

YEAR IN  
**REVIEW**

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2016



American Academy of Pediatrics  
Institute for Healthy  
Childhood Weight

# DEAR STAKEHOLDERS, PARTNERS, MEMBERS AND FRIENDS,

Welcome to the American Academy of Pediatrics Institute for Healthy Childhood Weight (Institute) 2016 Year in review! With your help and support we have accomplished so much in the three years since the launch of the Institute, and there is amazing work underway for the coming year.

True to our mission, we have worked to create opportunities to engage members in developing and advancing their knowledge and skills for prevention and treatment of childhood obesity within their practices and communities.

One of the things we are most proud of in our obesity treatment portfolio is our Childhood Obesity in Primary Care project. This brief collaborative, which uses an interactive, self-paced virtual learning approach, offers practice improvement opportunities with MOC credits and CME credits, with no additional cost to members!

This report will highlight many projects that we have worked on or completed this year, and I want to draw your attention to two of them that highlight our work in early childhood obesity prevention.

1. Our virtual reality learning app, **Change Talk**, expanded this year with two additional teaching modules focused on breastfeeding continuation and early childhood eating behaviors. These modules are designed to teach pediatricians and other health professionals motivational interviewing (MI) techniques with content specific to obesity but which can also serve as a springboard for using MI throughout their practice.

2. The executive summary, "**Shaping the Health of the Next Generation: Early Obesity Prevention Policy Roundtables Series**", highlights the results of a series of roundtable meetings that brought together practitioners, researchers, and policy makers to collaborate in providing a unique perspective on early obesity prevention.

Organizationally we have increased the visibility of the Institute in our academic offerings and strategic partnerships, and by convening conferences, presenting at national meetings, and harnessing the power of our social media platforms.

The Institute's growing portfolio illustrates our work to expand our partnerships, educational offerings and engagement with stakeholders to achieve our broader mission to build and enhance the capacity for all families to enjoy a healthy active life.

All of this is made possible through the generous support of our funders, the outstanding collaboration with our partners, and the dedicated leadership and staff who work diligently to ensure the Institute is the catalyst for advancing obesity prevention and treatment.

I want to encourage you to stay connected to the work through our website ([www.aap.org/healthyweight](http://www.aap.org/healthyweight)) and Twitter (@AAPHealthyWt) as we continue to serve as the engine that moves policy to practice in the care of the nation's children.

Sincerely,



**Sandra Hassink, MD, FAAP**

Medical Director

AAP Institute for Healthy Childhood Weight

# Motivational Interviewing Skill Building Expansion



**Change Talk: Childhood Obesity™** is an award-winning online tool designed to prepare pediatricians to effectively lead real-life conversations with children and their parents about weight issues.

In 2016, the Institute launched the Change Talk expansion including 3 new simulated conversations that reflect realistic opportunities to support obesity prevention and management. This unique learning platform features interactive mini-lessons with dashboards that give detailed feedback to users about their performance in each virtual conversation and can be viewed on-demand at the providers' convenience.

Since the debut of the first version of Change Talk, over 30,000 individuals have accessed the interactive tool to practice their motivational interviewing skills in a virtual office environment with a lifelike patient encounter.

“I think the evolving conversations based on my chosen statements was helpful in imagining how an appointment might proceed. I immediately started thinking about appointments I had that day and how to improve.”

– Change Talk user

“I was very surprised with the extent to which the animation reflected actual body language, focusing on some of the more subtle changes, and the voice acting helped portray the feelings of the patient.”

– Change Talk user

The expansion of Change Talk was supported through funding from Danone Nutricia.



