



Children & Families
Commission of Orange County

DO NO HARM: Addressing Obesity at Ground Zero

Define yourself · Develop best practice · Partner and collaborate



DR. PATRICIA
HEALTHY FAMILIES



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Medical Director / Founder

How did I
become a
childhood
obesity expert



An Obese Child's Future is Grim

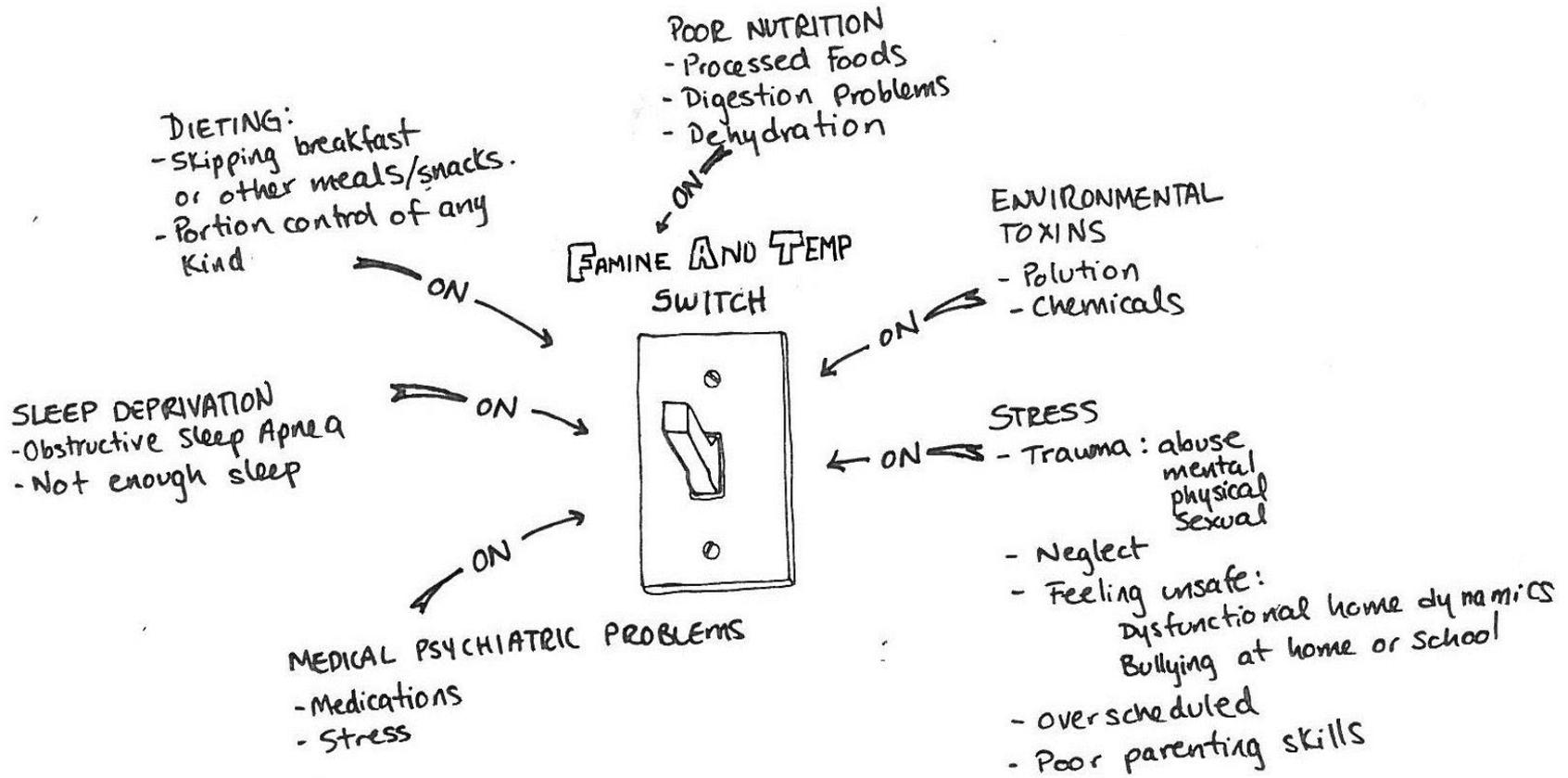
Medical Complications

- ▶ T2DM
- ▶ PCOS
- ▶ CVD (HTN, LVH, dyslipidemia)
- ▶ OSA
- ▶ Asthma
- ▶ Cancer (increased death)
- ▶ NAFLD, gall stones
- ▶ Orthopedic problems:
SCFE/Blount Disease

Psychological Complications

- ▶ 4x more likely to have impaired school function
- ▶ Depression/Anxiety
- ▶ Self-reported health related quality of life comparable to children in chemotherapy or diagnosed with cancer (1)

What triggers obesity?



