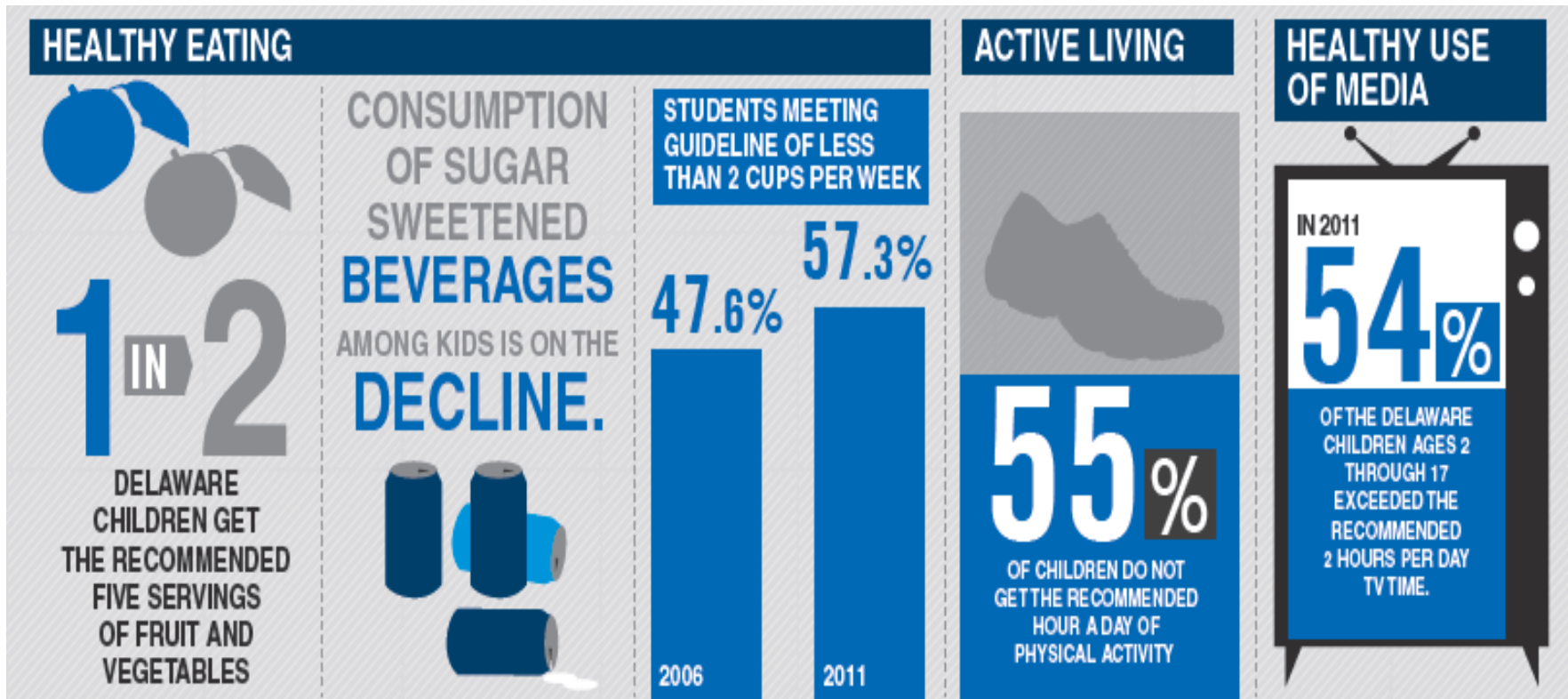
- Nemours implemented the Pediatric Developmental Screening Initiative to integrate developmental screening into well child visits in all primary care settings in Delaware.