33,000+  
CHANGE TALK USERS



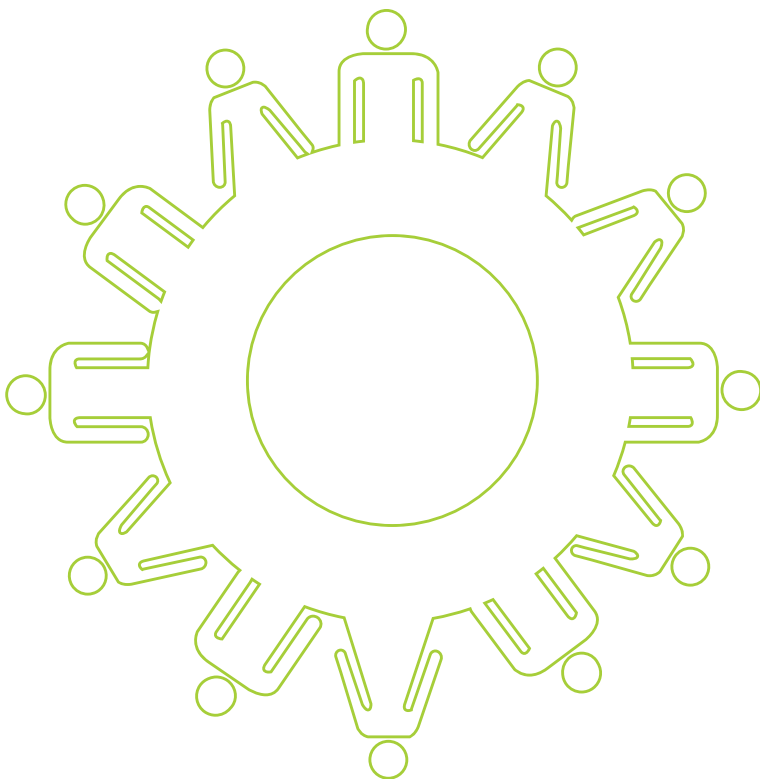
## Exploring Policy Solutions

To reshape policy approaches to early obesity prevention, the Institute for Healthy Childhood Weight engaged multi-sector stakeholders and experts in a **series of roundtables meetings**. Using a developmental lens, participants leveraged existing evidence and expert opinion to identify strategies that facilitate protective factors and mitigate risk factors for obesity. Special emphasis was placed on strategies with greatest potential to benefit populations disproportionately affected by obesity. Resulting policy strategies were categorized into the themes, shown on the right panel.

Some of the more notable policy recommendations that emerged were focused on:

- Enhancing home visiting
- Increasing access to high quality preschool
- Parental leave policies for all (including non-exempt) employees
- Expanding WIC services
- Access to and payment for group care models

An executive summary of the roundtable and proceedings from each session are available at [aap.org/PolicyRoundtables](http://aap.org/PolicyRoundtables).



EMPOWERING  
FAMILIES

EQUIPPING PROVIDERS WITH  
ESSENTIAL  
TRAINING

CHANGING  
WORKPLACES

ENSURING PAYMENT FOR  
HEALTH AND CARE OF BOTH  
MOTHER & CHILD

ENSURING THAT THE  
HEALTHY CHOICE IS THE EASY CHOICE



ELIMINATING  
UNDUE BURDEN ON FAMILIES  
... WITH YOUNG CHILDREN ...

SUPPORTING ACCESS TO  
SAFE AND DEVELOPMENTALLY APPROPRIATE  
PHYSICAL ACTIVITY

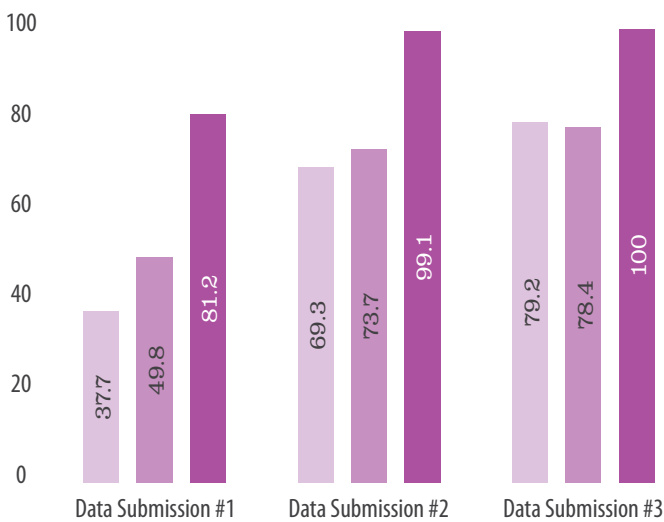


# Featured Quality Improvement Project

The Institute has continued to expand its opportunities for members to participate in quality improvement that includes Maintenance of Certification (MOC) Part IV credits. **The Childhood Obesity in Primary Care (COPC) project** fosters learning and practice change through a 19-week virtual learning collaborative, where participants can receive up to 25 MOC credits. The project structure combines online CME modules, learning sessions, practice site meetings, and chart reviews to support practices in their improvement journey.

All of the practices that participated in the pilot reported improvements as a result of participation in the program. In addition, sites did not identify any significant barriers to participation and we had an 89% completion rate. Due to the success of the pilot, 25 practices were successfully recruited with the second project cycle officially launching in January 2017.

