

Childhood Obesity Management With MEND Implementation Teams

Team Leader Update, September 2018

Thank you for completing your data entry and for all of your work to date on implementing MEND. This monthly team leader update is meant to highlight common themes, successes, challenges, and to note upcoming events and activities.

Child Obesity Month

As pioneers in child weight management, you are probably very aware that September is National Childhood Obesity Awareness Month. CDC shares [effective strategies for preventing childhood obesity](#), and there is also a lot going on in our pilot COMMIT states:

- ✧ Arizona's Department of Health [highlighted](#) the decrease in obese and overweight children in the Arizona WIC program. Arizona's initiatives related to obesity are [Strong Families AZ](#), the [Empower](#) program, and introduction of fresh produce to their WIC program.
- ✧ The state of Mississippi presented [data](#) on high school student risks and behaviors and provided tips on [what families can do](#) to combat obesity.
- ✧ Florida's Department of Children and Families have teamed up with childcare providers and families to provide [resources and training](#) to prevent childhood obesity.
- ✧ In Illinois, the Illinois Public Health Institute was awarded a [five-year grant](#) to implement four strategies to create systems to improve health. A consortium also has published [legislative actions](#) in Illinois related to healthy weight.

Please tell us other events that occurred in your state or organization during September! How did your organization share your work with statewide initiatives or celebrate your achievements? Share with your colleagues by emailing commit@nachc.org or by posting to [slack](#).



Team Leaders of the Month

Health Center: El Rio CHC

Team Leader: Kyla James/Gloria Montijo

Tell us about yourself: Kyla James has a background in child neurodevelopment and public health. Her particular passion is Mindfulness training for kids as a means of mediating the negative health effects of stress and trauma. Gloria Montijo has a background in working with children and adolescents in education and behavioral health. She teaches Health and Wellness classes in English and Spanish for disease prevention and intervention at El Rio Health.

Why did you decide to get involved with COMMIT? We discovered that 34% of our pediatric patients had a diagnosis of overweight or obese in 2017 and we wanted to respond to our patients' needs with the very best standard of care. MEND was the evidence-based, family-centered program we were looking for.

Your health center's goal in this project: To provide world-class, culturally competent, family-based care to our patients in both English and Spanish in order to reduce the prevalence of childhood obesity in our community and create a healthier tomorrow.

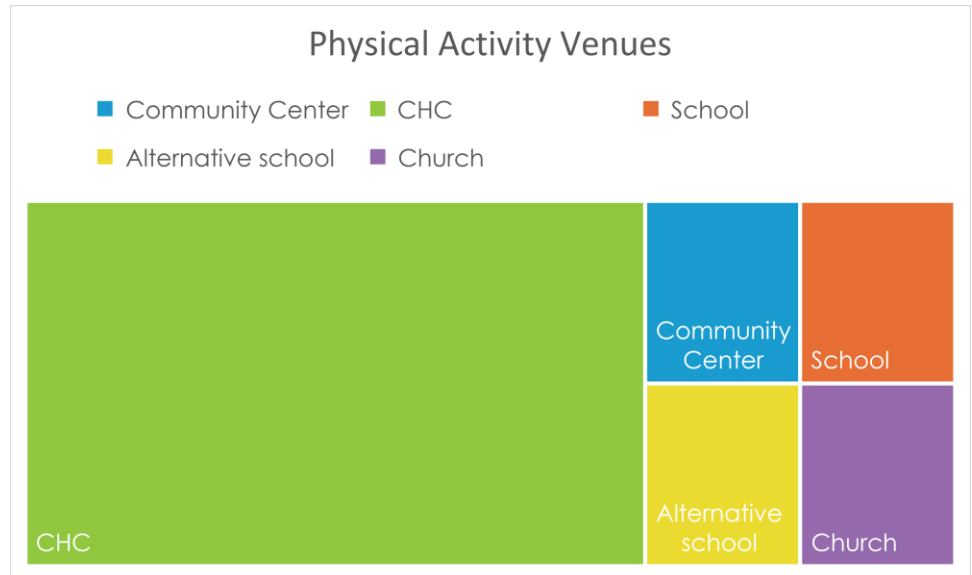
Achievement your team is proudest of, to date: We are halfway through our 3rd and 4th cohorts of MEND and we have 100% retention. We are also incredibly proud of our MEND graduates who have since joined sports and youth health leadership teams, taught their friends and families MEND-friendly recipes, and continued to set new goals for themselves!

Biggest challenge for your team, to date: Creating buy-in and buzz around the MEND project so that our clinical staff could encourage patients to make the big time-commitment to MEND. Carving out enough preparation time to make the comprehensive lessons flow smoothly and effectively.

Words of Wisdom: Prepare ahead, make it yours, and always have fun with it!

Location, Location, Location (Space Strategies)

In the programs that have run thus far, here are the venues used for physical activity spaces. Holding sessions within the community health center was the most common choice, with eight programs running their MEND programs within their own physical space.



Finding a balance between family availability and space accessibility can feel like walking a tightrope. **We are seeking your creativity and input in making securing space for MEND sessions a sustainable endeavor!** In finding space for the recent booster training in Denver, we found the following potential issues that can arise in finding that ideal space.