 - 7,428 child developmental screenings were completed by Nemours in 2013. Nemours received over \$98,600 in reimbursement for developmental 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

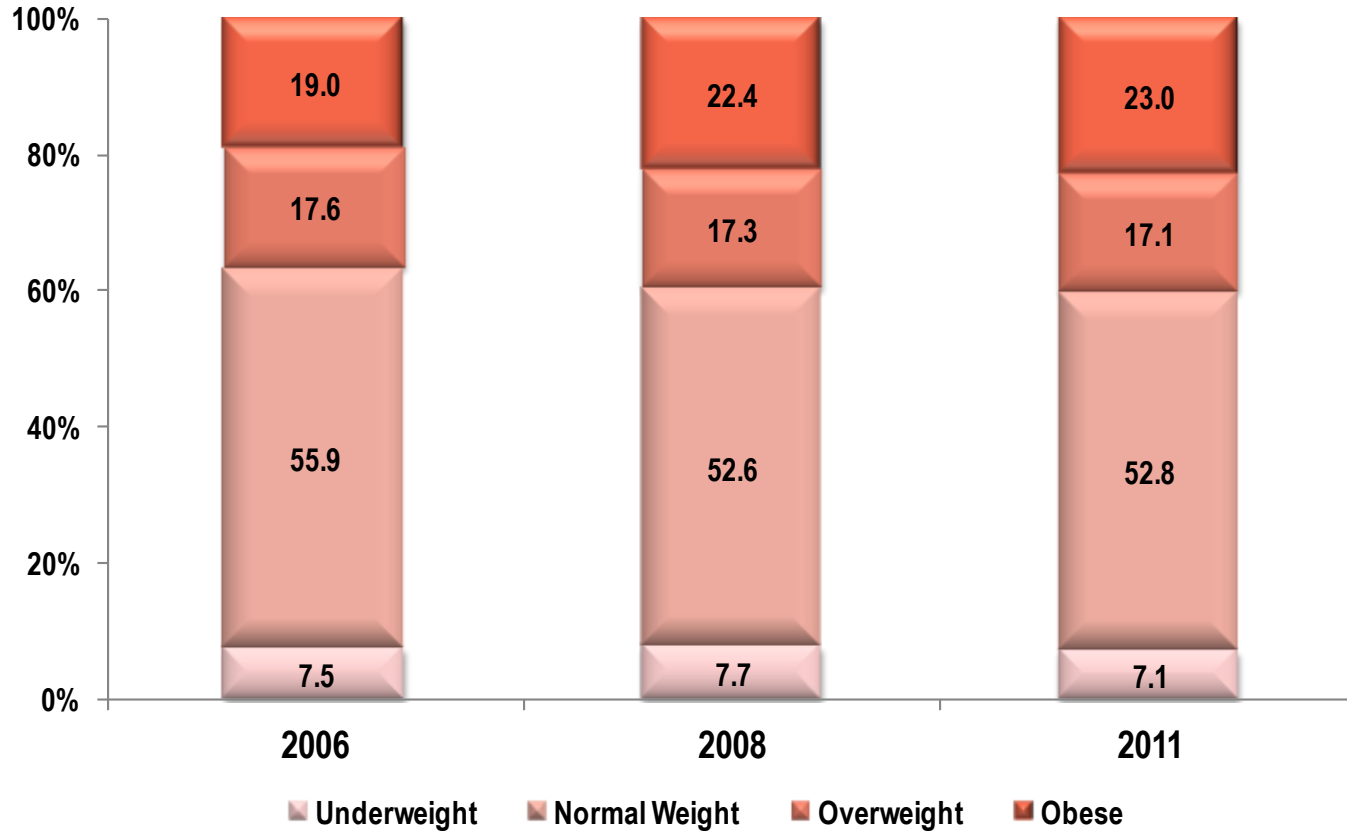
- Since 2004, NHPS has successfully advocated for policy change promoting health and wellness for Delaware's children, including:
 - **Child care licensing regulations** for healthy eating and active living
 - Legislation to implement **FITNESSGRAM** and the Physical Education and Physical Activity Pilot 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...

