

5210 LEAGUE

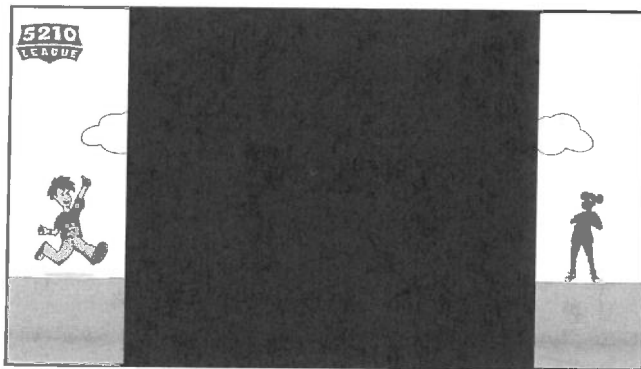
Healthy Together Practice Integration
 Rock Hill Pediatric Associates
 Kate McCall, MD
 Denise Wilson, RN

CAROLINAS HEALTHCARE SYSTEM

65,000+ teammates | 47 hospitals across 3 states
 28 urgent care locations | 35 EDs | 25 cancer care locations
 3,000+ physicians | 16,000+ nurses

COMMUNITY HEALTH: FIVE AREA OF FOCUS

- Obesity: Pediatric and Adult
- Mental Health: Prevention and Treatment
- Tobacco: Prevention and Cessation
- Integrated Care: Primary Care, Behavioral Health
- Specialized: Adolescent, Maternity



What is Healthy Together?

Purpose:
 The Healthy Together program supports a culture of healthy living through engagement, consistent messaging, collaboration, education, and policy change with partners

- 1 Provide education to 5210 healthy behaviors
- 2 Engage parents, students and staff in the 5210 goals
- 3 Achieve 5210 recognition levels


Why 5210?

- Endorsed by:
 - American Academy of Pediatrics (AAP)
 - American Hospital Association (AHA)
- Standardized/Consistent Messaging
- Evidence-Based
- Sustainable and Scalable
- Comprehensive toolkit with assessment, education, environmental/policy change, and evaluation components

Settings

- School
- Out-of-School
- Early Child Care
- Health Care

Toolkits

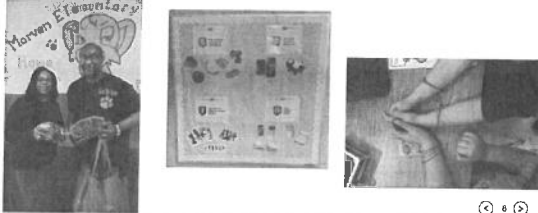


Out-of-School
Feb 2018

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Value

- Education
- Improving Health Outcomes
- Recognition Levels
- Evaluation
- Long-term Impact
- Multi-year Commitment




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Healthy Together Assemblies



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5210 LEAGUE Health Care Implementation



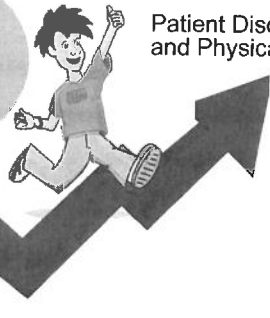
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Quality Metric

