

This is the first of a series of monthly newsletters to facilitate communication about the initiatives occurring within the Center for Healthy Weight.

March 8, 2006

1. **Core Updates**
2. **Speaking Engagements**
3. **Professional Education**
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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 began last fall and another three new groups began in January.

Accomplishments

In the last year-and-a-half since the program moved to the hospital we have completed 10 groups with 101 participating children. The majority of participants completed the program and were successfully able to reduce their percentage overweight by an average of 8% (range of 1-30%).

Marketing



Take Yves, for example. After he participated in the Packard Pediatric Weight Control Program, he significantly reduced his weight and gained self-esteem.

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itioners and pediatricians in the San Mateo and Santa Clara
ram were featured in the postcards, on the LPCH website and in

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Yves Perez-Velasquez

The program continues to expand. Two new coordinators were trained to deliver the program at two additional sites in San Jose (Community Healthy Partnerships and Santa Clara Family Health Plan). They are both currently recruiting and each intend to start 2-4 new groups this year. We have just started planning the training of a third site and coordinator to hold groups through the School Health Clinics in San Jose. Their groups will begin next September.

New Location!

The program just moved to a new location at 1400 Page Mill Rd where eventually both the classes and individual follow-up sessions will take place. We have partnered with the YMCA to deliver the exercise component of the program at their Page Mill site.

Bariatric Surgery

Dr. Albanese has performed a total of eight pediatric bariatric surgeries and has assisted Dr. John Morton at Stanford Hospital and Clinics on several adult cases. 6 patients are currently under evaluation for bariatric surgery.

Prevention and Community Programs

Community Service

Candace Roney continues to represent LPCH on a number of community-wide initiatives addressing prevention of obesity and encouraging healthier eating and physical exercise on a community level.

With guidance and support from County Supervisor Rose Jacobs Gibson and the County Health Department, the Healthy Communities San Mateo County Prevention of Childhood Obesity Task Force has been meeting since April 2005 to produce a blueprint to improve the community environment to encourage healthier eating and more physical activity. This participatory process involving more than 250 community leaders from the public health, K-12 education, early childhood education, hospital, community agency and faith community sectors has resulted in a blueprint for action that will be presented to the San Mateo County Board of Supervisors April 4.

In Santa Clara County, the Healthy Silicon Valley collaborative is moving toward the same goal, but the process has been slower due to some leadership and structural issues that have recently been resolved.

Two smaller initiatives are also moving forward:

- The Fit for Learning Initiative with the Santa Clara County Office of Education now has resource materials and 119 trained teacher and parent champions in 92 fifth grades in 28 out of the 33 school districts in Santa Clara County. Jennifer Morris with Stanford's Center for Disease Prevention designed the Fit for Learning resource guide and is now working to develop a guide for K-2, 3-4 and 5-6 grades. Fit for Learning activities are linked to instructional standards to insure stronger teacher acceptance of the curriculum.
- And lastly, the Get Fit East Palo Alto collaborative has brought together 13 organizations, ranging from the school district, the Ravenswood Family Health Center, the Boys and Girls Club and YMCA to the Junior League to work on promoting better nutrition and physical activity and advocating for community environmental changes to make these possible.

2. SPEAKING ENGAGEMENTS

Epidemic Out of Control: Preventing Childhood Obesity

On March 7th, 2006 Dr. Tom Robinson spoke at a lecture series for parents co-sponsored by the Marvin Small Foundation. Over 800 people attended. Dr. Tom Robinson presented parents with research-based tools on how to prevent over-weight and obesity in children. Dr. Robinson also addressed the growing epidemic of obesity with clear solutions for parents already dealing with this major pediatric health issue.

<http://lpch.org/NewsEvents/EventsLectures/HealthFairsEvents/marvinSmall.html>

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

On April 4th, 2006 at 7:00 [Dr. Lawrence Hammer](#), professor in the Department of Pediatrics and Gretchen Flanagan, LPCH registered dietician, will present startling information about what our children are eating and the effects on health. They will offer great ideas for healthy eating in today's world. The seminar costs \$25 and will be held at the LPCH auditorium.

<http://lpch.org/newsEvents/EventsLectures/YourFamiliesHealth/healthyEating.html>

Healthy Lifestyle Balance in a Fast Paced World

On March 4, 2006 Cindy Zedeck and Gretchen Flanagan spoke to parents at the Palo Alto Chamber of Commerce Health Expo '06.

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

3. PROFESSIONAL EDUCATION

LPCH 14th 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 14th Annual Pediatric Update

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

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

4. PUBLICATIONS

An article by Lisa Chamberlain and Tom Robinson titled "Does children's screen time predict requests for advertised products? Cross sectional and prospective analyses." will be published in the April 2006 in Archives of Pediatric and Adolescent Medicine. The research will be a platform presentation at the 2006 Academic Pediatric Society meeting April 29-May 2, 2006 in San Francisco.

5. CHW IN THE NEWS

[Bariatric Surgery Makes Dreams Possible for Obese California Teen](#) **Media Advisory, December 5, 2005**

[Kicking the TV Habit](#) **MSNBC.com, Atlanta Journal-Constitution, Houston Chronicle, Washington Post, San Francisco Chronicle, and numerous media across the country, 02/28/06**

Thomas Robinson, MD, MPH, director of the center for healthy weight, provided comment on a Michigan school district that is urging kids to cut back on television viewing. Dr. Robinson has led nationally-recognized research into the health benefits associated with a reduction in television and video.

[Common Sense Media Finds Heroic Tally from Super Bowl Fast Food Spots](#) **Major Wire Service, 2/6/06**

Thomas Robinson, MD, MPH, director of the center for healthy weight at Packard Children's, and a member of Common Sense Media's Board of Directors, provided comment on Super Bowl advertisements and the impact of fast food ads on children.

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.