



# Native American Health Center's Pediatric Group Visit Program

Oakland, CA



**NATIVE AMERICAN  
HEALTH CENTER**  
Serving the community since 1972

# The Impetus

- In 2014 we discovered that **HALF** our kids ages 2-18 were overweight or obese
- **YET** only *30 percent* of them were diagnosed
- **AND** only *7 percent* of them had received the recommended screenings around lipids, diabetes, and liver function.

# The Recommendations

- **Screening for abnormal lipids:** Ages 2-18 with BMI  $\geq 85^{\text{th}}$  percentile should have a fasting lipid panel every 2 years.
- **Screening for diabetes:** Ages 10-18 with BMI  $\geq 85^{\text{th}}$  percentile and an identified risk factor should have an A1C and/or fasting blood sugar every 3 years.
- **Screening for abnormal liver function:** Ages 10-18 with BMI  $\geq 95^{\text{th}}$  percentile should have an ALT and AST test every 2 years.

Source: Estrada et al. Childhood Obesity. Vol 10, 4. August 2014

# The Response



Done once a quarter targeting the following age groups: ages 3-5, 6-9, 10-12, and 13-17.

# Pediatric Accelerated Clinic

Provider  
BMI Plot,  
Health Ed.,  
Invite to  
Group

- From 8-11:30 a.m.
- 3-4 kids scheduled per half hour



MA  
Vitals



Phlebotmst.  
A1C, AST,  
ALT, FLP

- All billable encounters
- Frequent Outreach and \$25 Target card

