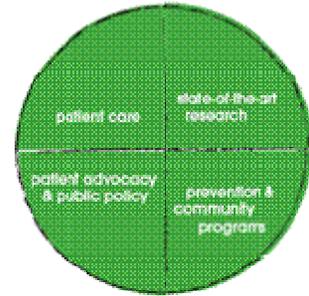




Lucile Packard  
Children's Hospital  
AT STANFORD



*The Center for Healthy Weight*

## Center for Healthy Weight

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### Newsletter

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April 20, 2006

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#### 1. CORE UPDATES

##### Patient Care

##### **Pediatric Weight Control Program**



##### ***Classes Underway***

The Packard Pediatric Weight Control Program currently has 42 children enrolled in five groups. Two groups will be ending in May; the remaining three will be completed in June. New groups will begin in September.

##### ***Payor Reimbursement***

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. Under the agreement, Packard Children's will run three groups of 10-12 participating families. The first group began in March with 12 children participating. Efforts to negotiate similar arrangements are underway. Preliminary discussions with Valley Health Plan are beginning.

Meet PWCP graduate Stuart Dooley

<http://www.lpch.org/clinicalSpecialtiesServices/ClinicalSpecialties/centerHealthyWeight/ppwcp/patientProfiles/stuartDooley.html>

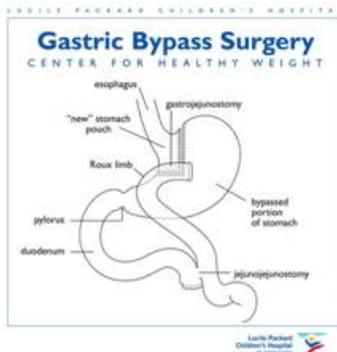
## Weight Clinic



To accommodate patient demand, the weight clinic has added one additional session per week beginning in May. The wait time to obtain an appointment is now over four months.

A clinical treatment manual has been developed to provide a framework for structured clinical follow-up by dietitians and physicians. The manual is based on the Stoplight Diet, developed by Leonard Epstein, Ph.D., for use in parent and child groups. Implementation of the Stoplight Diet with individual families will provide us a unique opportunity to further expand the scope of this treatment approach to families unable to participate in groups.

## Bariatric Surgery



Since the adolescent bariatric surgery program started in January 2004, a total of eight gastric bypass surgeries have been performed. The first two were performed in 2004; five were completed in 2005 and one in 2006. On March 16, 2006 our youngest candidate, 14 years of age with a BMI of 55 had the surgery. The gastric bypass evaluation starts with an assessment by physicians in the pediatric weight clinic. Although new referrals are received on a weekly basis, not all referred patients qualify for the surgery. Each patient and family is carefully screened. The process takes about six months. Currently, there are about six patients in line for surgery. We are working on our first case to use adjustable gastric banding for an adolescent. The adjustable band has not been approved by the FDA for this population (and 3rd party payers rarely pay for it,

making it a "self pay" procedure), although it has been used for adolescents in several centers. It is an attractive therapy since it is reversible and does not require an extensive procedure that permanently alters the gastrointestinal anatomy.

The outcome of our post surgical patients has been excellent. We have four patients that reached their 1<sup>st</sup> year anniversary and all four have lost over 100 lbs. When asked if they are satisfied with the surgery, all said yes. We did have two complications. One patient had a stricture at the anastomosis site and another had a bowel obstruction. Both problems were resolved without any further complications.

## Prevention and Community Programs

### Prevention

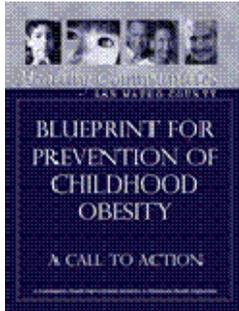
#### *Un Equilibrio Sano (A Healthy Balance)*



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.

Project successes thus far include field days at Cesar Chavez Elementary, nutrition classes for parents, and health screenings for local families. As a result of a generous donation from the David and Lucile Packard Foundation, Cesar Chavez Elementary will break ground on the construction of a soccer field at the school in the late spring. Currently, parents are also participating in advocacy training sessions and working to improve lunches offered to children at the elementary school. Thanks to this campus-community partnership, children in the Mayfair community are on their way to a healthier future.

## Community Programs



On April 4, 2006 the San Mateo County Board of Supervisors unanimously approved a **Blueprint for Prevention of Childhood Obesity: A Call to Action**. This comprehensive report and plan for community action against childhood obesity consists of quantitative and qualitative data on the scope of the problem in San Mateo County and action plans for community/environment, schools, after-school environments, preschool and child care environments, and the healthcare sector.