- Space parameters: We recently found out that the ideal space for conducting the CATCH portion of your program is a basketball court size space, and when not available, 1,000 square feet is the alternative. The space should also be without items that can be damaged by flying sports equipment! What modifications have you found helpful in making your space work for you, especially when it has not met these parameters?
- Partnering considerations: When approaching potential partners, how are you presenting the opportunity? Understanding their mission and how MEND aligns with that mission can be a great way to open the conversation or maybe even leverage scarce resources. Understanding the mission may also help navigate issues that could make families uncomfortable. This is also an opportunity to get creative – when all the usual suspects have been exhausted, what other potential partners with large spaces exist – museums, agri-tourism sites, event centers, police and fire stations, cultural centers are all fun places to hold MEND programs.
- Schedules: Many partners may be quite willing to share their space for the MEND program, but schedules can also be an issue. We found that, with a time crunch, it is difficult to obtain a space that is in high demand. This is another constraint that needs a little breathing room to find alternatives. It may involve asking extra

questions – the group that is currently using the space in question may be able to find a different location if they don't need as much space or another room or location is willing to provide space to them free of cost. In one location we found that they group was willing to talk with their program participants and move that group to a different day of the week!

- Price: Some venues may meet the space and scheduling requirements, but come with a lofty price tag. With extra time in between sessions, it is a good opportunity to go back to that price – do some of the “unusual suspects” that have space also have foundations that can help with this – especially if it aligns with their mission? Are there local grant opportunities that you and your partners can work on to make the price feasible? Or are payers, such as MCOs (who incidentally, benefit financially from your work) able to provide long term funding to secure the location for your program?
- **What creative ways have you come up with to deal with space, partner opportunities, schedules and price? Share with your PCA or with commit@nachc.org.**

Resources and Sharing

Review of Interventions to Improve Family Engagement and Retention

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2930770/pdf/nihms198110.pdf>

[Windshield tour](#)” of your community to find [potential good places for interaction](#).

Fact Sheet: Identify your program venue https://nachc-commit.slack.com/files/UB4NWL32Q/FCTRY4ZNU/fact_sheet_-_identify_your_mend_7-13_program_venue.pdf

*This update is brought to you
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Upcoming Events

Weekly on Friday

Required.

Team data entry updated in OMMS

October 24

Required.

Monthly All-Teams Meeting 12n-1p ET
<https://www.anywhereconference.com/?P=AnIkYSoxKEEXSxNEVE4vcihhITFOQUtLVEQATnJyemF1MX9BR0tVRDFOEXICYQoxTkFHS1JECU5ycnNhdjF2QXJLIQRDTiByJWEgMSdBHEsGRDFOcHJ/YXAxfkE=&Lng=8>

January 23

Required.

Monthly All-Teams Meeting 12n-1p ET
<https://www.anywhereconference.com/?P=AnIkYSoxKEEXSxNEVE4vcihhITFOQUtLVEQATnJyemF1MX9BR0tVRDFOEXICYQoxTkFHS1JECU5ycnNhdjF2QXJLIQRDTiByJWEgMSdBHEsGRDFOcHJ/YXAxfkE=&Lng=8>

March 26th (before P&I)

Required.

Harvest Meeting

Washington, DC

Mark your calendars! Further details coming to you this month.

MEND Patient and Family Engagement Quick Tips
https://nachc-commit.slack.com/files/UB4NWL32Q/FBBDGDKPW/patient_and_family_engagement_quick_tips.docx

Fact sheet – set up the group reward https://nachc-commit.slack.com/files/UB4NWL32Q/FC7V92QAY/fact_sheet_-_set_up_the_group_reward.pdf

Keep sharing! You can post items yourself to the Resources folder here: https://nachc-commit.slack.com/messages/CB5SAL0VC/whats_new/

Data Driven

To date, 143 families have been recruited, 103 families confirmed, and 91 families have started the program.

Families recruited	<div style="width: 100%; height: 15px; background-color: #4F7942;"></div>
Families confirmed	<div style="width: 70%; height: 15px; background-color: #A8C88A;"></div>
Families started	<div style="width: 40%; height: 15px; background-color: #D97053;"></div>

By next month most data will have been verified and we will have comprehensive results across Cohort 1.

From last month's data update: across three programs BMI has decreased by 0.8 units and physical activity has increased by 8.5 hours per week! Parents have reported almost 3 less barriers than when they began the program, and children's self esteem has increased by .03 units on the Rosenberg self-esteem scale. Waist circumference has increased slightly by .1 inch, but this is a measure highly susceptible to collection error.



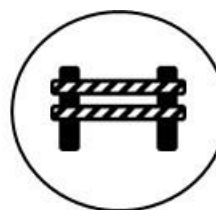
-0.8



+1



+ 8.5



-2.8



+0.03

Monthly Inspiration Each state team reported a “monthly inspiration”, which could be a “lightbulb” or “Ah ha!” moment, a staff quote, a patient comment – something that captures a lesson learned for the path forward. This month’s inspirational moments are featured below.

State	August 2018 Monthly Inspiration
AZ	Four staff members have joined efforts for MEND in SunLife and they will be supporting the MEND core team. Native Health had dinner with the families as a part of graduation of their first cohort
FL	We are all wishing the best for Florida as they rebuild from Hurricane Michael.
IL	Macoupin: Our MEND family inquired about further nutrition education/support that we provide through our health department. When the MEND program is over, this family wants to enroll in one-on-one nutrition sessions for herself and her sons and daughter. This shows that they have lot of motivation to make healthier choices for their family and that they will put the nutrition and physical activity targets they learned in MEND into practice. Our new exercise leader, Kelly, is very motivating to the kids enrolled in MEND, She has a degree in PE and her passion for exercise definitely spurs some excitement for the physical activity portion of MEND. Near North: We had our first session on 9/15/18. Although all of our families did not show up we were excited that 4 families did show up and are excited about the remainder of the program.
MS	Delta Health Center--2 families from cohort 1 are returning and they provided a STAR family for interview by the PCA and inclusion in the newsletter; Greater Meridian Health Center--have new flyers for recruitment