Fat Switch

Challenges at a Community Clinic with Limited Resources

Families

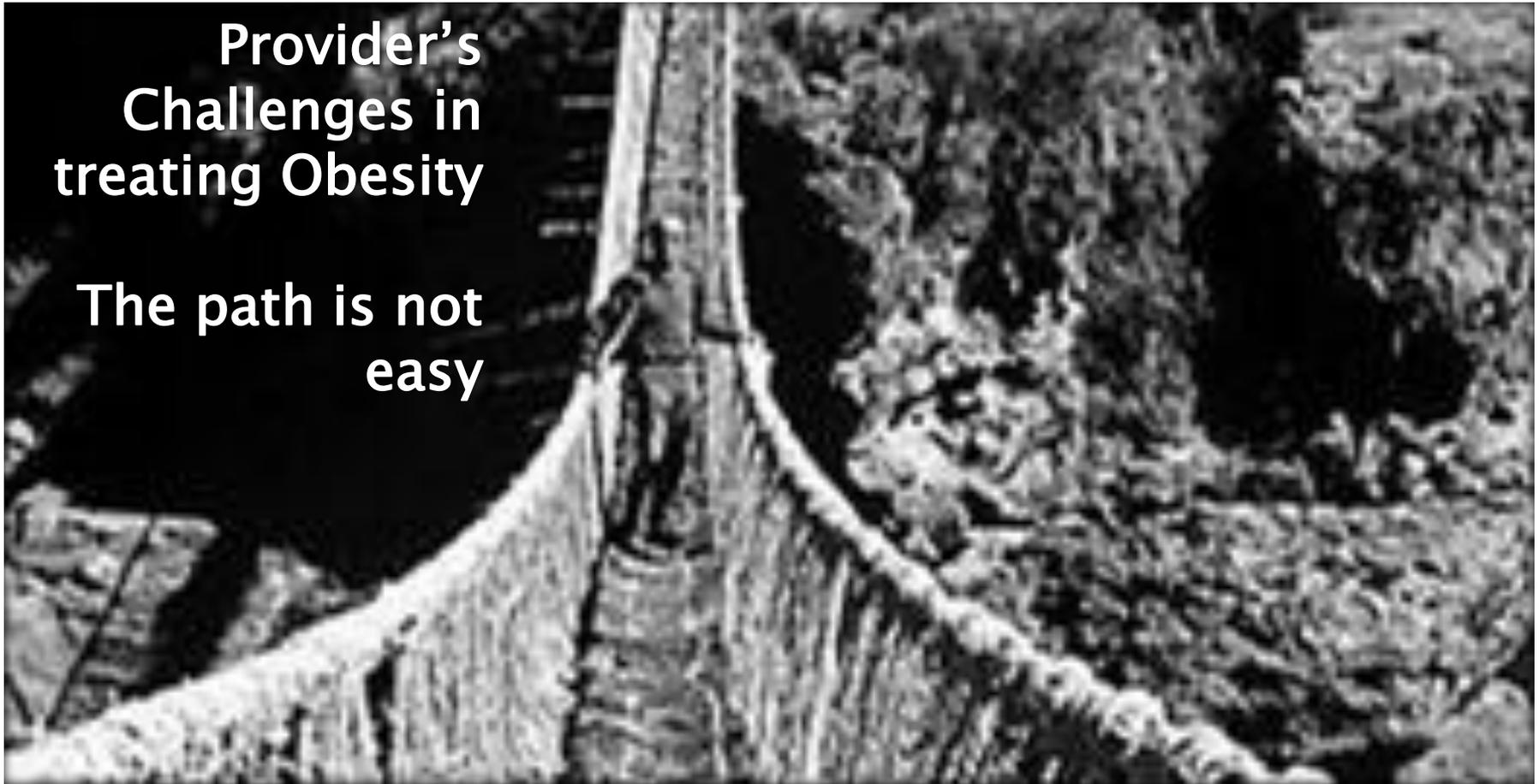
- ▶ Poverty
- ▶ Cultural barriers
- ▶ Living in chaos home/social environment
- ▶ Parents focused on survival / food insecurity / pride in being able to offer a child a soda

