



Center for Healthy Weight

Newsletter

August 8, 2006

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1. CORE UPDATES

Patient Care

Pediatric Weight Control Program



New Groups Beginning in September

The Packard Pediatric Weight Control Program is currently enrolling children and teens to participate in two new groups, which begin in September. To refer patients please contact Cindy Zedeck at 650-725-4424.

Partnership with the Mid-Peninsula YMCA Grows

The YMCA conducted classes from kickboxing to hip-hop for the exercise section of the Pediatric Weight Control Program at their facility on Page Mill Road. The YMCA also gave our families a 10 week free trial memberships and waived their registration fee.

Program Retention Rates are High

39 of 42 participants completed the six-month course held at Packard and in East Palo Alto in FY06. Outcome data is being compiled.

Santa Clara Family Health Plan and Community Health Partnership Classes Underway

Santa Clara Family Health Plan has contracted with Packard Children's to pilot the Pediatric Weight Control Program. SCFHP is the first health plan to provide full reimbursement for this program. 34 families are currently enrolled in the program. Classes will end in a few months. Another three groups are in progress at the Community Health Partnership.

Packard Pediatric Weight Control Training Institute

As part of a strategy to disseminate programs to the community, the Packard Pediatric Weight Control Program Training Institute has been created with funding from the Health Trust. The Institute trains, certifies and supports community agencies and providers to deliver our family-based, group, behavioral weight control program to their own patients in their own communities.

The next Institute session is scheduled for October 10-13, 2006. If you have questions or to request an application form, please contact Krissy Connell at (650) 724-7742 or spwcpinst@stanford.edu

Bariatric Surgery



On May 18, Packard became the first California children's hospital to perform a laparoscopic gastric band surgery on an adolescent. The reversible, minimally invasive procedure offers an alternative to gastric bypass surgery to obese teens struggling with major medical complications related to their excess weight. The patient has lost 56 lbs since the surgery. No major complications or problems occurred during or after surgery.

In 2004, Packard became the first children's hospital in the state to offer gastric bypass surgery to obese adolescents and 10 teens have since undergone the procedure. Five children have reached their first year anniversary and all have lost over 100 pounds each. Support groups for patients who have received surgery are progressing well.

Prevention and Community Programs

Un Equilibrio Sano (A Healthy Balance)



In March of 2003, Mayfair community parents, pediatricians at LPCH, Stanford undergraduate students, and Cesar Chavez Elementary School joined forces to create Un Equilibrio Sano (A Healthy Balance), an obesity prevention program in the Mayfair community in East San Jose, California. The group determined that a new soccer field would benefit the community significantly; the construction of a soccer field at the school is underway.

Shari Chevez, second year resident in Pediatrics in the Stanford Advocacy Track, will continue efforts to reduce childhood obesity in the Mayfair community. She is holding focus groups with parents, school officials, and community members to identify the key goals and strategies for utilizing the new field. Shari recently applied for a CATCH grant from the American Academy of Pediatrics to continue her work in this community

Healthy Silicon Valley Collaborative



Advocacy to improve school, work, and community environments to encourage better nutrition and more physical activity is receiving significant energy from the Healthy Silicon Valley collaborative. In just the past two months, many community organizations including the YMCA, UC Extension, the Silicon Valley Chamber of Commerce, the Cities of San Jose, Sunnyvale, Campbell, and Mountain View, multiple school districts, Blue Cross, several faith organizations and a number of representatives from labor organizations have joined the Collaborative. All are working to design a community action plan that will be finalized by late summer.

Candace Roney is co-chairing the Healthy Silicon Valley Steering Committee with Bonnie Broderick who is with the nutrition and wellness division of the Santa Clara County Public Health Department.

SPORT (Sports to Prevent Obesity Randomized Trial)



SPORT is a research study to evaluate the efficacy of after school team sports to reduce weight gain among 8-11 year-old overweight and at-risk of overweight children. Children who are enrolled in SPORT are assigned to either an after school soccer program or an after school health education program. Results of a CDC-funded pilot project completed in March are promising. Children who participated on the after school soccer team decreased their BMI adjusted for age. A larger, 2 year NIH-funded study began in June and is currently recruiting subjects. To be eligible children must be 8-11 years old with BMI at or above the 85th percentile and attend school in the Ravenswood City School District in East Palo Alto. For more information please contact Dr. Dana Weintraub, Project Director at 724-4019.

