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University Hospital

Knowledge and Compassion
Focused on You

Ronald McDonald Care Mobile® FITNESS Program

A comprehensive healthy weight and activity management program
delivered to children and families in the Greater Washington DC Area

Today we will discuss...

- Background
- FITNESS Program Goals
- FITNESS Program Elements
- Implementation Timeline

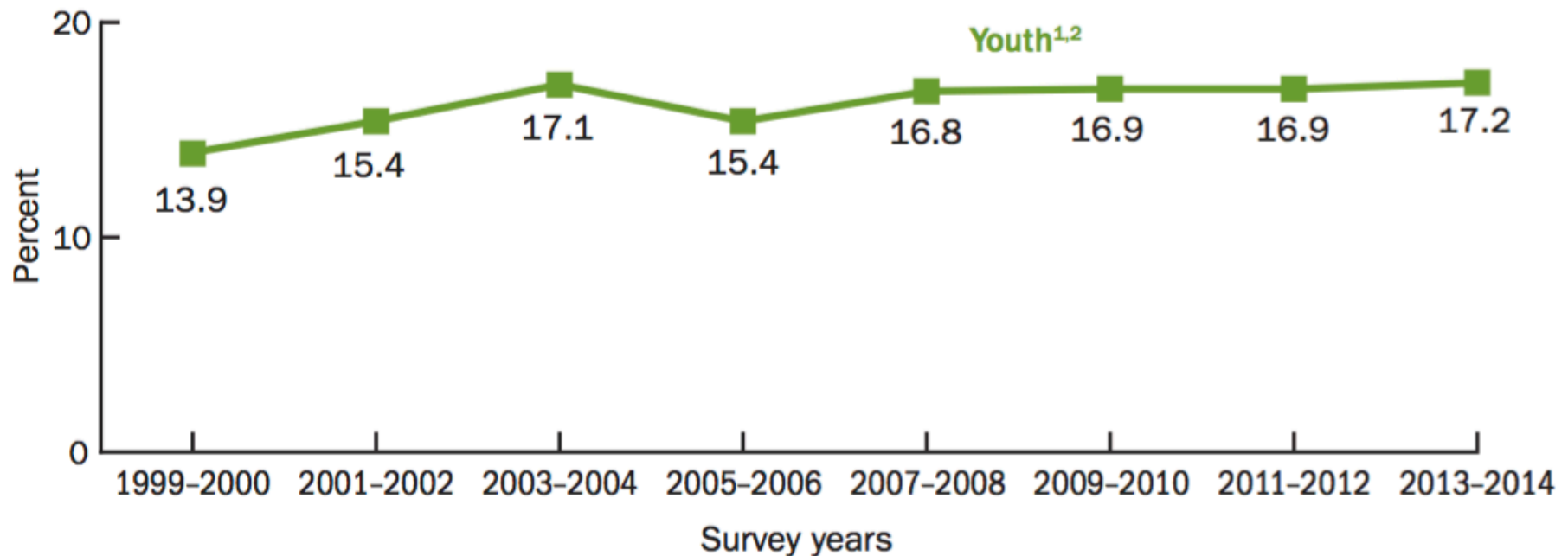


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National Childhood Obesity Trends

Trends in obesity prevalence among youth aged 2–19 years: United States, 1999–2000 through 2013–2014



¹ Significant increasing linear trend from 1999–2000 through 2013–2014.

² Test for linear trend for 2003–2004 through 2013–2014 not significant ($p > 0.05$).

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.



Childhood Obesity: A Local Public Health Problem

- DC has the second lowest adult obesity rate in the country with 21.9% of residents classified as obese