Communities

- ▶ Unhealthy school lunches, breakfasts, and snacks at after school programs
- ▶ Lack of parks and safe play areas
- ▶ Food truck vendors and convenience stores providing most meals

Provider's Challenges in treating Obesity

The path is not
easy



Family
dynamics

Cultural
barriers

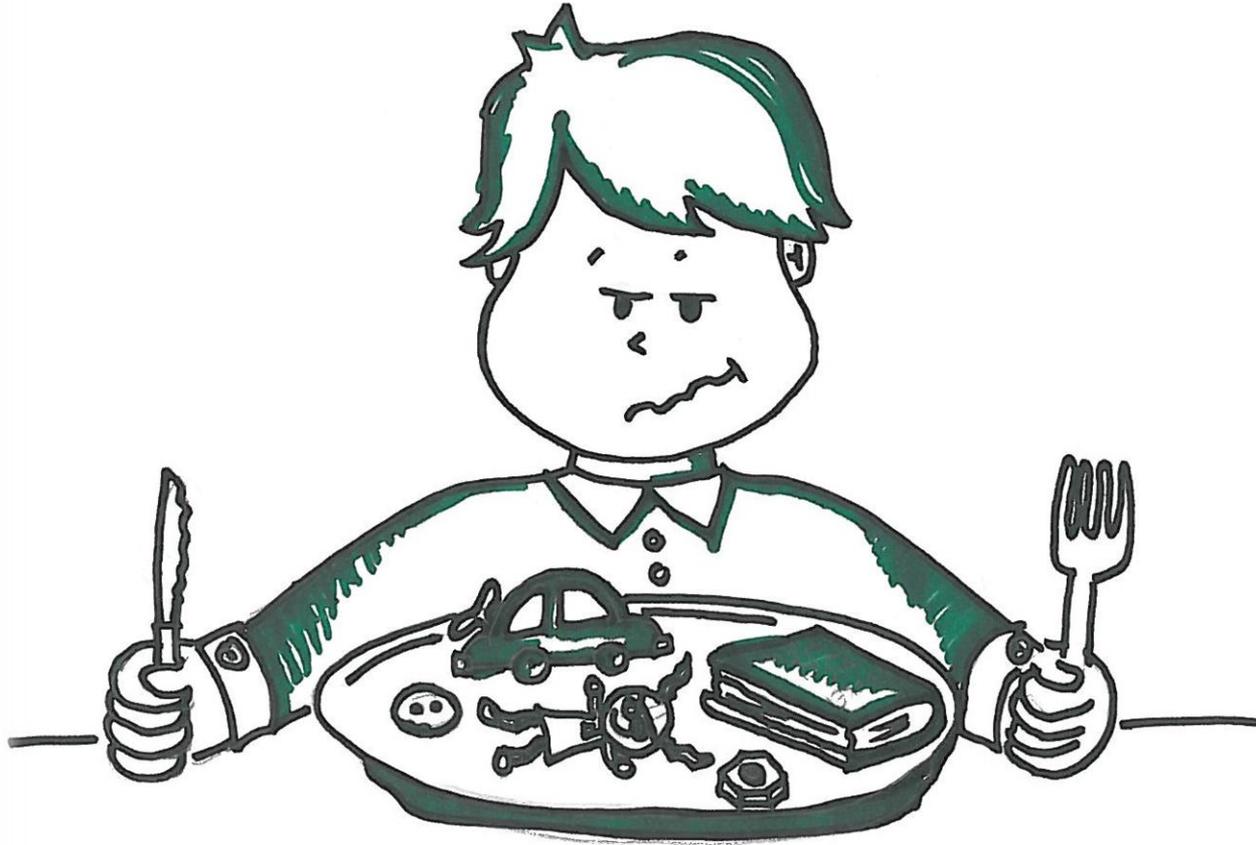
Food
insecurity

Unsafe
Community

Unhealthy
school
lunches



How do you help families overcome barriers to healthy living?