Patient Advocacy and Public Policy

Healthy Weight Healthy Futures: Head Start Parents Advocating For Change



This parent designed and driven obesity prevention program was created to improve dietary and physical activity behaviors of Latino preschool age children (3-5 years) and their families at Head Start in East Palo Alto. The project is being led by Lisa Chamberlain, Janine Bishop, and pediatric residents Heather Iezza and Maria Mosquera (AAP CATCH Grant Recipients). A series of pilot classes to test the feasibility the program lessons with parents and children are complete. With funding support from the General Mills Foundation and the Lucile Packard Children's Hospital, program implementation will begin this fall.

Sherica Rosser, a second year resident in Pediatrics, created a resource guide for parents, health care providers, and community organizations that describes after school sports and recreational activities available for children and youth in East Palo Alto. Distribution of the guide is underway.

Resident Training Program

Beginning in September, 20 LPCH interns will work with the School Nurse of the Ravenswood School District to implement a wellness policy developed last year with the help of last years intern class. Interns will work with parents, teachers and staff to discuss most effective ways to implement the policy. This effort is being led by Lisa Chamberlain.

As part of their media and advocacy training, LPCH junior residents Sherica Rosser and Grace Yu, advocated against proposed federal budget cuts to the WIC (Women Infants and Children) program. Sherica and Grace presented their advocacy topic at an LPCH morning report and provided fellow physicians with the opportunity to sign a letter to State Congresswoman, Anna Eshoo, advocating for continued funding to the program.

Local Legislation on Vending Machines



The City of San Jose has recently taken important steps concerning vending machines in public buildings. On June 13, the San Jose City Council approved a measure proposed by Councilmember Ken Yeager that all City vending machines provide at least 50% healthy food and drink options in all city buildings, community service centers and the airport. A previous measure approved in March mandates that vending machines in all 17 San Jose libraries include 100% healthy choices. With the city vending contract up for renewal this summer, the request for proposals includes this requirement.

2. CENTER UPDATES

Program Director for Center for Healthy Weight Hired

The Vadasz Family Foundation has generously contributed \$250,000 to enable LPCH to hire and support a Program Director for the Center for Healthy Weight for two years. We are happy to announce that Michelle Oppen has been hired to fill this role. Prior to joining Packard Children's, Michelle worked as a community health planner for the San Mateo County Health Department, leading a large community-wide effort on the prevention of childhood obesity.

This is an exciting step forward in the Center's development. Supervised by Karen Kemby and Dr. Tom Robinson, the Program Director will have a significant impact on the health of children in our community and beyond by fostering the continued growth of our Center.

3. SPEAKING ENGAGEMENTS

Packard Children's MD's participate in joint U.S.-Mexico workshop on preventing childhood obesity

Fernando Mendoza and Tom Robinson were members of a U.S. delegation from the Institute of Medicine of the National Academies for the "Joint U.S.-Mexico Childhood Obesity Workshop" on May 3-4, 2006, with the Instituto Nacional de Salud Pública (INSP), in Cuernavaca, Morelos, Mexico. Both presented their research.

1st International Congress on Physical Activity and Health

Tom Robinson and Dana Weintraub presented a one-hour session entitled, "Stealth for Health: Interventions to Increase Physical Activity" at the 1st International Congress on Physical Activity and Health, sponsored by the U.S. Centers for Disease Control and Prevention, in Atlanta, GA, April 19, 2006.

Center for Disease Control

Tom Robinson Co-Chaired (with Professor Amy Jordan of the Annenberg School at University of Pennsylvania) a CDC-sponsored, "Expert Panel Meeting to Address Children, Television Viewing and Weight Status," in Atlanta, GA, April 26-27, 2006.