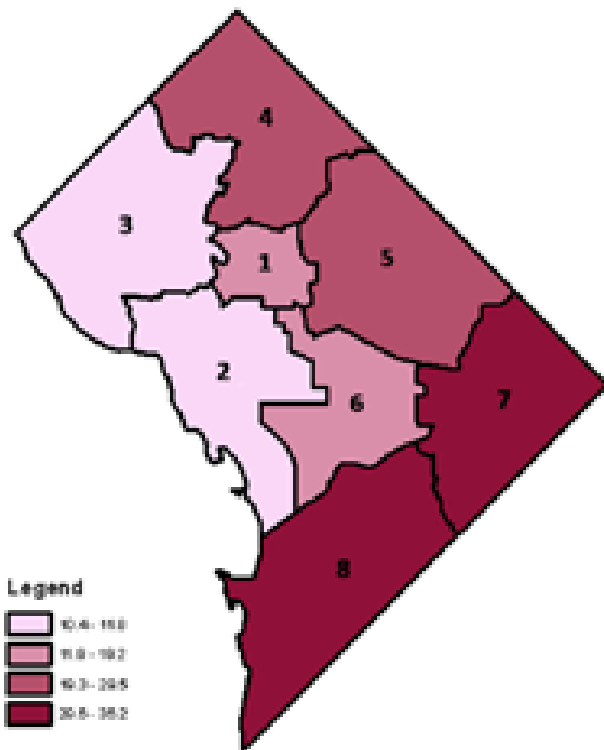
HOWEVER,

- **1 in 5** youth age 10-17 years living in DC are obese
 - **3rd highest childhood obesity rate of all US states**
- **30%** of students are not receiving the recommended amount of physical activity per week
- **43%** of students report never eating a green salad within the past 7 days of taking the District-wide YRBSS



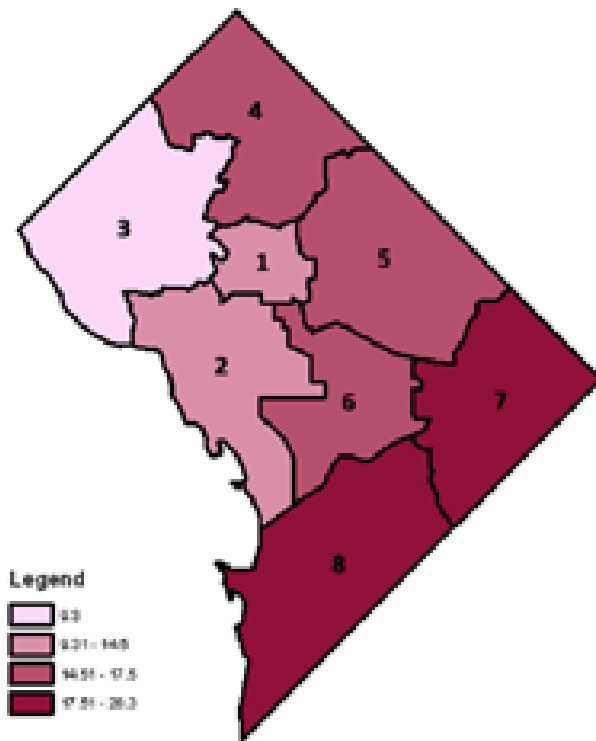
Childhood Obesity: A Local Public Health Problem

Figure 40. Residents who were Obese by Ward, District of Columbia, 2012



Source: DC BRFSS, 2012

Figure 42. Residents who were Physically Inactive in the Past 30 Days by Ward, District of Columbia, 2012



Source: DC BRFSS, 2012



FITNESS

Fun In Teaching Nutrition
and Exercise to Successful
Students



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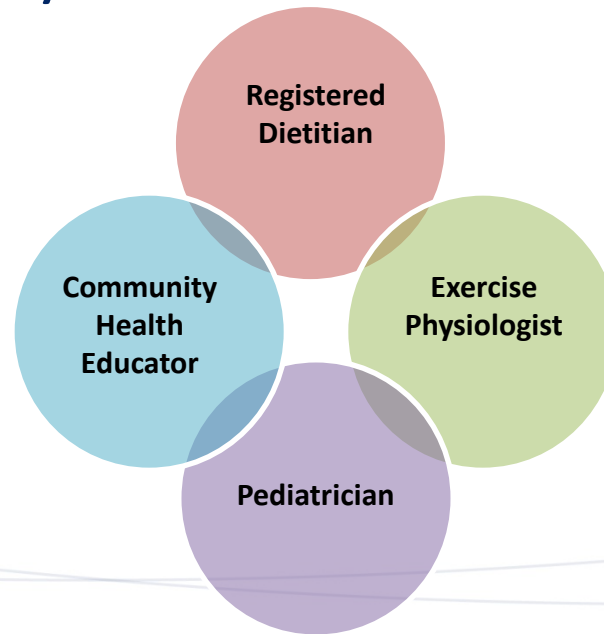