Develop Best Practice Our children are starving.



Define what you believe

Do No Harm: Diets don't work



UH, ACTUALLY I DID YOU A FAVOR.
DO YOU KNOW HOW MANY CARBS
THERE ARE IN PORRIDGE?

Portion control leads to
nutritional insecurity



There is a psychology to feeding children



Encourage Family Meals

TV off

Sit as a family

Love your children up at the table

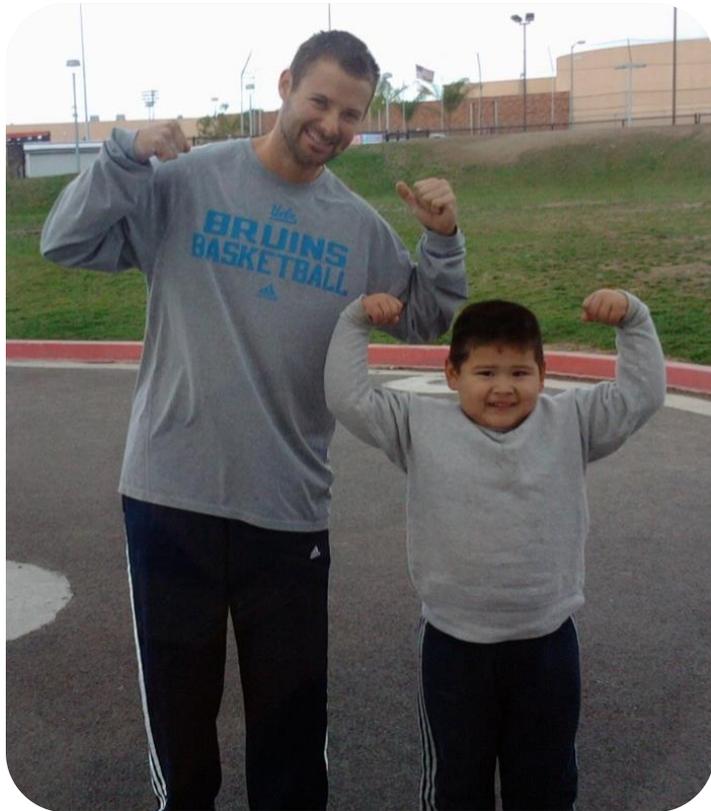


- Children who have regular family meals do better with respect to avoiding overweight, drugs, alcohol, and early sexual behavior.
- Family meals have more positive outcomes than sports, tutors, church, music lessons...¹⁰

Our programs

- ▶ One on one patient care “Health Club”
 - ▶ Fit Club™
 - ▶ Specialized presentations and training
 - ▶ Field trips
 - ▶ Fit Kid Squad
 - ▶ Classes for children and or parents
 - ▶ Collaboration with different agencies to improve nutritional knowledge
- 

