Healthy Foods, Healthy Moves
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PCLP Placement: Central MS Health Services, Inc.—Jackson
Introduction

- Personal interest in primary care, pediatrics, nutrition & wellness

Overview

- Background, Methods, Results, Discussion, Recommendations

An interactive workshop designed to encourage children to improve overall wellness by adopting healthy, sustainable habits. Also, a pilot investigation of the effectiveness of interactive workshop as a means of patient education
Background/Literature

- MS rank for overweight and obese children (1 being the best) is 51
- The prevalence of overweight and obese children in MS has increased
- Obesity → Increased risk of developing diabetes, heart disease and stroke
- AAFP reports that, “very small changes can improve your health considerably”
Methodology

- Pretest & Posttest
- 8 questions targeting current knowledge
  - Topics: body mass index, comprehending nutrition labels
- The same 8 questions were given following the workshop

1. If you eat the entire container, how many calories will you eat?
2. How many total cups are in the container?
3. How many cups should eat in one se
4. Name one item on the label that we
5. To calculate your BMI you would u
6. What is a healthy BMI?
7. What is your BMI?
8. Name as many ways as you can to b
Results: Question by Question

<table>
<thead>
<tr>
<th>Question Number</th>
<th># of correct responses pretest</th>
<th># of correct responses postest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Question 3</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Question 4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Question 6</td>
<td>1</td>
<td>1</td>
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<tr>
<td>Question 8</td>
<td>2</td>
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</table>
Discussion

• Overall, improved knowledge surrounding reading nutrition labels and body mass index

• Questions raised:
  • Long term information?
  • Will habits actually change?
  • Is a workshop sustainable?
  • 5 patients, representative?

• Further research required
  • What is the most effective means to get patients to adopt healthy habits?
Recommendations

- Interactive workshops are a good way to present information to a body of patients all at once
  - Biannual workshops for pediatric and/or adult patients
  - Incentives to increase attendance
  - Workshops/General education in wait rooms
  - Interactive videos during waits in wait rooms
- Help patients set goals at the end of appointments & follow-up on these goals at subsequent visits
- Goal logs (i.e. weight, blood pressure, etc.)
Conclusions

- Early intervention is necessary
  - Children and adolescents who are obese are likely to be obese as adults. Important health implications

- Small changes make a difference
  - Healthy habits, can lower the risk of becoming obese and developing related diseases.

- Family & society plays a role
  - The diet and activity behaviors of children are influenced by society.

- Nationwide issue that begins in the community
  - There are opportunities for children to learn and practice healthy eating and physical activity.
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Sources