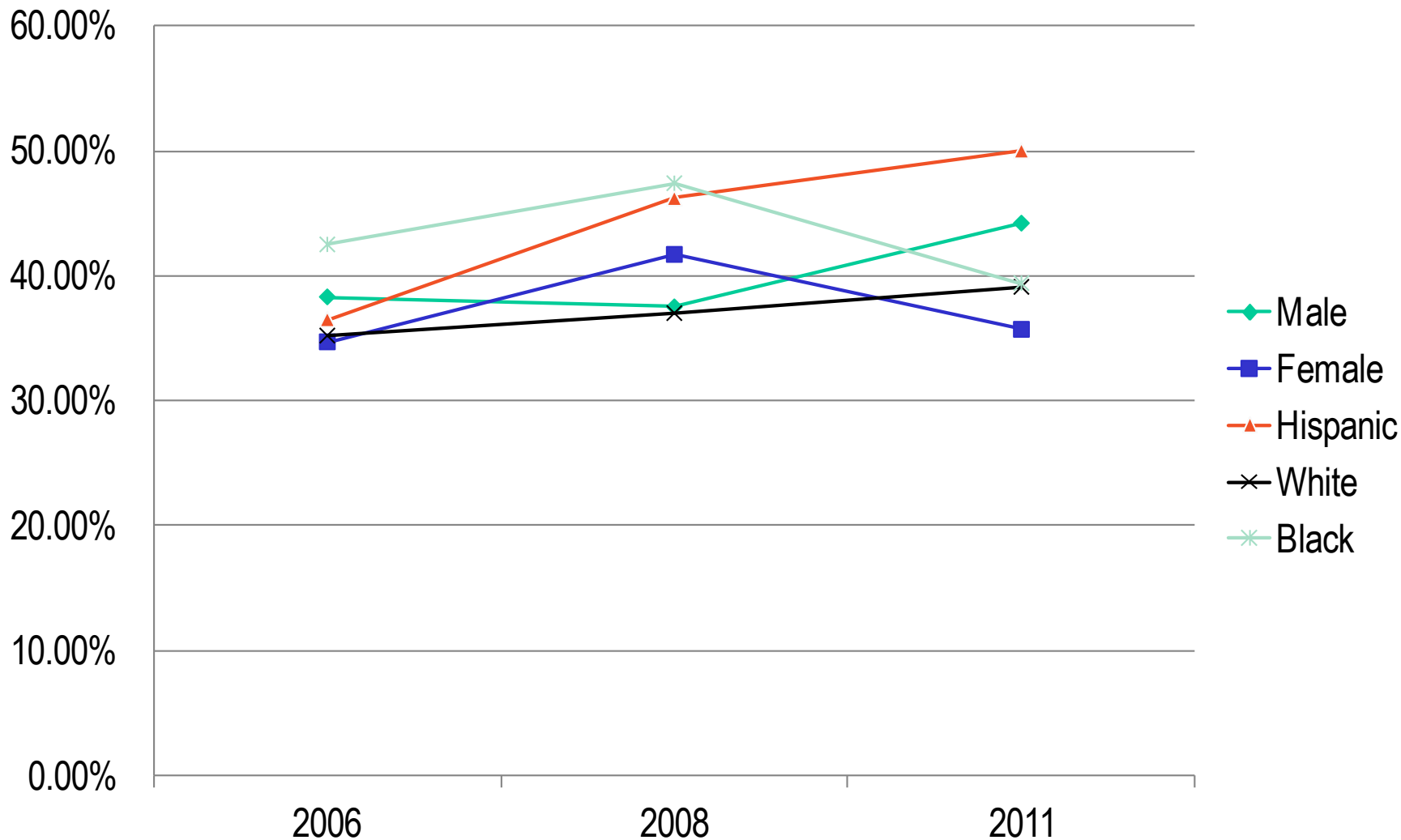
- Over the past ten years, we have monitored progress at the state level through a surveillance tool, the Delaware Survey for Children's Health. In 2011, this is where we were...