Individual Care Plan Results



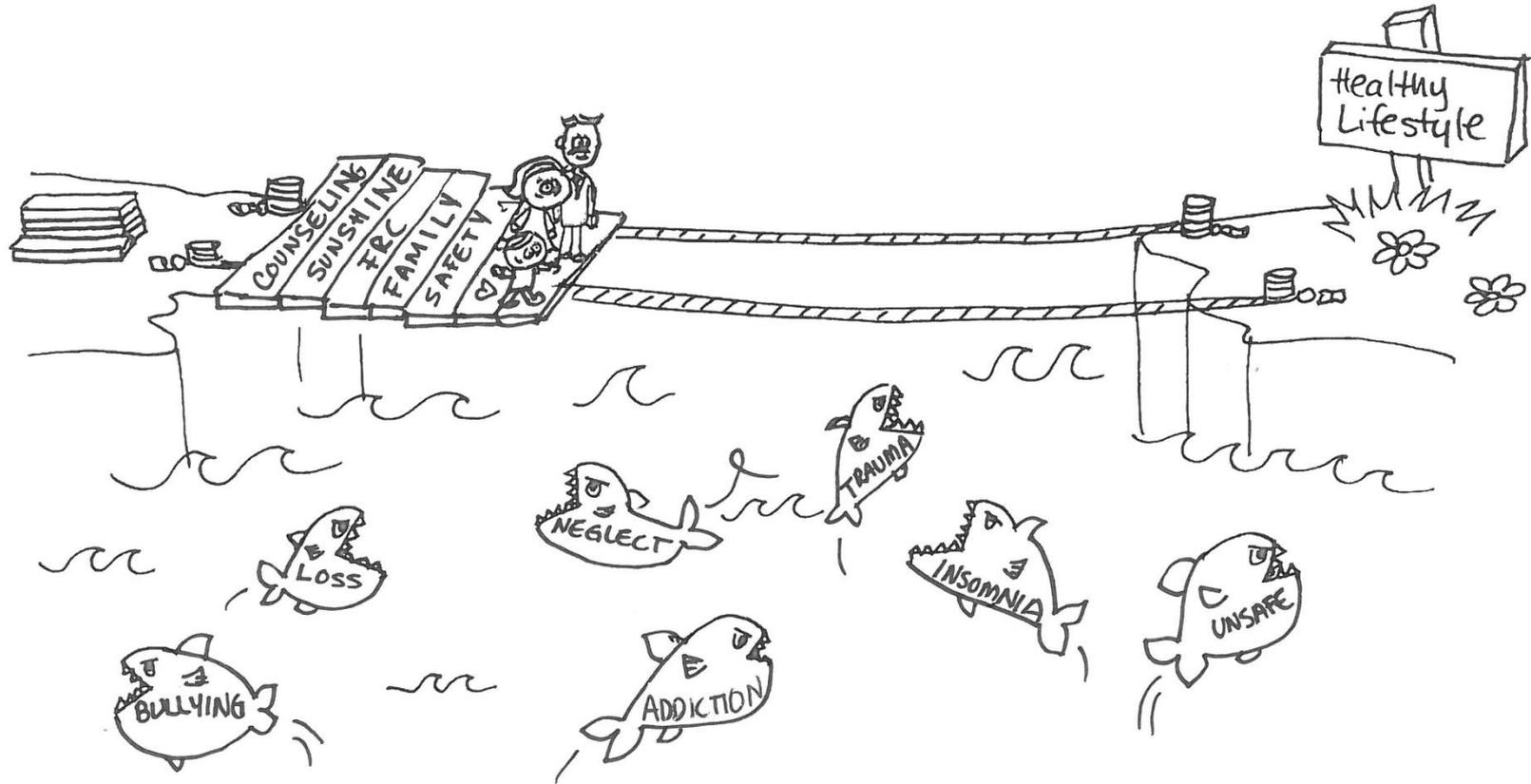
- ▶ Over 80% of patients served between 2012 and 2014 decreased their BMI percentile.

Fit Club™ Results

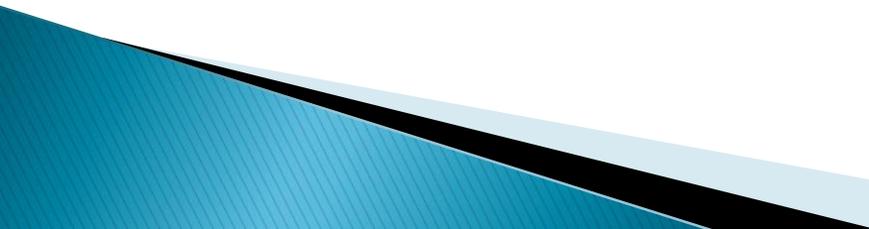
- ▶ Overweight/obese participants significantly decreased their BMI scores
- ▶ Children reduced their BMI scores
- ▶ Significant improvements were also found in fitness including sit-ups, pushups, and sit-and-reach



Barriers to Healthy Living



Develop relationships with partners

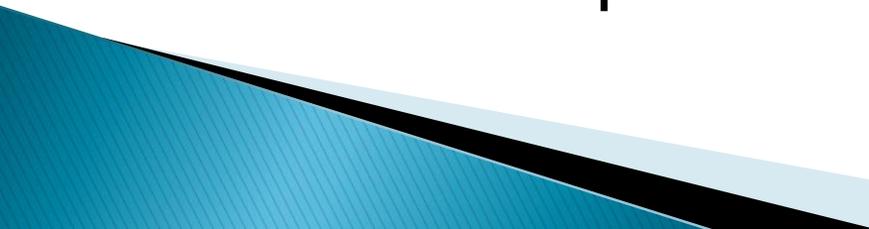
- ▶ Look for organizations that you need
 - ▶ Share best practice
 - ▶ Share milestones needed
 - ▶ Look for organizations that are funded by the same funder
 - ▶ Set up a referral system
- 

