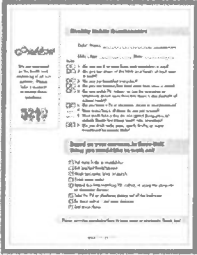




Obesity Initiative

Since initiation in June of 2017, there have been 292 Healthy Habits Screenings documented in charts for patients with a BMI of 95% or higher.



Getting Started

- Physician interest and sharing AAP resource
- PCMH requirement for focus on a High Risk Patient Group
- QIDA audits – gaps in follow-up care of adolescents with elevated BMI



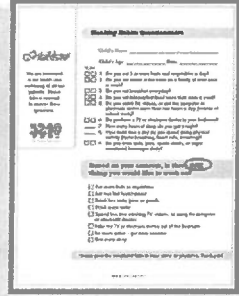
Preparation

- Physician template development which incorporated healthy habits questionnaire into HPI recommended labs, educational resources, and proper coding and follow-up
- Gathering resources, printing handouts, stocking rooms
- Staff education (Lunch and Learn)
- Hanging visuals in office

Workflow

- Nurse pulls in correct template for well-visits when BMI is >95%
- Healthy Habits questionnaire given to patient/parent OR asks the questions directly
- Physician talks with patient and families focusing on the ONE goal the patient/family chose. Appropriate hand out is given. CMC nutritional resource card or referral if patient/family is open to a next step
- Office follow-up at physician discretion – template is every 3 months



Community Partnerships and Resources

- Resource card development
- Card allows self-referrals, cutting down on no-show rates
- Internal referrals – promotes better follow-up and greater likelihood of scheduling
- Since initiation in June, we have had 57 internal referrals for nutrition counseling (41 New Impact)

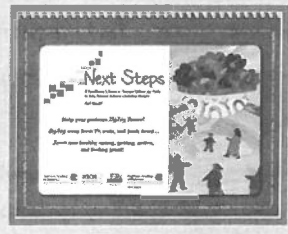
LABS/Healthy Habits Questionnaire


Best options: Limit to 1-2 labs per visit. Consider the following: Lipid Panel, Fasting Glucose, HbA1c, and Fasting Triglycerides. Consider the following: Fasting Glucose, HbA1c, and Fasting Triglycerides. Consider the following: Fasting Glucose, HbA1c, and Fasting Triglycerides.

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In Office Follow-Up Visits

- Physician discretion scheduling follow-up 1-6 months. Template follow-up is every 3 months.
- Next Steps resource allows for guided, focused visits with script for provider and visuals for patient
- 97803 Follow-up code for Medicaid patients can be billed up to 10 times per year (shared with pediatrician and dietician) with a max of 2 units per day for longer visits (30 min)
- Unsure of private insurance reimbursement





Challenges


- Extra time - adding in templates at the time of visit instead of pre-planning adding in the questionnaire and MDs making sure the coding is correct
- Sensitive communication - using motivational interviewing, showing concern and compassion and not judgement or disapproval
- BMI numbers are not always indicative of a health issue
- Reimbursement of AAP recommended labs from private insurances
- Follow-up - No show rates
- Actual implementation of plan by staff


Successes

- **CONSISTENT PLAN OF ACTION** - The templates, questionnaires, and resources set our staff up for success in supporting our patients and families.
- Families **WANT** and **NEED** help from our staff to understand the long term health risks and how to make healthy choices
- Our nursing staff has done 292 healthy habits screenings since implementation and physicians have made 57 referrals through the EMR
- In a one month period, staff gave out 80 handouts (5210) and 32 resource cards
- Patients and parents express an understanding of the serious nature of lifestyle changes when labs are drawn and follow-up is needed


Measuring Success


- Using a tally sheet to inventory resources given Starting with 10 of each brochure and resource cards in exam rooms
- EMR reports on questionnaires (structured data fields) and referrals
- Future EMR reports could be run on follow-up nutritional counseling codes and follow-up appointment type
- Decreasing BMI percentages would be difficult to measure. Physicians can't ultimately be responsible for patient and family choices


Healthy Habits Initiative

Name _____

3 or More Fruits and Vegetables	
2 Hours of Safe Recreational Exercise Time	
1 Hour of More of Physical Activity	
0 Sugar-Sweetened Beverages	
Wash out of Saturated Lipid	
Not Exceed 250kcal	
Score for 100% Healthy Habits	

WE CAN MAKE A DIFFERENCE BY ADDRESSING THE ISSUE AND OFFERING SUPPORT AND RESOURCES "Even if it's just one."


There is a time for everything




And a time to celebrate healthy choices

