



Center for Healthy Weight

Newsletter

December, 2006

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Patient Care

Pediatric Weight Control Program



Packard Pediatric Weight Control Program Featured on NPR

Tom Robinson and Cindy Zedeck were featured in a lengthy segment on NPR's Morning Edition discussing the anniversary and success of our program. Over thirteen million people listen to Morning Edition each day. It's the second most-listened-to national radio show.

Groups offered at LPCH in progress

The Packard Pediatric Weight Control Program currently has two groups running. New groups will begin in January and recruitment is underway for three different target populations: a kids group (ages 8-12); a teen group (ages 13-15); and a Spanish kids group (ages 8-12). To refer patients please contact Cindy Zedeck at 650-725-4424.

More groups are being offered within the community!

In addition to the groups offered at Packard, the Pediatric Weight Control Program is holding groups in several locations within the community. The School Health Clinics in Santa Clara County started two new Spanish language groups in San Jose and Gilroy. Their staff is being trained by Packard on weekly basis. They are currently recruiting to start two more groups in January.

The Community Health Partnership has completed five groups this past year and is currently recruiting to start two more groups to begin this January.

SCFHP Pilot Program Completed Successfully

The pilot program with Santa Clara Family Health Plan is complete. Of the 34 participants enrolled, 19 (56%) completed the six month course held in East San Jose. The average amount of weight lost was 4%. While the completion and success rates were somewhat lower than those of the Packard groups, they were comparable and in some cases higher than pilot program results at other clinics. LPCH course leaders Isabel Stenzel, Blanca Esquerra and Cindy Zedeck presented their outcomes to SCFHP Medical Director, Dennis Collins and Vice President of External Affairs, Janie Tyre. Discussions about continuing the program are underway.

Packard Pediatric Weight Control Program Training Institute

First Training Institute a Success!

As part of a strategy to disseminate programs to the community, the Packard Pediatric Weight Control Program Training Institute was 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.

After two years of planning and development, the first Stanford Pediatric Weight Control Training Institute was held from October 10-13, 2006. 17 attendees from eight local and national institutions came from Tennessee, Virginia, Minnesota, Oregon, and California to learn how to implement the program in their own communities. New materials and a website to help community organizations track progress were developed. Feedback was very positive and another Institute is being planned for February, 2007. If you have questions or to request an application form, please contact Krissy Connell at (650) 724-7742 or spwcpinst@stanford.edu

Pediatric Weight Clinic



Demand continues for the Pediatric Weight Clinic. The wait time for an appointment is between four and six months.

To manage the demand, the clinic is giving priority to children with the highest need for medical care. For more information about the clinic, contact Susan Farrales at sfarrales@lpch.org

Weight Clinic physicians Tom Robinson, Elizabeth Shepard, Larry Hammer

Bariatric Surgery

Two successful bariatric surgeries were performed in September. Monthly support groups for post-operative adolescents and parents led by Meg Farquar are going very well. For more information, contact Susan Farrales at sfarrales@lpch.org. The weight clinic and bariatric surgery staff would like to welcome their newest staff member, Rebecca Bernard PhD from the Child and Adolescent Psychiatry and Child Development Department.

Research

Monthly Research Seminars Launched!

The Center for Healthy Weight has launched a monthly research seminar to bring together people throughout the University to share their research and foster collaboration across disciplines. In October, Tom Robinson spoke on "New Strategies to Prevent Childhood Obesity". In November, Donna Matheson, PhD spoke about "Family and School-based Nutrition Interventions and Dietary Assessment of Children". The seminars will continue to be held on the 3rd Thursday of each month from 12-1 pm at the Stanford Barn, 700 Welch Road, Third Floor Conference Room. For more information, to recommend a speaker or to present at a seminar, please contact Michelle Oppen at moppen@lpch.org

Prevention and Community Programs

Packard Children's Receives Two Activate America Awards



Candace Roney received two Activate America awards from the Mid Peninsula YMCA and the YMCA of Santa Clara Valley in recognition of the hospital's work toward preventing childhood obesity and encouraging more physical activity and better nutrition for all residents.

Activate America is a nationwide YMCA initiative and this is the first year they have given awards to community partners. Packard Children's was recognized by the Mid Peninsula YMCA for our leadership with the Get Fit East Palo Alto coalition which is working to create more opportunities for better nutrition and more physical activity in the East Palo Alto area. The award from the YMCA of Santa Clara Valley was for our leadership in bringing all Santa Clara County hospitals together to work on obesity-prevention initiatives through the Healthy Silicon Valley collaborative.

