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Project Description

WIC and many local pediatric providers share clientele. A challenge for providers in both settings is to integrate obesity screening and client-centered counseling due to time constraint and need for user friendly office tools/system in place. "Catch 5 for a Healthy Weight" offers tools and guidance for brief client centered office-based consultation with parents of overweight or obese children.

Project Goal: Build partnership between WIC and local pediatric clinics to:

- Promote parental awareness about their children's BMI
- Provide consistent and unified obesity messages to parents
- Assist parents with goal setting to healthier eating habits and increased physical activity

Target population: Parents of children who are overweight or obese (BMI > 85th percentile)

Setting: WIC centers and pediatric clinics

Project Activities and Time Line

Sept. - Nov. 2008: Obtained support from the Texas Pediatric Society and HDHHS; **April 2009:** Harris County Hospital District Weight Management Clinic endorsed the project.

Nov. 2008: Surveyed pediatric providers in the Houston area to access current practices on obesity screening and counseling, determine interest in motivational interviewing training and "Catch 5" implementation

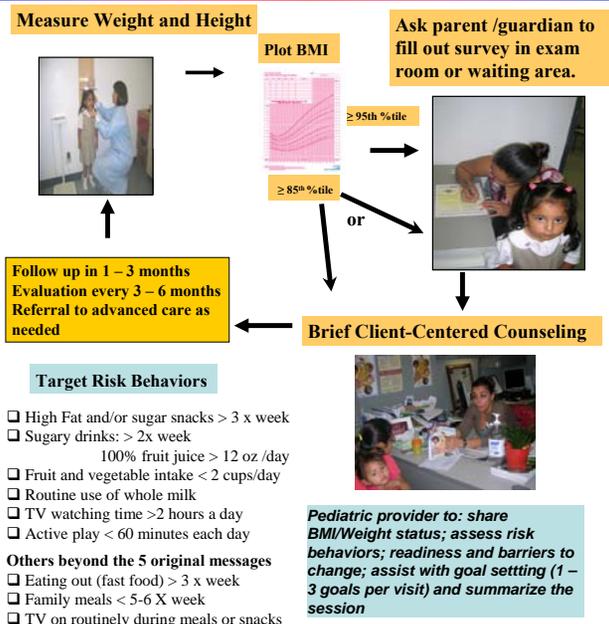
Oct 2008 - Jan. 2009: Developed first draft of Catch 5 for Healthy Weight client centered tools (posters, handouts and prescription pads) for office consultation.

Jan. 2009: Conducted "Catch 5 Workshop/training": A review of 2007 expert guidelines for the care of overweight/obese children, introduction to "Catch 5" project concept and hands-on training on Motivational Interviewing. **Three hour continuing education were approved for physicians, nurses and dietitians.**

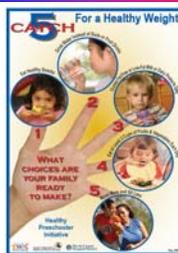
Jan. - May 2009: Catch 5 materials were reviewed by many professionals, including obesity experts such as Dr. Bonnie Spears RD, PhD and Sara Barlow MD and by the Harris County Hospital District Patient Education Committee.

April - Aug. 2009: Project implemented in 15 WIC sites and piloted in 7 pediatric clinics.

Suggested Office Consultation Procedure



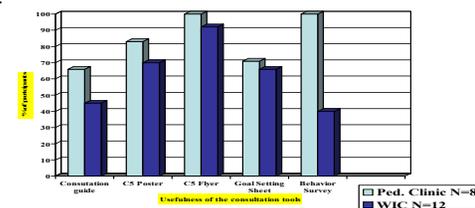
"Catch 5" Office Screening and Consultation Tools



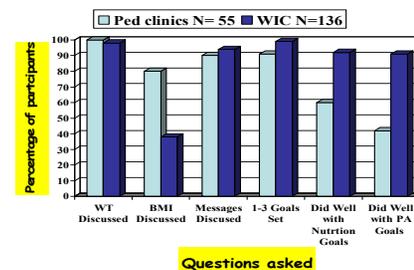
- Catch 5 Action Step 5+ Minute and 10+ Minute Office Consultation Protocols
 - Office Consultation Flow Chart
 - Catch 5 For a Healthy Weight flyer*
 - Catch 5 For a Healthy Weight Poster*
 - Healthy Lifestyle Prescription Pad*
 - Healthy Behavior Goal Setting Worksheet*
 - Healthy Behavior Survey*
- * Available in English and Spanish

Results

Provider Evaluation Survey



Client Phone Follow Up Survey



What Did We Learn?

- Project implementation facilitated discussion about children's weight/BMI between provider and parents.
- The simplicity of consultation tools and client-centered approach fostered client understanding, encouraged changes and reduced counseling time.
- Additional Motivational Interviewing training is needed to improve counseling/goal setting skills.
- To show benefit of focused and unified obesity prevention messages, more pediatric providers in the HDHHS-WIC should be recruited

Acknowledgements

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