Childhood Obesity: and the Battle Continues...
CHIPRA Measure:

Weigh Assessment and Counseling for Nutrition and Physical Activity for Children and Adolescents: BMI Assessment for Children/Adolescents
The Measure Defined:

The percentage of members 3 – 17 years of age who had an outpatient visit with a PCP... and who had evidence of BMI percentile documentation, counseling for nutrition and counseling for physical activity during the measurement year.
What you are reporting...
12 practices have reported at least 1 PDSA cycle on this measure.
Practices reporting at least 1 PDSA on this measure:

• AnMed
• Barnwell
• Carolina Peds Columbia
• Carolina Peds Cheraw
• Center for Pediatric Medicine
• Eastern Carolina Pediatric Associates
• Palmetto Pediatric and Adolescent Clinic
• Palmetto Peds Lowcountry
• Rock Hill Pediatrics
• Stono
• Sumter Pediatrics
• The Children's Center
Additional QTIP suggestions for BMI areas of focus:

1. Is the BMI noted in the record if greater than 95%?

2. Is there a diagnosis code entered for obesity or overweight when appropriate in the chart?

3. For children with obesity, is there advice recorded in the chart regarding activity, media exposure, diet, or motivational interviewing?
Is the BMI noted in the record if greater than 95%?
10 practices reported 15 cycles

- AnMed
- Barnwell
- Carolina Peds Columbia
- Carolina Peds Cheraw
- Center for Pediatric Medicine
- Eastern Carolina Pediatric Associates
- Palmetto Pediatric and Adolescent Clinic
- Rock Hill Pediatrics
- Sumter Pediatrics
- The Children's Center
Is there a diagnosis code entered for obesity or overweight when appropriate in the chart?
8 practices reported 13 cycles

- AnMed
- Barnwell
- Carolina Peds Columbia
- Carolina Peds Cheraw
- Center for Pediatric Medicine
- Palmetto Pediatric and Adolescent Clinic
- Rock Hill Pediatrics
- The Children's Center of Carolina Health Centers, Inc.

“Don’t step on it... it makes you cry.”
For children with obesity, is there advice recorded in the chart regarding activity, media exposure, diet, or motivational interviewing?
7 practices reported 8 cycles

- AnMed
- Barnwell
- Carolina Peds Columbia
- Carolina Peds Cheraw
- Palmetto Pediatric and Adolescent Clinic
- Rock Hill Pediatrics
- The Children's Center
Common Findings

Populations currently diagnosed as overweight, obese, or morbidly obese are underdiagnosed.
WOWS!!!
Carolina Pediatrics Cheraw

• Improved documentation of patient education from **30%** (9-7-2012) to **70%** (9-28-2012).

• Improvement and advice recorded in chart regarding activity, media exposure, diet or motivational interviewing - for children with obesity increased from **30%** to **70%** (#3)

• **40%** improvement in BMI diagnosis documentation less than 2 months

• Documenting BMI at WCC at rate of 90%
• The % of patients who were properly identified as overweight or obese increased from ~40% to 50% in 2 months

• 100% of children overweight or obese receiving counseling on nutrition and exercise

• Lab screening improved from ≤10% to 50% (lipid profiles)
Next steps

• Need to talk about ways to better address this with patients and families

• Need to learn from colleague’s suggestions

• Learn from other resources**
Interventions
Reported Interventions

• Staff reminders to document diagnosis codes of overweight or obesity
• Reminders to document diagnosis codes of overweight or obesity posted in staff areas.
• Education for the use of cut-offs for diagnosis codes
• Patient education materials placed in folders outside each room for easy access.
• Provide education to other providers
Planned Interventions

1. Encouraging routine CMP, HbA1C, lipid profiles and vitamin D at follow up within 3 months

2. Patients with BMIs over 95% will have blood work

3. Patients with high cholesterol levels and abnormal CMPs will receive dietary counseling/daily exercise instructions and medication if clinically indicated

4. Patients with a BMI of greater than 97 percentile will be referred

5. Send the individual information to all docs

6. Encourage and or/shame these docs into starting to review and document the BMIs

7. Provide education to other providers
You already know that education alone doesn’t change behavior.
Suggestions/Lessons Learned

• STEAL SHAMELESSLY!!!!

• Don’t reinvent the wheel

• Purpose of the collaborative

• Learn for what works AND what doesn’t work
  • Ask questions
  • Use the Blog
  • Conference Calls
  • QTIP Staff
THANK YOU!