Healthy Silicon Valley Collaborative



Healthy Silicon Valley released their completed Community Action Plan. The plan is available at www.healthysiliconvalley.org. Work groups have been formed around the sectors of the plan such as, health care, government, education and media. These groups are charged with implementing the action items identified in the plan. Candace Roney is playing a leadership role in at least one work group.

SPORT (Sports to Prevent Obesity Randomized Trial)



Stanford SPORT continues to recruit subjects for its evaluation of 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. 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.

Participation in Community Events

Walk to School Day

In observance of International Walk to School Day on October 4, Lucile Packard Children's Hospital, the San Mateo Sheriff's Office, the California Highway Patrol, and the Santa Clara and San Mateo Safe Kids Coalition partnered with Federal Express employees to visit Garfield Charter School in Menlo Park to teach over 300 children about safe pedestrian behavior.

Silicon Valley Marathon

LPCH sponsored the 5K Run/Walk at the Silicon Valley Marathon on October 29. The event highlighted the race against the obesity epidemic and diabetes. Packard Children's had a booth at the event's Health Expo and speakers from the Center for Healthy Weight.

Patient Advocacy and Public Policy

WIC Food Package

WIC food packages were designed to provide supplemental foods to address the nutritional needs of low-income pregnant or breastfeeding women as well as infants and children up to five years of age. The US government has proposed that its Women, Infants and Children (WIC) nutritional program should be revised for the first time in over 25 years in order to better reflect the Dietary Guidelines for Americans. The proposed changes would add fruit, vegetables and whole grains to the WIC packages for the first time. LPCH Center for Healthy Weight and Stanford School of Medicine Department of Pediatrics submitted a letter to the United States Department of Agriculture in support of positive changes during the open comment period.

Meeting with Senator Boxer's Office

Sherri Sager, Karen Kemby and Michelle Oppen met with Jennifer Tang from Senator Boxer's San Francisco office in December to discuss what Packard is doing to prevent and treat childhood obesity.

2. LPCH WELLNESS COMMITTEE

LPCH has formed a Wellness Committee to develop a plan to promote healthy lifestyles for its patients, families and employees. We will be working with other local hospitals on this effort through our involvement with Healthy Silicon Valley. The first meeting took place in December. Members include: Michelle Oppen, Florence Fong, Beth Lupriore, Lynn Dennie, Margaret Pellarin, Arlene Chan-Galvez, Larry Hammer, Elizabeth Shepard, Pam Wells, Patricia Wilder, Candace Roney, Karen Wayman, Janine Bishop, Cindy Zedeck, Lisa Chamberlain and Karen Kemby. If you are interested in joining the committee, please contact Michelle Oppen at moppen@lpch.org

3. SPEAKING ENGAGEMENTS

"A Solution-Oriented Research Paradigm: Strategic Directions in Childhood Obesity Prevention" and "Stealth Interventions to Prevent Childhood Obesity"

Dr. Tom Robinson presented at the University of Wollongong, New South Wales, Australia (with video transmission to University of Sydney and Royal Children's Hospital, Melbourne) on August 28 and August 30 respectively.

"Discovering Solutions: Community-based Obesity Prevention"

Dr. Tom Robinson presented at the World Health Organization Collaborating Center on Obesity and Deakin University Conference in Geelong, Victoria, Australia on September 1.

“Obesity Prevention in North America”

Dr. Tom Robinson presented at the International Congress on Obesity in Sydney, Australia on September 3.

“Stealth Interventions to Reduce Sedentary Behavior and Promote Physical Activity”

Dr. Tom Robinson presented at the Stanford Prevention Research Annual Research Symposium on October 5.

“Child Obesity Research in Australia: A Snapshot of Some Current Research from the Land 'Down Under”

Dr. Tony Okely, Senior Lecturer, Department of Physical and Health Education, and Director, Child Obesity Research Centre, University of Wollongong, Australia gave a presentation at the Stanford Prevention Research Center on October 11.