Develop relationships:

You can't work on an island
and you want to send to a good place

- ▶ 211
- ▶ Help me grow
- ▶ WIC
- ▶ Family Resource Centers
- ▶ Counseling
- ▶ Adult free care
- ▶ Exercise programs
- ▶ Churches and food banks
- ▶ Healthy Smiles
- ▶ Pretend City
- ▶ NMUSD
- ▶ Discovery Science Center

Referral System

- ☑ Identify if the family is in need of resources (interview, standard questionnaire)
 - ☑ Identify if the family is already getting resources
 - ☑ Identify barriers to ask or receive help (i.e. language, transportation)
 - ☑ Refer to appropriate agency
 - ☑ Log (keep track)
 - ☑ Follow up
- 

Impact of Community Partners

Example: Healthy Smiles

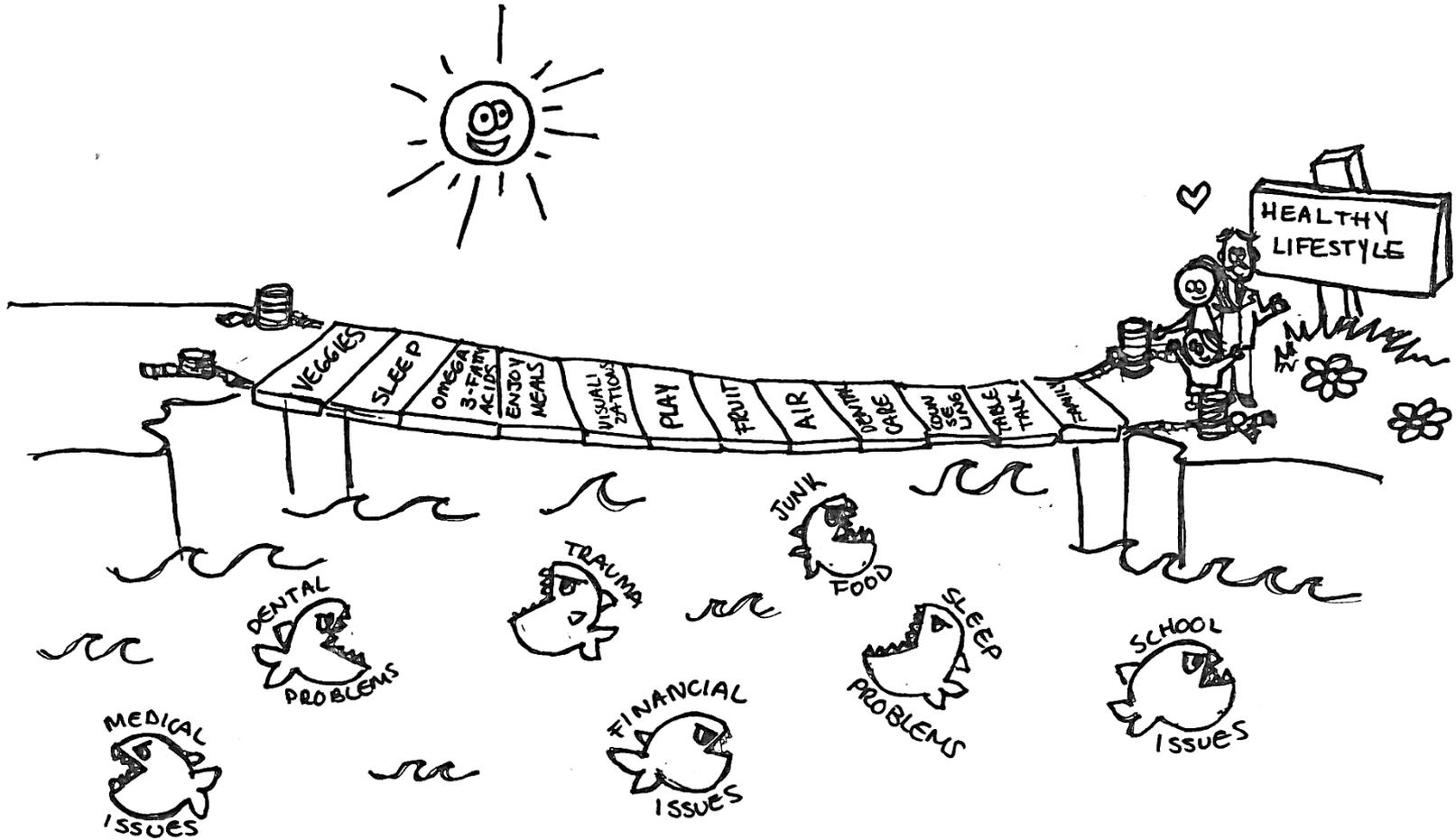
Pediatricians relieved to know there is quality care for pediatric patients particularly for those with special needs