PERCENT OF RELEVANT PATIENTS RECEIVING GROWTH ASSESSMENT, BEHAVIORAL COUNSELING, OR HEALTH RISK ASSESSMENT OVER TIME



- % Children (all ages) for whom growth was assessed
- % Children ≥2 years who received counseling
- % Children ≥2 years & ≥85th BMI percentile for whom health risk was assessed

QI REACH

16 STATES

300+ PROVIDERS & STAFF

1,124 MOC CREDITS AWARDED

85,000 OVERALL PATIENT REACH



# Healthy Active Living Grants

From 2009–2015, the Institute teamed with the **AAP Community Pediatrics Training Initiative** to support collaboration on early obesity prevention between AAP Chapters and local pediatric residency programs. Through a comprehensive evaluation completed this year, we learned:

- 75% of grants led to the development of sustained community-based trainings or resources.
- 8 of 12 grants led to subsequent funding.
- 6 organization-level policy changes that resulted in protected time for community pediatrics.
- 90% of residency programs reported increased resident skills or engagement in community pediatrics.
- 1/4 of grantees achieved policy, systems and environmental changes in community or healthcare settings.
- Project leaders often credited the grant program as a catalyst for change in institutional culture.
- Half of grantees reported sustainable improvements in anticipatory guidance related to healthy eating and physical activity.

To learn more and view the full report, visit [aap.org/HALGrant](http://aap.org/HALGrant).



Supported by MetLife Foundation.



# 100%

**OF GRANTEES**

DEVELOPED COLLABORATIVE RELATIONSHIPS LIKELY TO CONTINUE

# 92%

**OF PROJECT TEAMS**

CONTINUED RELATIONSHIP DEVELOPMENT WITH THEIR PARTNERED COMMUNITY-BASED ORGANIZATION

# 78%

**OF RESIDENCY PROGRAMS**

REPORTED SUSTAINED PARTNERSHIP GAINS WITH THEIR AAP CHAPTER



## Publications

***Improving Access and Systems of Care for Evidence-Based Childhood Obesity Treatment: Conference Key Findings and Next Steps.***

Wilfley DE, Staiano AE, Altman M, Lindros J, Lima A, Hassink SG, Dietz WH, Cook S, for the Improving Access and Systems of Care for Evidence-Based Childhood Obesity Treatment Conference Workgroup. *Obesity* (2017) 25, 16–29.

***Are graduating pediatric residents prepared to engage in obesity prevention and treatment?***

Frintner MP, Liebhart JL, Lindros J, Baker A, Hassink SG. *Acad Pediatr*. 2016;16(4):394–400.

## Presentations

***Primary Care Provider Preferences Regarding Co-management with Tertiary Care Weight Management Centers for their Patients with Obesity.***

Poster presented at AAP National Conference & Exhibition 2016.

***Fostering Collaboration among Pediatric Residency Programs, AAP Chapter, and Community-based Organizations to Build Organizational Capacity for Healthy Active Living and Community Advocacy.***

Presented at AAP National Conference & Exhibition 2016.

***Building Residency Program Capacity for Community Health and Advocacy Training: Collaborations with Community Partners to Foster Healthy Active Living.***

Presented at Pediatric Academic Societies Meeting 2016.

***Parent Perceived Importance and Knowledge of Targets for Children's Healthy Active Living Behaviors: Implications for Pediatric Practice.***

Presented at Pediatric Academic Societies Meeting 2016.

MORE STATS  
TO KNOW

350 

ATTENDANCE RECORD

AT THE INSTITUTE'S  
INNOVATIONS FORUM

\$1.1 MILLION

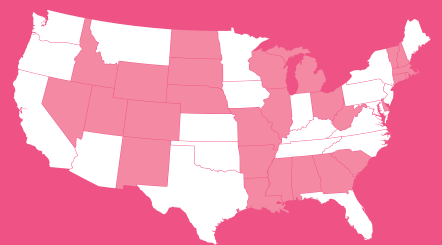
AND MORE IN GRANTS AND CONTRACTS

99,362



TWITTER IMPRESSIONS

REACH BY STATE



## With Deepest Gratitude to Our Funders

### Founding Sponsor



### Project Funders

Centers for Disease Control and Prevention

Danone Nutricia Early Life Nutrition

MetLife Foundation

Robert Wood Johnson Foundation

### Thank You to Our Partners

1000 Days

Academy of Nutrition & Dietetics

Alliance for a Healthier Generation

American Academy of Pediatrics Section on Obesity

American Heart Association

American Psychological Association

Children's Hospital Association

Kognito

National Center on Early Child Health and Wellness

Nemours

The Obesity Society

YMCA USA

### Leadership

Sandra Hassink, MD, FAAP, Medical Director

Stephen Cook, MD, MPH, FAAP, FTOS, Associate Director

Ihuoma Eneli, MD, MS, FAAP, Associate Director

Victoria Rogers, MD, FAAP, Associate Director

### Staff

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Stephanie Womack, MA, Program Manager

Alison Baker, MS, Director,  
Division of Safety & Health Promotion

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 [aap.org/healthyweight](http://aap.org/healthyweight) |  @AAPHealthyWt