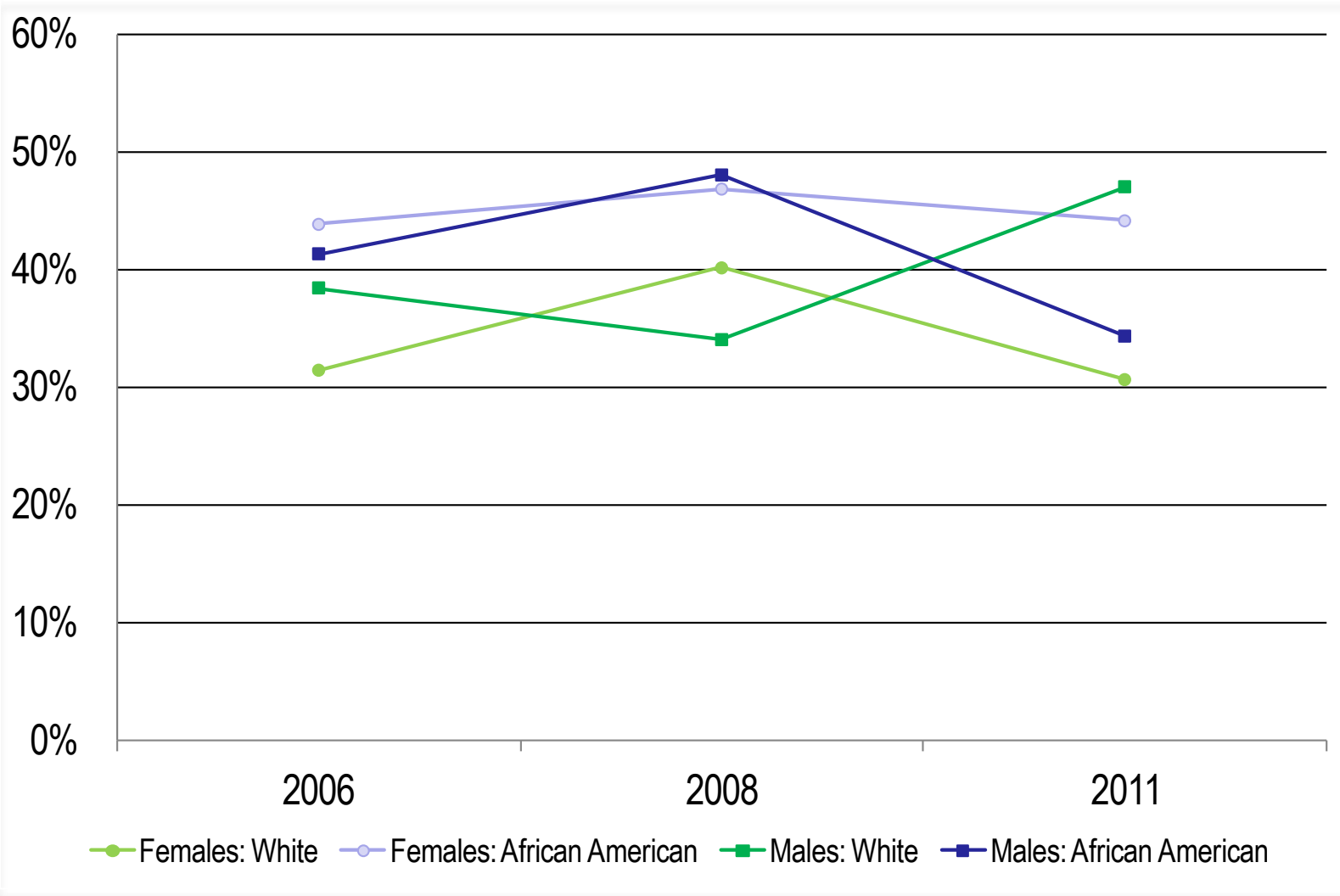
Weight Status of Delaware Children (Based on BMI Percentile): 2006 - 2011



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

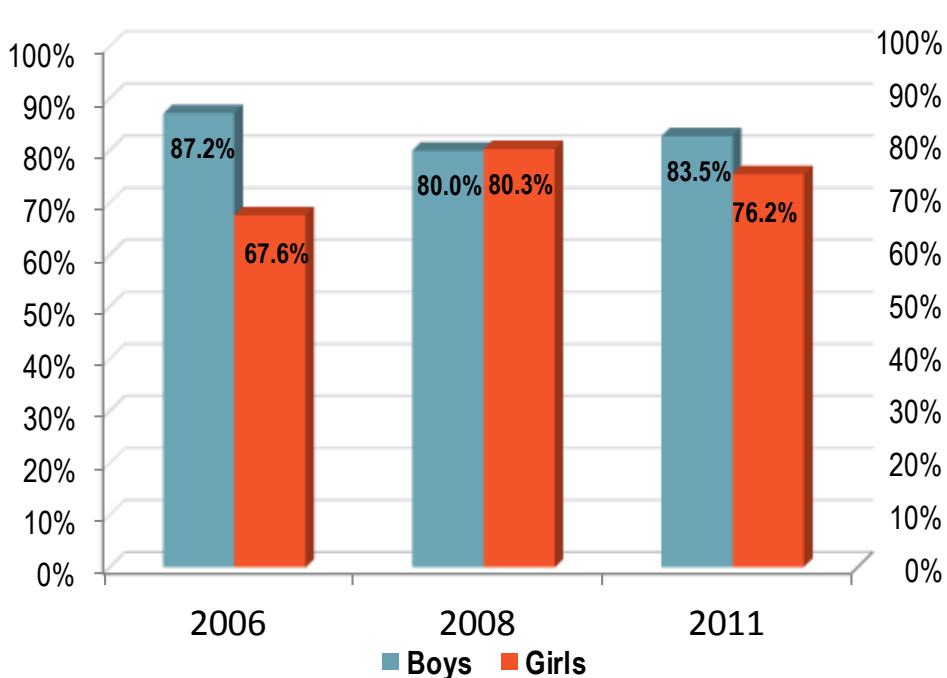