Patient Discussion: Nutrition and Physical Activity

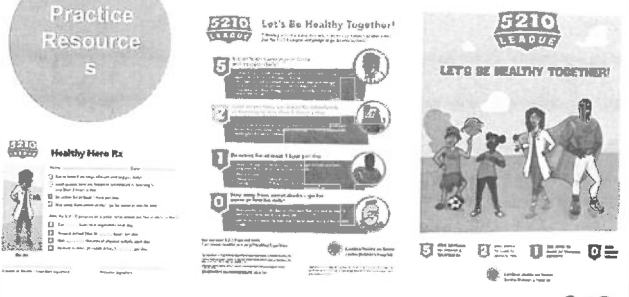
Goal: 10%

Actual: 61%

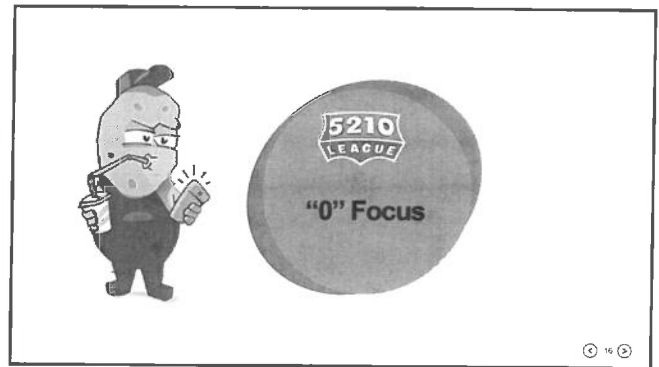
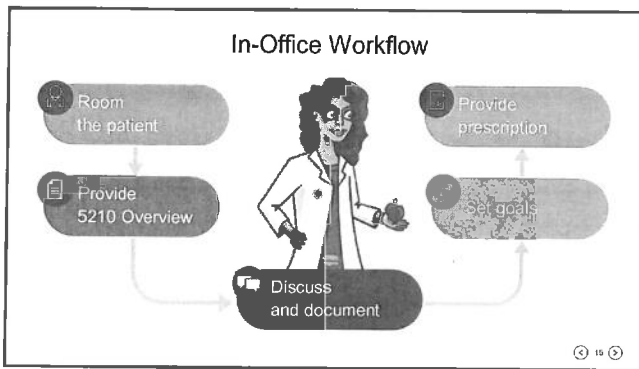
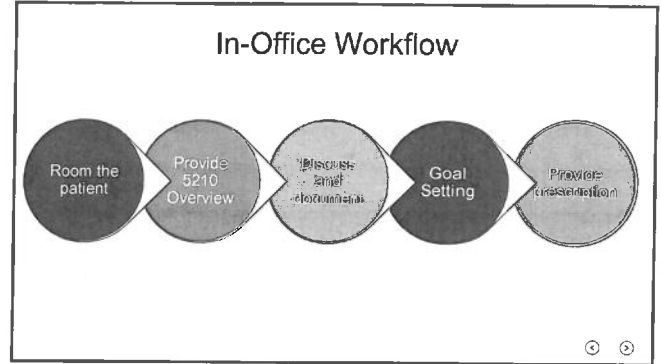
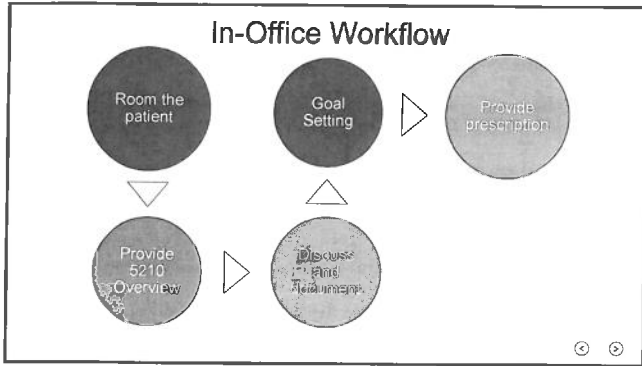


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Practice Resources



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ZERO SUGARY DRINKS

Water is fuel for your body
Make sure you and your child get enough every day.

- Keep it handy**
- Keep it cold**
- Make it fruity**
- Make it fun**

Studies Have Found:

- a significant link between **sugary drink consumption and weight gain** in children
- for each additional **12-ounce soda** children consumed each day, the odds of becoming obese increased by **60% during 1½ years of follow up**
- in children and adults, **reducing sugary drink consumption** can lead to better weight control among those who are initially overweight

Carolinas HealthCare System
Peds Service Line developing intervention to reduce sugary drink consumption in patients

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Bring 5210 to Your Organization

HEALTHY LIVING PROGRAM

LetsGo.org

5210 Every Day!

Our program was adapted from the Let's Go! program created by the state of Maine