Education disseminated to nurses, doctors

Innovative programs for children

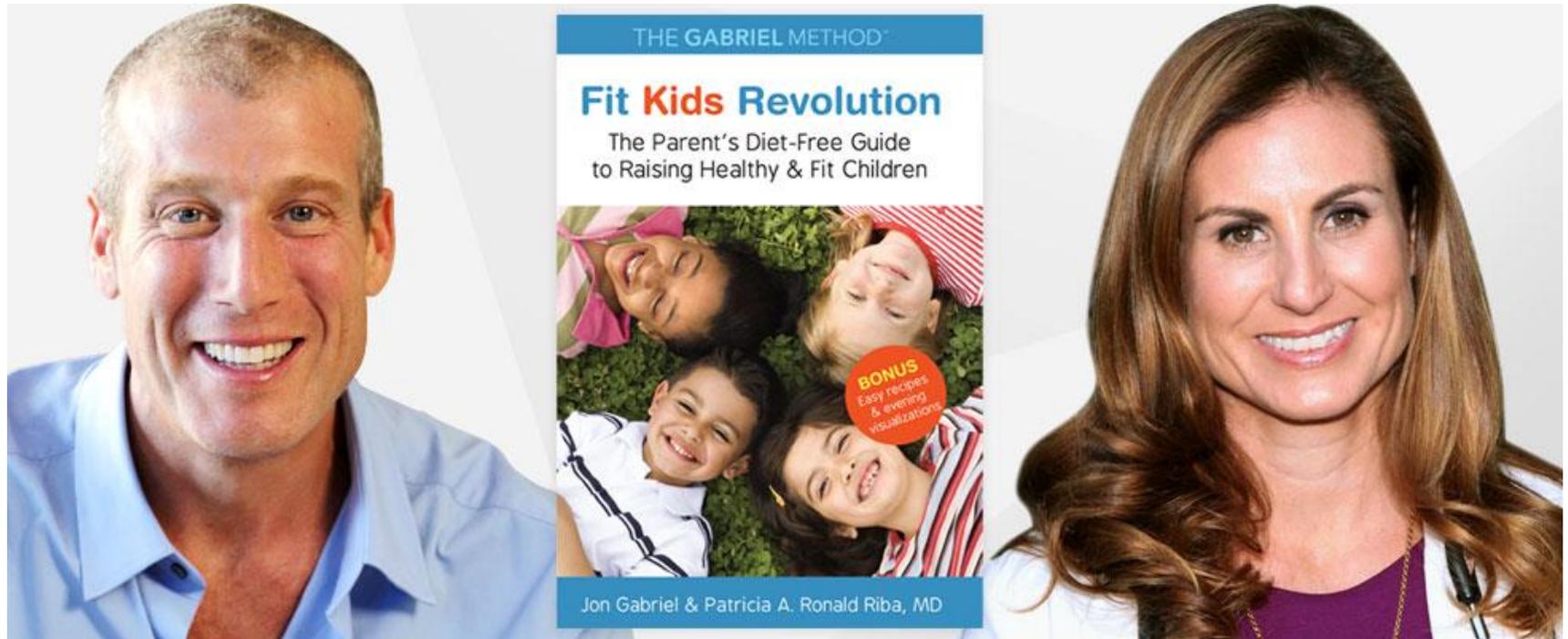


Barriers to Healthy Living



Fit Kids Revolution

The Parent's Diet-Free Guide to Raising Healthy & Fit Children



www.DrPatriciaMD.com

www.ServingKidsHope.org

www.TheGabrielMethod.com/fit-kids-revolution

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**Text ServingKidsHope to 22828
to join our mailing list**



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