4. PROFESSIONAL EDUCATION

LPCH 14th Annual Pediatric Update

Drs. Tom Robinson and Larry Hammer spoke on the following topics at the 14th Annual Pediatric Update
Evaluation and Treatment of the Obese Child – Dr. Lawrence Hammer
Preventing Childhood Obesity – Dr. Thomas N. Robinson

Prevention and Management of Childhood Obesity – LPCH Conference

November 12, 2006

Mauni Lani Bay Hotel, Big Island of Hawaii

This conference is designed to provide pediatricians, family practice physicians, nurses and allied health professionals with the tools and knowledge to successfully evaluate and treat children and adolescents who are overweight or obese.

The following talks will be given:

Medical Evaluation of the Overweight Child and Evaluation for Bariatric Surgery - Dr. Lawrence Hammer
Behavioral Management Tips for the Office Practice and Obesity Prevention - Dr. Thomas Robinson
Evaluation and Management of Insulin Resistance and Metabolic Syndrome - Dr. Bruce Buckingham

Visit the <http://www.lpch.org/pdf/cmeBrochures/cmeHawaiiBrochure2006.pdf> to view the conference brochure.

5. PUBLICATIONS

"Preparing Your Patient for Weight Loss Surgery: A Guide for the Mental Health Professional" *Treatments That Work Series: Oxford University Press* 2006; Apple, RF, Lock J, Peebles R

"Methamphetamine use following bariatric surgery in an adolescent." *Obes Surg* 2006; 16: 6: 780-2, Dutta S, Morton J, Shepard E, Peebles R, Farrales-Nguyen S, Hammer LD, Albanese CT

6. PEDIATRIC FACULTY GRANT AWARDS

Darrell Wilson received a grant from the Glaser Pediatric Research Network for A Multi-center, Randomized, Placebo Controlled, Double-Blind Trial of Metformin in Obese Adolescents.

7. CHW IN THE NEWS

Kids get fit the fun way *Contra Costa Times, NACHRI, 8/6/06*

Dana Weintraub, MD, Clinical Instructor of Pediatrics, provided comment on how the fitness industry is reacting to a change in youth lifestyles made sedentary in the age of video games, the Internet and mega TV.

Baby fat: When to rejoice, when to worry *CBSNews.com, MSNBC.com, Baltimore Sun, Contra Costa Times, Minneapolis-St. Paul Star Tribune, New York Times, Sacramento Bee, San Francisco Chronicle, San Jose Mercury News, Seattle Post-Intelligencer and the Seattle Times, 8/1/06*

In this Associated Press article, Thomas Robinson, MD, MPH, Director of the Center for Healthy Weight at Packard Children's, provided comment on the lifestyle patterns that can change a healthy chubby baby into an unhealthy obese adult.

Ask a pediatrician *KQED-TV, 8/2/06*

Lisa Chamberlain, MD, MPH, Director of Advocacy at Packard Children's Center for Healthy Weight, and Dana Weintraub, MD, Clinical Instructor of Pediatrics, participated in Ask a Pediatrician, a 30-minute program dedicated to helping answer parents' questions about children's health.

Fighting obesity through the power of parents *Palo Alto Weekly, 07/28/06*

Lisa Chamberlain, MD, MPH, Director of Advocacy at Packard Children's Center for Healthy Weight, and Janine Bishop, Director of Pediatric Advocacy at Stanford, provided comment regarding *Healthy Weight, Healthy Futures*, a six-month-long education program designed for parents in East Palo Alto on how to prevent obesity in kids.

Obesity is a top health issue for Asian children **Philippine News Online**, 8/2/06

Sophia Yen, MD, MPH, Clinical Instructor in Adolescent Medicine, provided comment regarding a recent study on obesity among ethnic children. The study shows 40 percent of Asian American or Pacific Islander kids in California are overweight and at risk of becoming obese if the problem is left unchecked. Within the Filipino community alone, 29 percent of the children tip the weighing scale beyond what the Body Mass Index, or BMI, prescribes.

TV & In-Game Ads Lead To Overweight, Nagging Kiddos **Kotaku.com**, 8/1/06

A web posting cites Packard Children's research indicating a correlation between increased television time for kids and their subsequent requests for items seen on TV. The data originally was part of a television reduction study done by Thomas Robinson, MD, MPH, Director of the Center for Healthy Weight at Packard Children's, provided comments in some of these reports.