“Think Globally, Act Locally: Strategies to Influence Behaviors for Obesity Prevention”

Dr. Tom Robinson presented at the McGill University Integrative Health Challenge Think Tank: Forging a Societal Action Plan in Preventing Childhood Obesity Around the World, Global Prevention Alliance in Montreal, Canada on October 27, 2006.

NACHRI Annual Meeting - Obesity Initiatives Across America

Karen Kemby spoke at NACHRI's 2006 Annual Meeting in Boston. Representatives from four children's hospitals were selected to participate on a panel to discuss how leading children's hospitals in this field are addressing the issue of child obesity.

Santa Clara County Hospital Initiatives to Fight the Obesity Epidemic

Candace Roney was the key speaker at the Hospital Conference of Santa Clara County, which included the CEOs of all hospitals in the County. The presentation, focusing on a health and wellness work plan that included internal and external initiatives, resulted in a unanimous and enthusiastic endorsement to put Santa Clara County hospitals at the forefront of fighting the obesity epidemic.

Childhood Obesity in Mexican Americans

Dr. Fernando Mendoza gave a talk on childhood obesity among Mexican Americans at the California Conference of Local Health Officers. The meeting was held in San Diego and Tijuana, and focused on how to improve the health of immigrants on both sides of the border.

“Healthy Lifestyle Balance in a Fast Paced World”

Michelle Oppen presented at the Healthy Silicon Valley Marathon Expo on October 28.

Presentation to LPCH Board of Directors

On November 7, Dr. Tom Robinson provided an update on the current and future plans of the Center for Healthy Weight.

Children’s Hospital and Research Center Oakland: 36th Annual Fall Conference

Into The Mouths of Babes, Children and Adolescents: Addressing Nutrition, Obesity, Eating Disorders and Oral Health, November 10-12, 2006, Seaside, CA.

Rebecca Peebles gave three talks at this conference:

“So What if I’m Overweight? Complications of Obesity”

“Management of Anorexia and Bulimia: a Workshop”

“Surfing the Web for Thinness: Pro-Eating Disorder Websites”

4. PROFESSIONAL EDUCATION

Prevention and Management of Childhood Obesity, LPCH Conference

Dr's Robinson, Hammer and Buckingham presented on topics 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 conference received outstanding reviews.

Medical Evaluation of the Obese Child, Salinas Valley Memorial Hospital, Grand Rounds

Dr. Elizabeth Shepard spoke about the "Medical Evaluation of the Obese Child" on September 15

Complications of Severe Overweight - Medical Evaluation and the Role of Surgery in their Management, LPCH Pediatric Grand Rounds

Larry Hammer presented at LPCH Grand Rounds on December 1.

5. PUBLICATIONS

"Promoting physical activity in children and youth: A leadership role for schools. A scientific statement from the American Heart Association Council on Nutrition, Physical Activity, and Metabolism (Physical Activity Committee) in collaboration with the Councils on Cardiovascular Disease in the Young and Cardiovascular Nursing." *Circulation*, 2006; 114: 1214 – 1224, Pate RR, Davis MG, Robinson TN, Stone, EJ, McKenzie TL, Young JC.

"Progress in Preventing Childhood Obesity: How Do We Measure Up?" Institute of Medicine Committee on Progress in Preventing Childhood Obesity. Washington, DC: The National Academies Press, 2006.

6. PEDIATRIC FACULTY GRANT AWARDS

Dr. Rebecca Peebles was awarded the American Heart Association National Scientist Development Grant for the project "Binge Eating, Purging, and Cardiovascular Risk in Adolescents".

7. CHW IN THE NEWS

Fitness Centers Focus on Kids Monterey County Herald, 12/10/06

Dana Weintraub, MD, Clinical Instructor of Pediatrics at Packard Children's, provided comment regarding fitness centers for children. Dr. Weintraub notes that the fitness industry is responding to a change in youth lifestyles that has led to an increased number of sedentary activities such as playing video games and watching television.

School nutrition is activists' passion: How 4 dedicated people work to help Bay Area students eat right SFGate, 8/28/06

Maria Mosquera, a medical resident in the pediatric advocacy program at Stanford, was featured in a San Francisco Chronicle article to highlight her commitment to teaching Latino families in East Palo Alto how to cook their native dishes with healthful ingredients.