Who We Are

- Ronald McDonald House Charities® of Greater Washington, DC has partnered with the Division of Community Pediatrics at MedStar Georgetown University Hospital to provide mobile nutrition and physical activity services



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FITNESS Program Format

- Multidisciplinary, evidence-based, long-term approach
- Engaging schools and offering capacity building over an 18 week period
- Behavior change through engagement in experiential nutrition education and physical activity opportunities





FITNESS Program Goals and Objectives

- Engaging children and families in healthier nutrition and physical activity habits that will lead to a reduced burden of chronic disease and improved quality of life
 - Improved knowledge, attitudes, and behaviors toward healthy eating and physical activity
 - Link school-aged children and their families to community and school-based nutritional and physical activity services
 - Provide at risk youth (BMI over 85th percentile) and their families with healthy weight management tools to achieve better health outcomes
 - Create a sustainable culture of nutritional wellness in our targeted schools



FITNESS Program Elements



Element #1
Intensive Nutrition and
Physical Activity
Counseling



Element #2
Education Training
Program for Parents

Element #5
Sustainability &
Capacity Building for
Schools

Element #4
Food Preparation
Skills

Element #3
Physical Activity
Engagement for
Students



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Element #1: Intensive Nutrition & Physical Activity Counseling

- For students with BMI > 85th percentile
- Mobile unit will provide:
 - Individualized medical nutrition counseling services provided by a Registered Dietitian
 - Individualized physical activity counseling provided by an Exercise Physiologist
 - Motivational Interviewing (MI)
 - Goal setting
 - Overcoming ambivalence
 - Experiential & participative learning



Element #1: Intensive Nutrition & Physical Activity Counseling

- Medical Evaluation of co-morbid obesity-associated conditions by a Pediatrician with focus on Pediatric Nutrition
 - Laboratory evaluation
 - Vital signs screening and monitoring (resting heart rate, blood pressure, BMI, weight height, waist circumference)
 - Risk factor profile
 - Family environment and family history



Element #1: Intensive Nutrition & Physical Activity Counseling

- Interval intensive medical follow up
 - Detailed evaluation of each organ system's effects of overweight or obesity (ENT, Pulmonary, Ortho, Endocrine)
 - Tailored program to individual needs and risk factors
 - Treatment of co-morbid conditions as needed
 - Timely referrals if needed
 - Care coordination via medical home



Element #2: Educational Training Program for Parents

- Based on NIH evidence based We Can! Curriculum (Ways to Enhance Children's Activity and Nutrition)
- National movement to help school-aged children maintain a healthy weight
- Curricula that educates parents and caregivers about healthy eating, physical activity and reducing screen time
- 6 bi-weekly sessions led by Community Health Educator



Element 3: Physical Activity Engagement for Students

- Utilizing BOKS (Building Our Kids' Success) physical activity program
 - Offers 12-week curriculum focused on fun. Includes running, relay races, group games, functional movement skills, and nutritional tips – non-competitive and for all skill levels
 - Flexibility allows for implementation before/after school and recess
 - Can be implemented by PE teachers, staff, parents, volunteers





Element #4: Food Preparation Skills

- Food preparation curriculum for children and their families
- Cooking Matters Evidence-Based Curriculum
- Provides the tools for families to create more nutritious meals cooked at home



Element #5: Sustainability & Capacity Building for Schools



- Train-the-trainer capacity building using Healthy Kids Challenge curriculum and toolkits
- Engaging school educators in learning the FITNESS methods
- Integration of nutritional wellness and increased physical activity into the school dynamics
- Continuous technical assistance
- Fostering sustainable community partnerships



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Implementation Timeline

- 18-week blocks during each school semester
- 1 semester vs. 1 school-year models
- Outreach, preliminary assessments, and community engagement during and between program cycles
 - **Year 1:** DC Public Schools, public charter schools & strategic planning with MD school authorities
 - **Year 2:** MD Counties of St. Mary's, Prince Georges & Montgomery & needs assessment in VA counties
 - **Year 3-5:** Implementation based on continued need & school readiness





TOGETHER...

we can lead the way to
wellness in our children!



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QUESTIONS?



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THANK YOU!



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