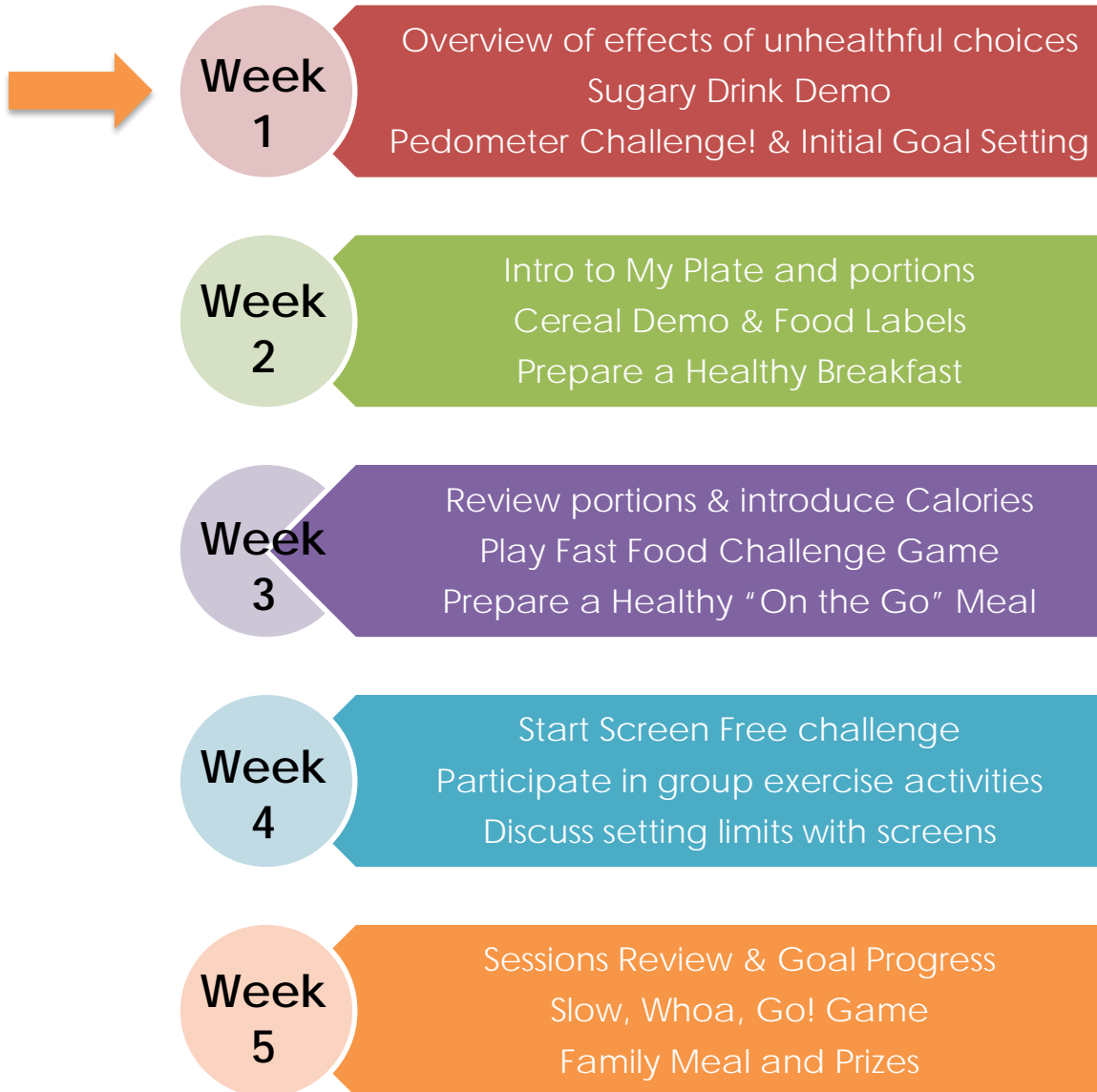
Dietitian

Nutrition  
Ed. And  
breakfast

# Pediatric Group Visit

- 5-week series “Healthy & Active Families”  
(adapted from Contra Costa County’s Active & Healthy Families)
- Wednesdays 3:30 – 5:00 p.m.
- Co-led by FNP and RD
- All billable encounters
- Each group consists of:
  - Vitals
  - Physical Activity
  - Nutrition Ed.
  - Goal Check-in / setting
  - Preparing healthy snack
- Prizes and \$25 gift card incentivize participation

# Curriculum Overview





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**Week  
1**

Overview of effects of unhealthful choices  
Sugary Drink Demo  
Pedometer Challenge! & Initial Goal Setting



**Week  
2**

Intro to My Plate and portions  
Cereal Demo & Food Labels  
Prepare a Healthy Breakfast



**Week  
3**

Review portions & introduce Calories  
Play Fast Food Challenge Game  
Prepare a Healthy "On the Go" Meal

**Week  
4**

Start Screen Free challenge  
Participate in group exercise activities  
Discuss setting limits with screens

**Week  
5**

Sessions Review & Goal Progress  
Slow, Whoa, Go! Game  
Family Meal and Prizes



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**NATIVE AMERICAN HEALTH CENTER**

# The Results: Star Patient EC

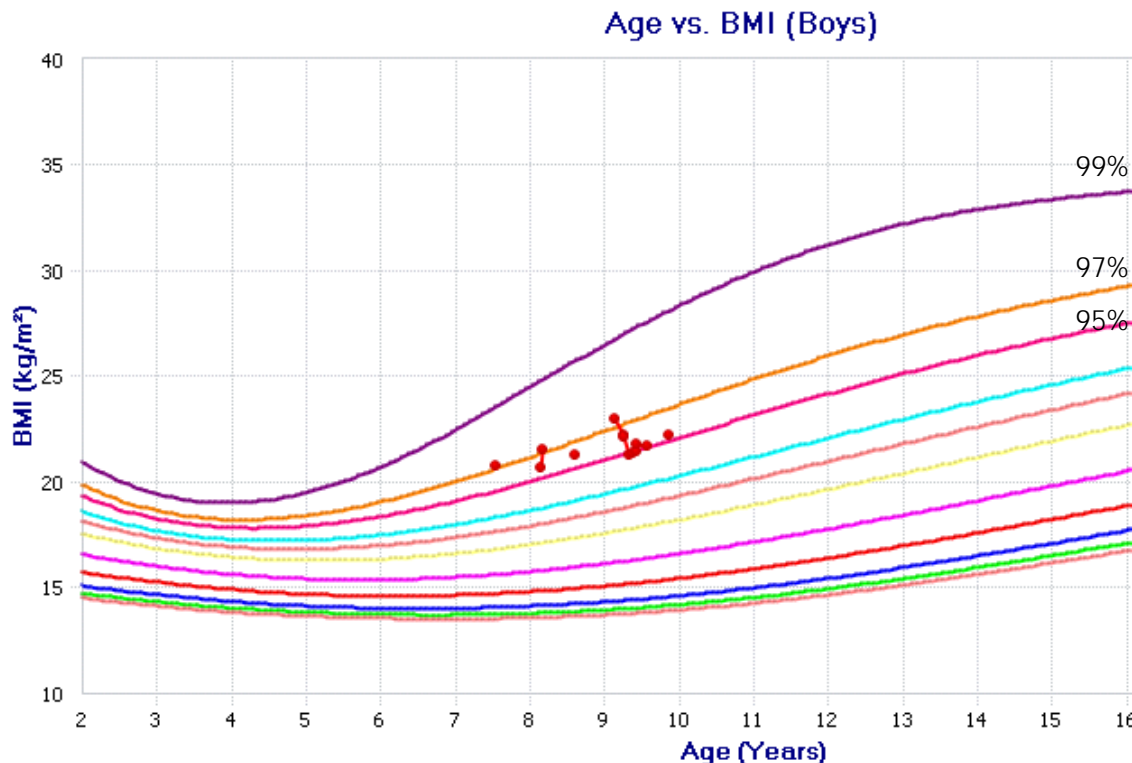
## Initial Assessment (August 2016):