Kids learn to 'red light' bad food NPR, 11/2/06, WLRN (Miami), WFYI (Indianapolis), 11/2/06

Tom Robinson, MD, MPH, Director of the Center for Healthy Weight, and Cindy Zedeck, Program Director of the Pediatric Weight Control Program, were featured in a lengthy NPR segment discussing the anniversary and success of our program. You can listen to the segment on the above link.

Your questions on kids and obesity NPR, 11/9/06

Thomas Robinson, MD, MPH, Director of the Center for Healthy Weight at Packard Children's, and Cindy Zedeck, MA, Director of the Packard Pediatric Weight Control Program, answered questions on obesity in older children following their recent appearance on NPR's Morning Edition.

Baby Food Companies Develop Meals for the Picky Palate Monterey Herald, 11/8/06

Elizabeth Shepard, MD, pediatrician and nutrition specialist at Packard Children's, provided comment on the trend towards refrigerated or frozen baby eats, many of which are focused on sound nutrition and fresh taste.

Keeping fitness fun and easy Children's Advocate, September/October 2006

Cindy Zedeck, Program Director of the Pediatric Weight Control Program, provided comment regarding the importance of physical activity for the whole family to help combat childhood obesity.

Oh, baby! Fancy new eats for the highchair set San Jose Mercury News (free subscription required), 10/11/06

Elizabeth Shepard, MD, pediatrician and nutrition specialist at Packard Children's, provided comment on the trend towards refrigerated or frozen baby eats, many of which are focused on sound nutrition and fresh taste.

Snack food producers to provide more nutritious foods to schools New York Times, The Gainesville Sun, Times Daily, 10/6/06

Tom Robinson, MD, MPH, Director of the Center for Healthy Weight, provided comment regarding the recent announcement by the country's largest snack food producers that they would start providing more nutritious foods to schools to replace sugary, fat-laden products in vending machines and cafeterias.

Many factors influence eating behavior Naples Sun Times (Naples, Fla.), 09/27/06

Thomas Robinson, MD, MPH, Director of the Center for Healthy Weight at Packard Children's, provided comment regarding the role of television in family life and how it affects children.

Baby fat: When to rejoice, when to worry Hattiesburg (MS) American, 9/25/06

Thomas Robinson, MD, MPH, Director of the Center for Healthy Weight, provided comment regarding the lifestyle patterns that can change a healthy chubby baby into an unhealthy obese adult.

Pediatric Weight Control Program celebrates 10th anniversary Univision, 9/8/06

Cindy Zedeck, Director for the Pediatric Weight Control Program, provided comment regarding Alberto Hidalgo, a teenager who successfully went through the program and has lost over 30 lbs. The program promotes healthy eating and exercise habits for overweight children and their families and is celebrating its 10th anniversary.

Pediatric Weight Control Program celebrates 10th anniversary Press Release, 9/5/06

As the centerpiece of Packard Children's Center for Healthy Weight, the Pediatric Weight Control Program promotes healthy eating and exercise habits for overweight children and their families and is celebrating its 10th anniversary. In the past decade, more than 350 kids between the ages of 8 and 15 have graduated from the family-based, behavioral program, and with unprecedented success. Cindy Zedeck, Program Director, provided comment.

Kids get fit at gyms that are just for them Belleville News-Democrat, 8/31/06

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.

School nutrition is activists' passion San Francisco Chronicle, 8/28/06

Maria Mosquera, MD, Senior Resident at Packard Children's, was one of four Bay Area newsmakers profiled in this feature on kids and nutrition. Dr. Mosquera and Senior Resident Heather Iezza spent her summer in East Palo Alto conducting focus groups and classes on nutrition and exercise with Head Start parents.

After-school activities View From the Bay (ABC-7), 8/23/06

Dana Weintraub, MD, Clinical Instructor of Pediatrics, was a live studio guest this past Wednesday for the Back-to-School segment on ABC-7's new afternoon talk show, 'View From the Bay.' Dr. Weintraub discussed creative ways to keep kids healthy and active as they head back-to-school.

Stomach stapling for teenagers Slate, 8/22/06

Packard Children's is mentioned as one of several major children's hospitals in the country that performs bariatric surgery on teenagers.

8. OTHER NEWS

AB 2384 Signed

In September, Governor Schwarzenegger signed AB 2384 to increase fruits and vegetables in neighborhood grocery stores and also released the California Obesity Prevention Plan. For more information, go to the Strategic Alliance website: www.eatbettermovemore.org.

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