

## ABSTRACT

- Childhood obesity is a growing epidemic and public health concern. In the United States, roughly a quarter of Hispanic children have obesity. Having obesity in childhood is likely to persist into adulthood and increases the risk of cardiometabolic disorders as well as mood disorders and may cause psychosocial sequelae. This warrants an urgent need to focus on primary prevention of obesity as well as treatment of obesity in children. Management of obesity must acknowledge and address the socioeconomic and environmental factors that influence one's abilities to effectively make sustainable changes. Sixteenth Street Community Health Centers (SSCHC) is a federally qualified health center that serves a predominately low-income and Latinx communities in Milwaukee, WI and shares similar prevalence of obesity among its pediatric patient population. The pediatric programming, Vivir Integrando Dieta, Actividades física, y Salud Mental (V.I.D.A.S.) integrates lifestyle modifications, counseling and education, and pharmacotherapy while identifying and addressing social, financial, and physical factors that impact care management to reduce the rates of obesity at SSCHC. Continued modifications and additions to the program result from soliciting feedback from both patients and providers.

## BACKGROUND

- Childhood obesity is a growing epidemic in the United States, with about ¼ of Hispanic children affected by obesity
- Obesity is likely to persist into adulthood and increases the risk of development cardiovascular disease, metabolic disorders, and may cause psychosocial sequelae.
- Sixteenth Street Community Health Centers (SSCHC) is a federally qualified health center that provides comprehensive healthcare to a predominantly Latinx and low-income patient population in Milwaukee, WI
- Roughly 40% of pediatric patients at SSCHC have overweight or obesity (BMI ≥ 85%)

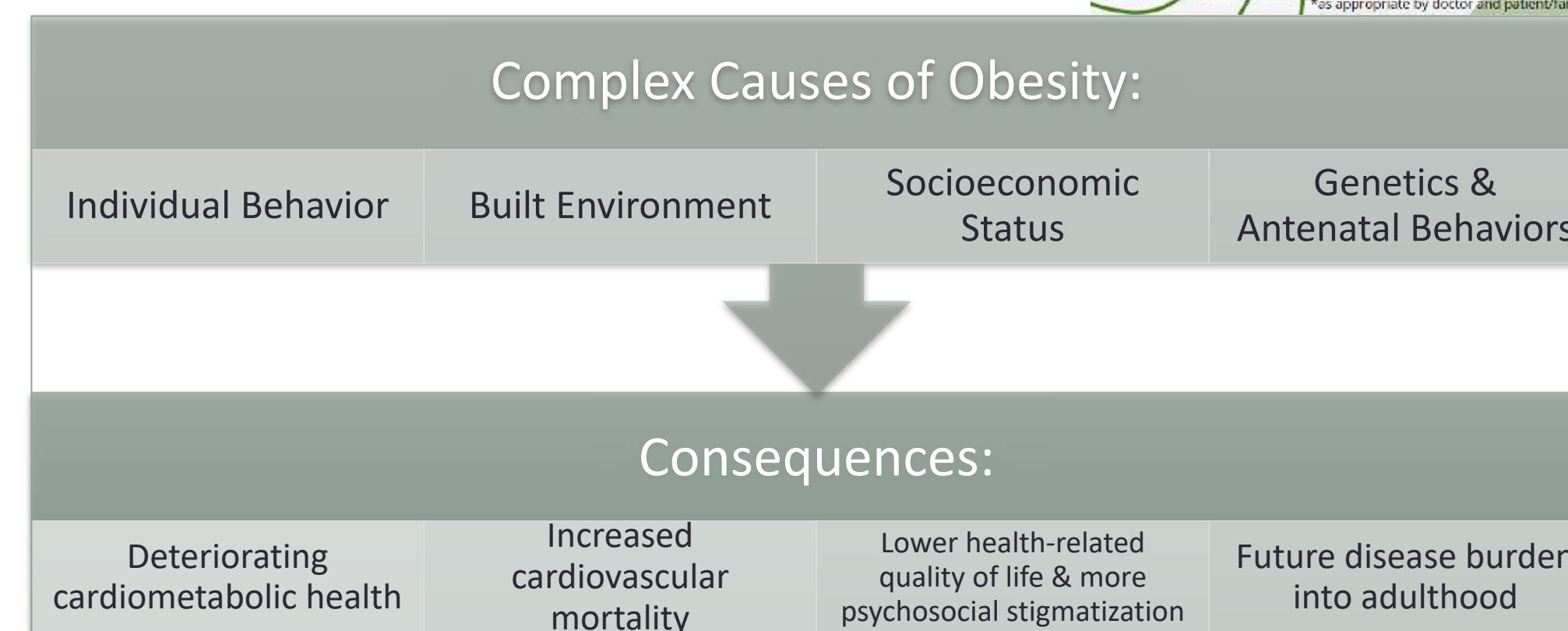
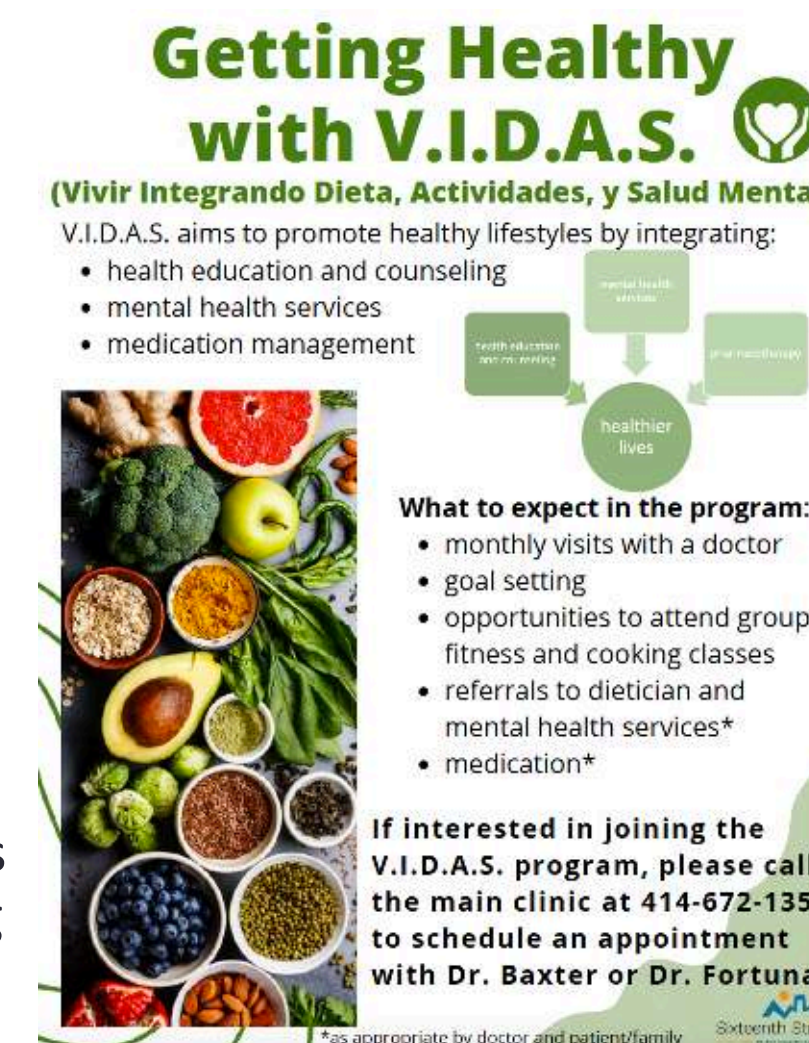