Gastric bypass surgery **ABC-7**, 06/30/06

This segment discussed gastric bypass surgery as a solution for obese teens. Packard Children's was mentioned.

Ten factors linked to rise in obesity **San Jose Mercury News, Charlotte Observer, Biloxi Sun Herald, Kansas City Star, and syndicated to various national print** 6/27/06, **International News Service** (Sydney,Australia), **6/28/06, Seattle Times, Tech News, Aberdeen American News** (Aberdeen, SD), 7/1/06,

Thomas Robinson, MD, MPH, Director of the Center for Healthy Weight at Packard Children's, provided comment regarding the risk factors associated with the growing obesity epidemic.

Packard Children's is first in state to perform pediatric gastric band surgery **Therapeutics Daily**, 6/20/06

Craig Albanese, MD, Division Chief of Pediatric General Surgery at Packard Children's, and **John Morton, MD**, Director of Bariatric Surgery at Stanford, provided comment on a new, reversible, minimally invasive "lap band" surgery for obese teens. Packard Children's recently became the first children's hospital in California to perform the procedure

Play's the thing **Palo Alto Weekly**, 06/14/06

Lisa Chamberlain, MD, MPH, Director of Advocacy at Packard Children's Center for Healthy Weight, **Cindy Zedeck, MA**, Manager of the Packard Children's Pediatric Weight Control Program, **Julie Matel, MS**, Registered Dietitian and Nutritionist, and **Monica Holt, MS**, Registered Dietitian and Nutritionist, all provided tips and comments regarding the importance of keeping kids active and fit during the summer.

Fit and healthy summer **NBC-11**, 6/14/06

Julie Matel, Registered Dietitian at Packard Children's, provided comment regarding a recent obesity study in Santa Clara County and what parents can do to help combat the problem.

New weight loss surgery alternative to gastric bypass **Medical Center Report** by Krista Conger, 5/24/06

Craig Albanese, MD, Division Chief of Pediatric General Surgery at Packard Children's, and **John Morton, MD**, Director of Bariatric Surgery at Stanford, provided comment on a new, reversible, minimally invasive "lap band" surgery for obese teens. Packard Children's on May 18 became the first children's hospital in California to perform the procedure

Interdisciplinary Conference Addresses Environment, Health **Stanford Report** by Mitzi Baker, 5/17/06

Thomas Robinson, MD, MPH, Director of the Center for Healthy Weight at Packard Children's, provided comment regarding a recent environmental conference at Stanford, which focused on how to preserve the planet and the people who live on it. Representatives from the fields of engineering, medicine, architecture and history came together at the conference to discuss the effects that human-made structures have on the environment and the health of the general population.

Packard doctors speak at pediatric conference Medical Center Report by Krista Conger, 5/3/06

Physicians from Packard Children's recently participated in the Pediatric Academic Societies meeting in San Francisco, giving talks on topics ranging from teen opinions of birth control, to childhood obesity to pediatric emergency medicine. Packard doctors Sophia Yen, MD, MPH, clinical instructor of adolescent medicine, Dana Weintraub, MD, clinical instructor of pediatrics, Ewan Wang, MD, pediatric emergency specialist, and Darrell Wilson, MD, chief of pediatric endocrinology, are referenced.

"East Palo Alto Junior League's "Kids in the Kitchen"

Group Leaser Juanita Velasco spoke at the East Palo Alto Junior League's Kids in the Kitchen day about healthy snacks and ways to reduce fat in your diet. The talk was given in both English and Spanish.

8. OTHER NEWS

Hospitals prepare for growing ranks of obese Reuters News Service, 6/2/06

As Americans keep getting bigger, hospitals are revamping themselves to accommodate an influx of obese patients. Patients are increasingly likely to find themselves in a room with a wider doorway than the 42-inch standard, a bed that holds up to 1,000 pounds and a ceiling lift system to move them to the bathroom.

If you have information you would like to include in this monthly newsletter, please contact Karen Kemby at kkemby@lpch.org or 650-724-4398.