FOCUS on a Fitter Future II

2011 Executive Report

FOCUS on a Fitter Future II is a multi-disciplinary collaborative convened to study clinical pediatric weight management programs and build censuses on practice improvement. The group of 25 hospitals seeks to develop guidance, new understanding and consensus for a coordinated medical answer as one part of the multi-sectoral challenge of obesity.

Treatment Committee

Objective 1:
Develop co-morbidity treatment algorithms as (1) a resource for providers evaluating and treating obese children in tertiary care clinics and (2) a platform from which best practices can be standardized across the United States.

Algorithms developed:
- Initial assessment
- Abnormal liver enzymes
- Hypertension
- Lipid management
- Maximal exercise testing
- Polycystic ovary syndrome
- Psychologist guidelines

Outcomes:
- Complete treatment algorithms will be available on the NACHRI website and a journal-published manuscript is in process.

Objective 2:
Describe weight management programs participating in the FOCUS Group. Survey results are highlighted below.

Pediatric Obesity Weight Evaluation Registry (POWER)

Objective 1:
Develop a multi-site retrospective cohort study to determine the feasibility of a national pediatric obesity registry. Test feasibility through analysis of existing clinical data from individual stage 3 and 4 pediatric obesity centers in the U.S. in order to:
- Determine the feasibility of the creation of a national pediatric obesity registry.
- Describe the general characteristics (demographic and medical) of patients presenting for weight management and predictors (program, provider and patient-level factors) of program response.
- Investigate the predictors of program retention.

Objective 2:
Develop a functional multi-site prospective clinical data registry using the retrospective study database as a template.

2012 Goals:
- Develop an electronic “upload” process for participating sites to submit their prospective data harvest on a designated schedule to a centralized repository.
- Analyze work flow for data submission and develop standardized intake forms (i.e. user interface) to support this process.
- Develop analytical tools to query the multi-site data set and disseminate outcomes to participating institutions.

The multi-year goal is to enable prospective data collection through POWER in order to identify patient outcomes based on treatments, realize factors related to patient retention, and describe program factors (i.e.: visit type, frequency, provider involvement) that have a positive effect on weight status and other associated health outcomes.

Finances of weight management programs:
- 100% see Medicaid or unfunded children
- 85% charge for at least one part of their program
- 62% clinics/programs are substantially grant funded
- 21% are financially solvent

FOCUS on a Fitter Future II is supported by a generous grant from:
In addition to the two projects featured on page one, FOCUS on a Fitter Future II efforts included:

COMPASS
This committee worked to establish a practice-based research network, Childhood Obesity Multi-Program Analysis and Study System (COMPASS). COMPASS will continue its work in 2012 by piloting their governance structure, selection process and completing a research project driven by the FOCUS Group. In 2012 they will also pursue grant funding to elevate COMPASS to a fully functional research network.

Hospital Environment
The Healthy Hospital Environment Committee developed a suite of resources in 2011 to assist hospitals in beginning a dialogue and instituting change in their institutions to improve the hospital environment. These resources include a framework of the “best of” available tools for making environmental changes, vignettes to illustrate participating hospital’s efforts in this work and surveys to help hospital’s self-assess their current status. This committee will continue its work into the third cohort of the obesity FOCUS Group, spearheading an Association-wide effort to commit to hospital policy and practice changes.

Patient Retention
Patient Retention Committee focused on addressing the high rates of patient attrition from pediatric weight management programs that threaten their effectiveness and efficiency. In 2011 the group conducted a multi-site survey to assess perceived contributors to attrition from parents’ perspectives. Committee members are analyzing their findings and will use survey results to develop, pilot and evaluate an intervention to reduce attrition and promote retention during 2012.

Payment
The Payment Committee identified actions that hospitals can take to make obesity treatment a higher priority and promote better payment for these services. As payment varies from state to state, this resource will help clinicians in pediatric weight management programs work within their hospitals to achieve better payment for their services. The focus of their work was a Power Point slide deck designed to be utilized in conversations with key hospital leaders who can impact payment.

Psychology
The Psychology Committee worked through FOCUS on a Fitter Future II to have representation across all other subcommittees to ensure mental health was being considered in the work. In addition, the group developed empirically based standard of practice guidelines for assessment and treatment of obese youth in tertiary care. Their work was shared in a webinar in the Association’s childhood obesity webinar series; has been featured in online and print publication’s of the American Psychological Association’s Division 54; and will be shared at the Midwest Regional Conference in Pediatric Psychology. The Committee plans to continue as an affinity/specialty group of FOCUS on a Fitter Future. Possible projects include (1) developing guidelines for inpatients and/or primary care physicians on when to refer to a psychologist and (2) exploring a national certification program for psychologists in the treatment of obesity.

Public Policy
The Public Policy Committee served as a resource for the Association’s policy efforts around childhood obesity. The committee produced “Children’s Hospitals Respond to the Childhood Obesity Epidemic” for the Association to distribute on Capitol Hill and for member hospitals to use in state-level lobbying on behalf of childhood obesity efforts. Additionally a resource guide has been produced to summarize available tools for those interested in pursuing public policy change in their own communities.

For further outcomes from FOCUS on a Fitter Future, visit www.childrenshospitals.net/obesity

The following hospitals participated in FOCUS on a Fitter Future II: Arkansas Children’s Hospital, Little Rock, AR; Children’s Hospital and Research Center, Oakland, CA; Lucile Packard Children’s Hospital at Stanford, Palo Alto, CA; Connecticut Children’s Medical Center, Hartford, CT; Children’s National Medical Center, Washington, DC; Alfred I. duPont Hospital for Children, Wilmington, DE; Florida Hospital for Children, Orlando, FL; Children’s Hospital of Illinois, Peoria, IL; Kosair Children’s Hospital, Louisville, KY; Floating Children’s Hospital at Tufts Medical Center, Boston, MA; Children’s Hospital Boston, Boston, MA; Mt. Washington Pediatric Hospital, Inc., Baltimore, MD; University of Michigan C.S. Mott Children’s Hospital, Ann Arbor, MI; Helen DeVos Children’s Hospital, Grand Rapids, MI; Children’s Mercy Hospitals and Clinics, Kansas City, MO; St. Louis Children’s Hospital, St. Louis, MO; Children’s Hospital and Medical Center, Omaha, NE; Komansky Center for Children’s Health, New York, NY; Cincinnati Children’s Hospital Medical Center, Cincinnati, OH; Nationwide Children’s Hospital, Columbus, OH; Rainbow Babies & Children’s Hospital, Cleveland, OH; Niswonger Children’s Hospital, Johnson City, TN; Dell Children’s Medical Center, Austin, TX; Seattle Children’s, Seattle, WA; American Family Children’s Hospital, Madison, WI.

Formerly in 2011, Children’s Hospital Association brings together the strengths and talents of three organizations: Child Health Corporation of America (CHCA), National Association of Children’s Hospitals and Related Institutions (NACHRI) and National Association of Children’s Hospitals (N.A.C.H.).