This planning process began a year ago under the leadership of the San Mateo County Health Department and involved more than 250 community leaders from all of the above sectors. LPCH and the Stanford University School of Medicine have participated from the beginning and worked with the healthcare sector subcommittee. Next steps for implementation of the action plans will be determined over the next few months. To see a copy of the report click on the following link:

[http://www.co.sanmateo.ca.us/vgn/images/portal/cit\\_609/46/20/633723270cob\\_report\\_web.pdf](http://www.co.sanmateo.ca.us/vgn/images/portal/cit_609/46/20/633723270cob_report_web.pdf)

## Patient Advocacy and Public Policy

### Patient Advocacy

#### *Healthy Weight Healthy Futures: Head Start Parents Advocating For Change*



The Healthy Weight Healthy Futures project is a parent designed and driven obesity prevention program 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, MD and Janine Bishop, Healthy Weight Healthy Futures Program Manager.

During the planning phase of the project, the team worked with Head Start parents to determine their needs for an obesity prevention program. Curriculum was developed based upon their feedback. Residents Heather Iezza and Maria Mosquera are currently conducting four pilot classes with parents to test the curriculum and obtain feedback on the content, format and cultural applicability of the material. Implementation will begin in the fall of 2006. LPCH Community Partnerships has provided funding to offer the program to approximately 25 parents participating in the Head Start program.

## 2. CENTER UPDATES

### Funding Received for Program Director

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. The full-time position is now funded for two years and a search is underway. 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. The Program Director will have a doctoral or master's degree in a medical, nursing, public health, social science, or related field, plus expertise in childhood obesity and health programs management, and sensitivity in working with families from diverse cultural and socioeconomic backgrounds.

She/he will take on an array of important and challenging responsibilities, including:

- Developing programs for the Center to fulfill the objectives of the business plan, for example - design and implement new strategic partnerships and collaborate on legislative advocacy

- Implementing, enabling, and overseeing start-up projects in the clinical, research, prevention, community, provider education, and advocacy arenas
- Serving as a liaison for School of Medicine faculty and Hospital staff across the Center's four cores
- Fostering the dissemination and sustainability of community-based primary prevention programs and the Pediatric Weight Control Program

We are extremely grateful for the Vadasz Family Foundation's partnership in tackling childhood obesity. We have received applications from many highly qualified candidates and will be concluding the search soon. If you know of potential candidates for this pivotal role, please ask them to email their resumes to [kkemby@lpch.org](mailto:kkemby@lpch.org) today.

### 3. COMMUNITY EVENTS

#### A Street Jam Workout



Participate in "A Street Jam Workout" a hip-hop dance workshop, get some exercise and support Pediatric Weight Control Program Director, Isabel Stenzel Byrnie to raise funds to participate in the National Kidney Foundation U.S. Transplant Games which will be held in Kentucky in June, 2006. Over 2000 athletes with organ transplants from all over the country will gather to compete and celebrate health and the miracle of organ donation. Isabel, who received a double lung transplant two years ago, will be competing in swimming and track. Her sister, who also received a transplant, will be

competing as well. Events details:

Date: April 30, 2006

Time: 4:30-6:30 pm

Location: Red Morton Community Center - 1120 Roosevelt Avenue, Redwood City

Suggested donation is \$10.

### 4. SPEAKING ENGAGEMENTS

#### Pediatric Academic Society Annual Meeting

Lisa Chamberlain, Yun Wang, and Thomas Robinson: Does Children's Screen Time Predict Requests for Advertised Products? Cross-Sectional and Prospective Analyses.

Tuesday, May 2, 2006, 8:00 AM-10:00 AM

Dana Weintraub, Evelyn Castillo-Tirumalai, Farish Haydel, Michelle Fujimoto, Laurie Bauer, Tara Emrick-Kono, and Thomas Robinson: Sports To Prevent Obesity: Feasibility and Pilot RCT

Sunday, April 30, 2006, 12:00 PM-2:00 PM

#### Institute of Medicine of the National Academies

Fernando Mendoza and Tom Robinson are 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

#### 1<sup>st</sup> International Congress on Physical Activity and Health

Tom Robinson and Dana Weintraub are presenting 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 is Co-Chairing (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.