**Labs:** ALT (99-H), AST (58-H), A1C (5.9-H), tot Chol (175-H), LDL (113-H), TGs (84)

**BMI:** 97%ile      **Dx** of Fatty Liver

## Follow up (December 2016)

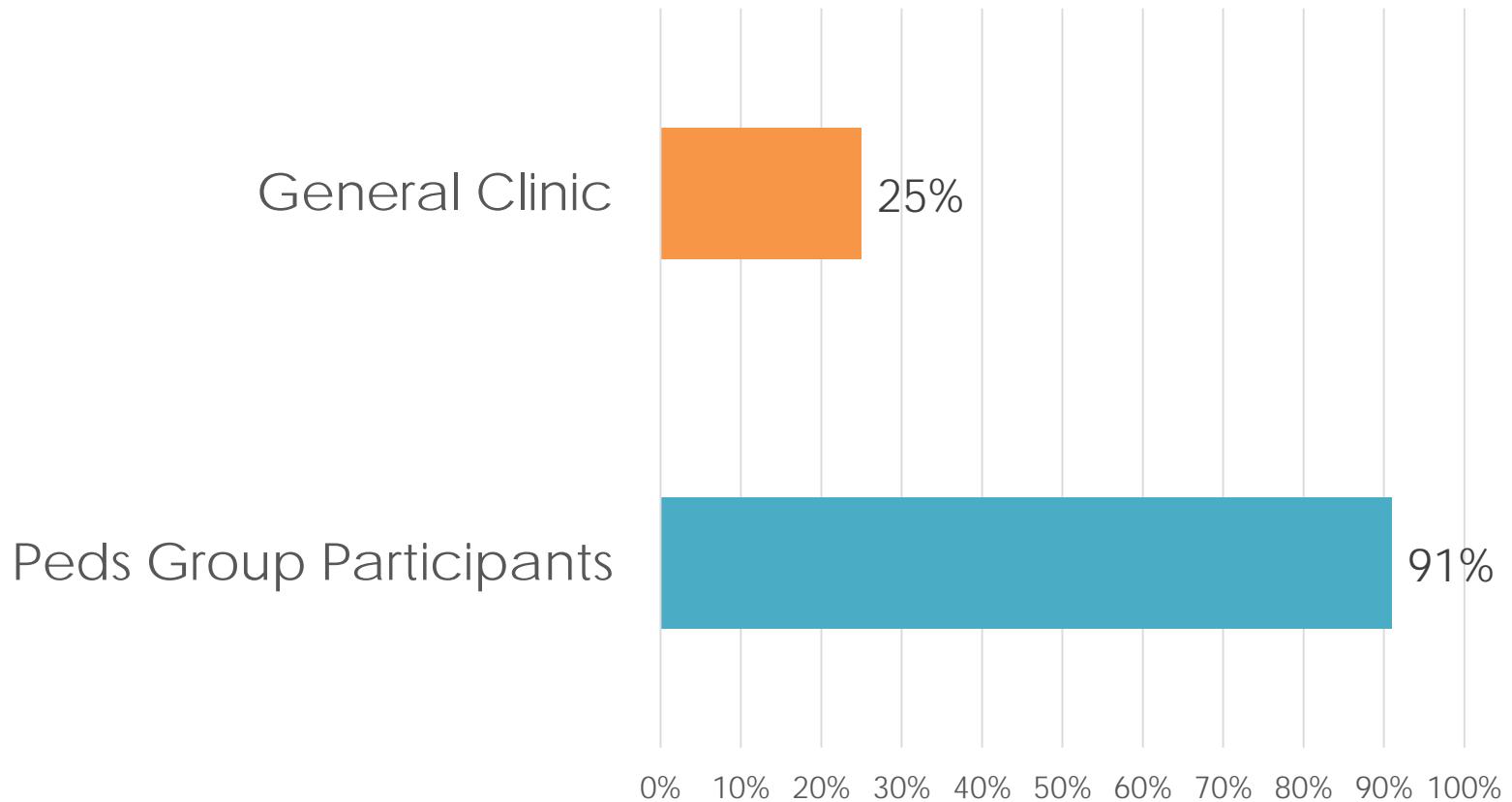
**Labs:** ALT (24-wnl), AST (22-wnl), A1C (5.9-H), tot Chol (147-wnl), LDL (85-wnl), TGs (38)



- Attended clinic in August 2016 & 5 week group
- Lost 7 pounds in initial 2 months!
- Mother & EC very motivated to change whole family's lifestyle.
- Lifestyle changes included:
  - Limits on video games, more activity, grandpa not giving sweets without asking mom, brown rice & smaller portions, 2% milk, no juice or French fries, and lots of veggies!
  - Typical dinner: Brown rice, fish, kale, and mung beans
- EC loves mom's veggie soup and wants to help set up badminton in the backyard.