Percentage of Overweight and Obese Children in Delaware by Race and Gender: 2006-2011

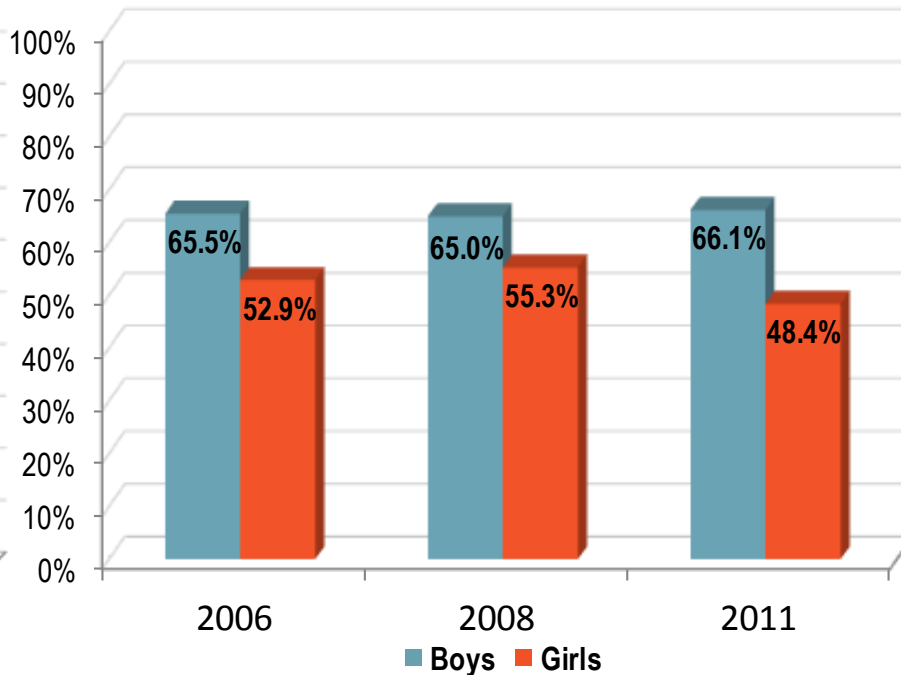


Parental Perception of Child BMI