## OBJECTIVES

- Reduce the rates of obesity among pediatric patients at SSCHC.
- Reduce rates of comorbid conditions as well as morbidity and mortality related to obesity.
- Promote healthy lifestyle behaviors that will persist into adulthood.
- Consider, identify, and address the social determinants of health that impact development and management of obesity

## METHODS

- Development of Program:** Literature review of available evidence on management of obesity in order to develop culturally appropriate intervention program that aligned with American Academy of Pediatrics guidelines
  - Balance between caloric restriction/pharmacotherapy and meeting metabolic requirements for adequate growth
  - inclusive of cultural practices and preferences
- Enrolling Patients:** use of flyers, word of mouth, mobilization of healthcare teams to encourage enrollment
- Responding to Feedback:** feedback obtained through informal interactions
  - Responding to Patient Needs: "What barriers or challenges do you experience with changing your diet and/or levels of physical activity?"
  - Responding to Provider Needs: "What barriers or challenges do you experience when making recommendations to manage obesity?"



## RESULTS

- 56 pediatric patients enrolled, with slight male predominance
- Average weight showed relative stabilization for all enrolled patients
  - Within target goal, especially during and in response to the COVID-19 pandemic
- Slight reductions in both the average systolic and diastolic blood pressure readings as well as waist circumferences

Enrolled Patients	Total	Male	Female
# of pts ages 2 to 21	56	37	19
ages 2-5	0	0	0
ages 6-12	16	12	4
ages 13-17	32	19	13
ages 18-21	8	6	2

All Enrolled Patients	Average	Average change	% change
Weight	237.75lbs	+1 lbs	+1.17%
Waist Circumference (N=18)	45.74cm	-1.375cm	
SBP	123.62mmHg	-5.12mmHg	-3.95%
DBP	78.04mmHg	-3.00mmHg	-3.45%

## RESULTS

### Responding to Patient Needs: Physical Activity



- Limited time to supervise child's activities
- Lack of open and/or safe spaces to exercise
- Not sure what exercises to do
- Nobody to exercise with
- SSCHC Healthy Choices Department
- Zoom fitness classes
- Walking club
- Vive La Fitness, local bilingual gym
- Group classes for kids at gym, equipment provided

### Responding to Provider Needs: Pharmacotherapy



- Limited time in office visits to address obesity, especially during COVID-19 pandemic
- General lifestyle recommendations put onus on individual patient
- Limited to no experience with pharmacotherapy for adolescent patients
- Streamline referral process to enroll in VIDAS program
- Involve Social Determinants of Health team (housing and food insecurity)
- Partner with community and clinic resources
- Literature review and presentation of current literature on pharmacotherapy for pediatric patients

## CONCLUSIONS

- Interventions addressing obesity among pediatric patients requires balancing several needs
- The COVID-19 pandemic impacted ability to adequately address obesity; other important health concerns took precedent
- Addressing patient socioeconomic and environmental barriers is important to reducing disparities in the prevalence of obesity