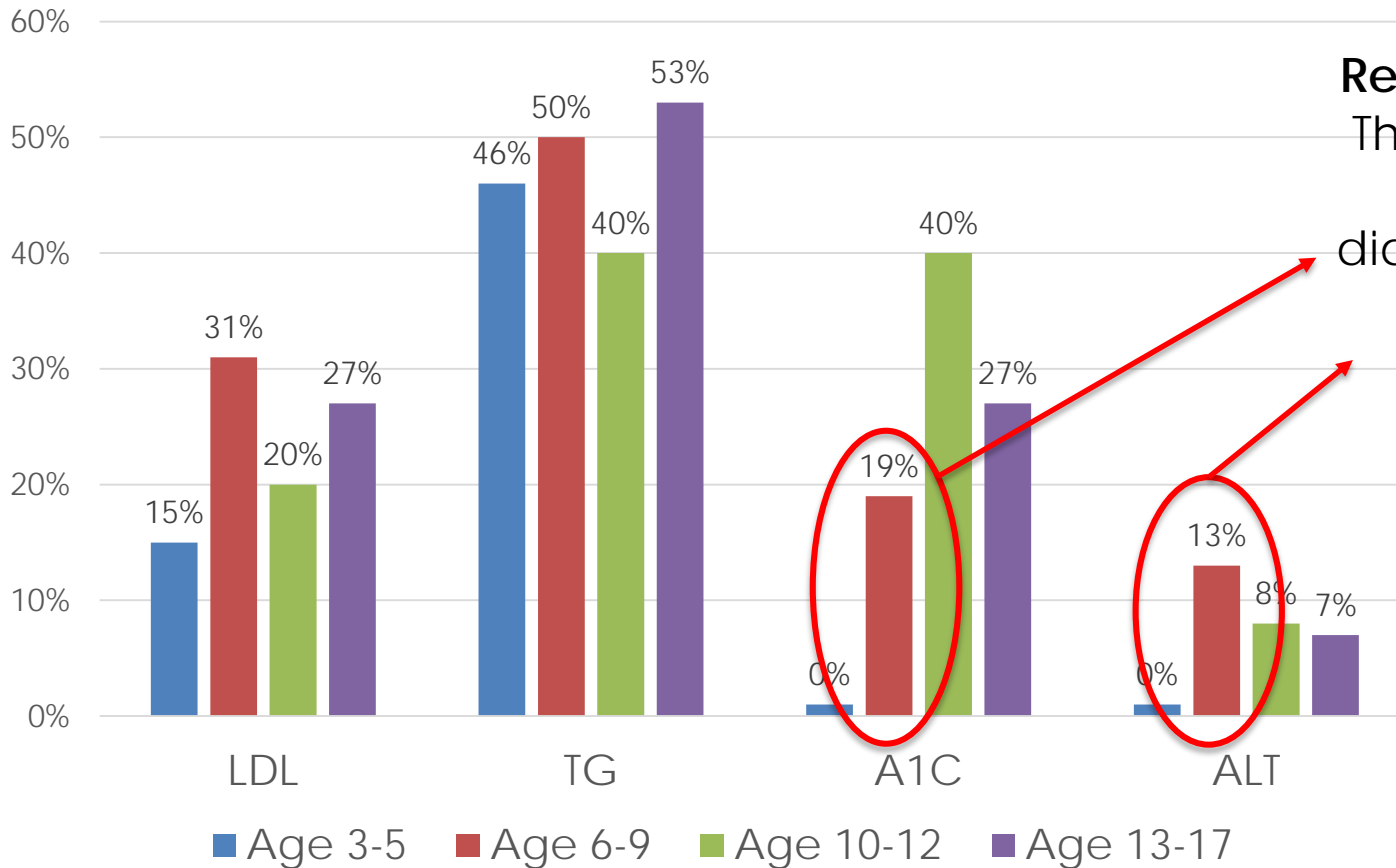
# The Results

Percent of kids who received FLP, A1C  
and AST/ALT



# The Results

% of Participants with Abnormal Labs  
(By Age Group)



**Remember Recs?**  
These kids would  
be missed if  
didn't screen until  
age 10!

# What We've Learned

- Designate quarters for each age group to improve outreach and follow-up
- One-on-one follow-up at 1 month, 6 month, & 1 year with FNP/RD
- Repeat abnormal labs at 6 months
- Add Vitamin D to labs at Accelerated Clinic
- Adding due vaccinations at Accelerated Clinic



# Contact

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**Resource:**

Contra Costa County Public Health  
Active & Healthy Families

<http://cchealth.org/ahf/>