### **Healthy Eating In A Fast Food World: Tips for Parents and Children**

On April 4<sup>th</sup>, 2006 Dr. Larry Hammer and Gretchen Flanagan presented startling information about what our children are eating and the effects on health. They also offered parents suggestions on how to help their children eat healthier in today's world.

### **Society for Behavioral Medicine Conference**

Cindy Zedeck presented a poster on the Pediatric Weight Control Program at the Society for Behavioral Medicine Conference in San Francisco on March 23, 2006.

### **Santa Clara County Children's Health and Fitness Coalition**

On April 7, 2006, Cindy Zedeck spoke about the Pediatric Weight Control Program at the Santa Clara County Children's Health and Fitness Coalition.

### **Community Public Access Television**

Pediatric Weight Control Program group leader in East Palo Alto, Delores Farrell, spoke about the Pediatric Weight Control Program on a panel called "Our Children's Health, Talking with Henrietta". It aired on Channel 27 which is the public access station for Palo Alto, East Palo Alto, Menlo Park and Atherton. The piece also aired for two weeks on [www.communitymediacenter.net](http://www.communitymediacenter.net).

### **1st Annual Susan Orr Lectureship In Child Health – The Coming Storm in Pediatrics: Shaping the LPCH Role, Pediatric Grand Rounds**

Dr. Wise provided an overview of the changing epidemiology of childhood and increasing disparities between the health of rich children and poor children. The rising prevalence of chronic illness in children, coupled with limited access to effective treatment, is driving disparities higher. Obesity is an example of an increasingly prevalent illness in which a child's access to the most innovative treatment has a significant effect on his or her long term health outcomes.

## **5. PROFESSIONAL EDUCATION**

### **LPCH 14<sup>th</sup> Annual Pediatric Update**

July 21-22, 2006

Frances C. Arrillaga Alumni Center, Stanford Campus

Drs. Tom Robinson and Larry Hammer will speak on the following topics at the 14<sup>th</sup> Annual Pediatric Update

- Evaluation and Treatment of the Obese Child – Dr. Lawrence Hammer
- Preventing Childhood Obesity – Dr. Thomas N. Robinson

[www.cme.lpch.org](http://www.cme.lpch.org)

### **Prevention and Management of Childhood Obesity – LPCH Conference**

November 12, 2006

Mauni Lani Bay Hotel, Big Island of Hawaii

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

## 6. VISITING SPEAKERS

On March 22, 2006 **Leonard H. Epstein, Ph.D.**, Distinguished Professor of Pediatrics and Social and Preventive Medicine, University of Buffalo School of Medicine and Biomedical Sciences held a seminar titled "Application of Behavioral Economics to Childhood Obesity" at the Stanford Prevention Research Center. Based on behavioral economic theory, the presentation reviewed experimental laboratory, field and clinical research to understand how changes in sedentary behavior can influence energy balance, body weight and obesity.

## 7. PUBLICATIONS

Robinson TN, Borzekowski DLG. Effects of the SMART classroom curriculum to reduce child and family screen time. *Journal of Communication* 2006;56:1-26.

Robinson TN. Obesity prevention in primary care. [editorial] *Archives of Pediatrics and Adolescent Medicine*, 2006;160:217-218.

Hassink SG, Klish WJ, Robinson TN, Freedman M. Take a comprehensive approach to obesity control and prevention. *Contemporary Pediatrics*, 2006;23(3):101-110.

## 8. CHW IN THE NEWS

[More Obese Patients Turn to 'Last Resort' Surgery](#) **U.S. News & World Report**, 3/27/06

Craig Albanese, MD, chief of pediatric general surgery at Packard Children's, provided comment in this article about the growing popularity of gastric bypass surgery. Packard Hospital offers the surgery for morbidly obese children and teens and our guidelines for patients are referenced.

[How to set your child free from TV](#) **Prevention**, 04/04/06

Thomas Robinson, MD, MPH, director of the center for healthy weight at Packard Children's, provided comment on ways to decrease children's television viewing time.

[Children's demands for toys and food increase with TV time](#) **San Francisco Chronicle**, **NACHRI**, **East Valley Tribune** (Mesa, AZ), **Ivanhoe.com**, 4/5/06, **Medical Center Report**, **Menlo Park Almanac**, 4/12/06, **Innovations-Report** (Germany),

**Kotaku.com**, **KCSN radio** (Northridge, CA), 4/5/06, **SFGate.com**, 4/5/06

Lisa Chamberlain, MD, clinical instructor at the school of medicine and researcher-pediatrician at Packard Children's, provided comment on research she has co-authored 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, who also provided comment.

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