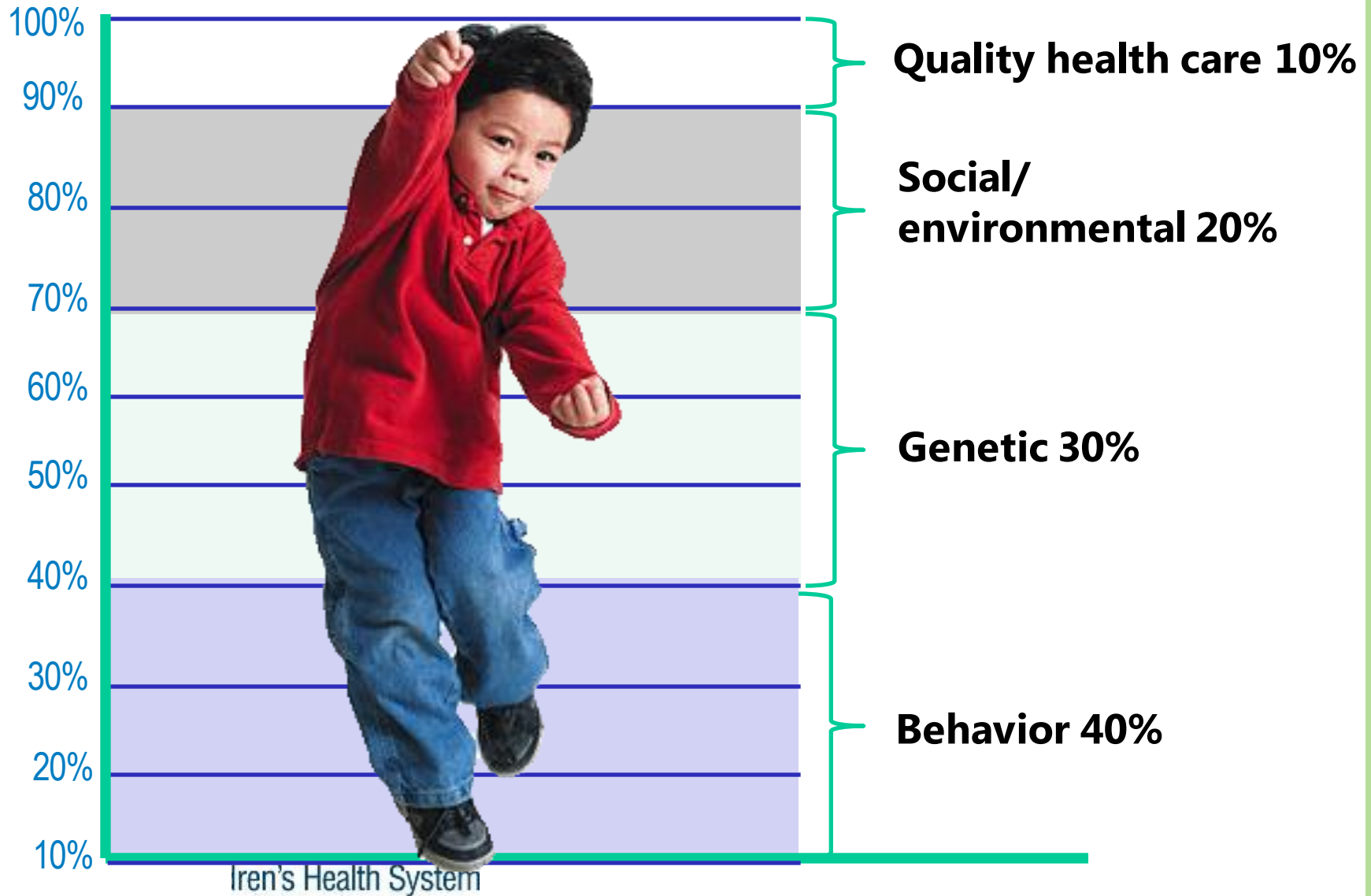
Percentage of Parents who Consider Their Overweight Children Ages 2-17 to be 'Normal Weight' by Gender: 2006-2011



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

