

Dissemination of an Evidence-Based Pediatric Weight Management Program for Use by Low-Income Families: A User-Friendly Package of Family-Based Behavioral Treatment

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Weighing In



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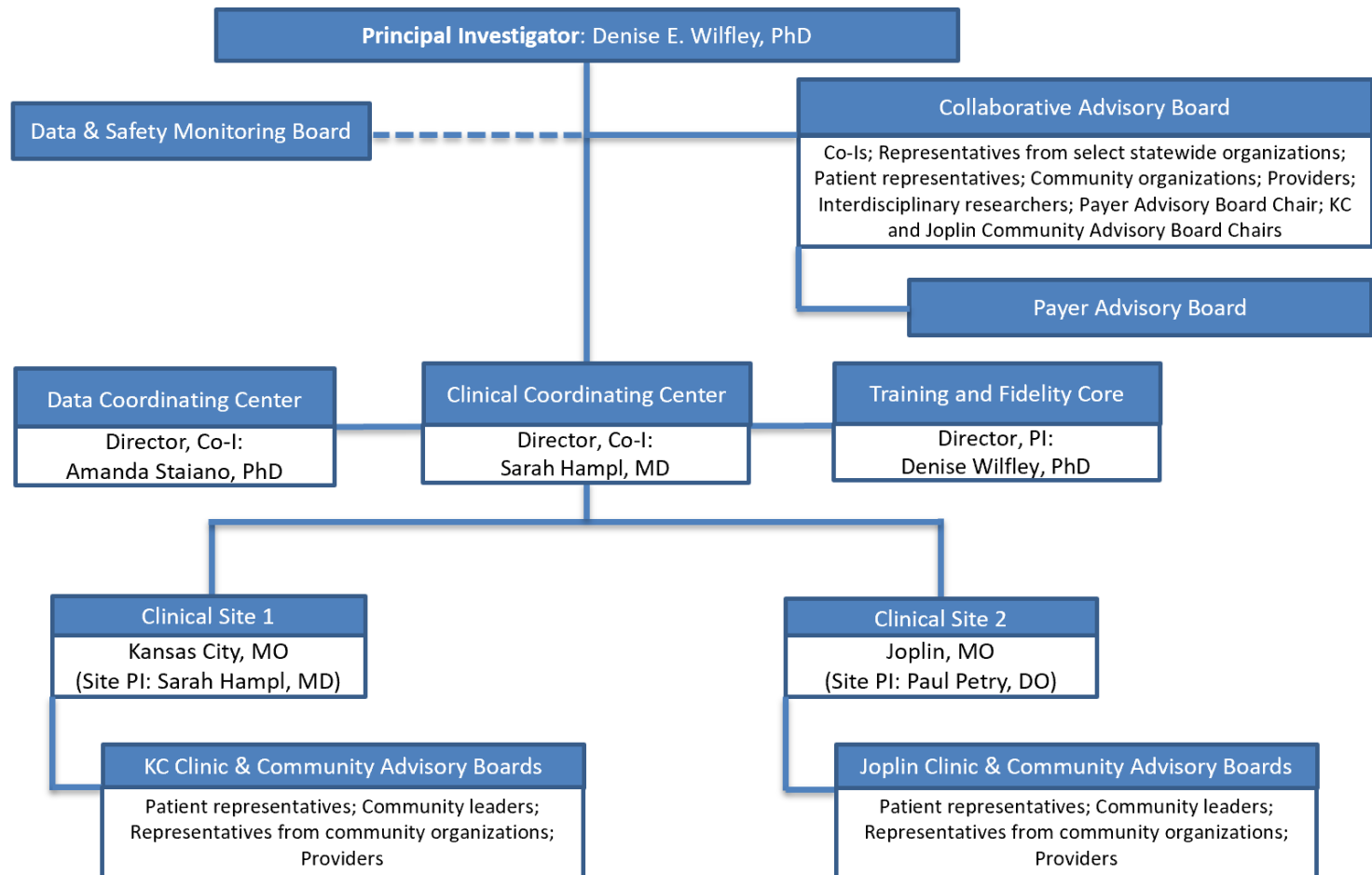
Family-Based Treatment (FBT) for children with obesity

- Targets reduction in energy intake and increase in energy expenditure in both youth and caregivers
- Recognizes that **knowledge alone is not sufficient**
- Focuses on successive changes using **family support**
- Core strategies include: **self-monitoring, modeling, stimulus control, goal setting, contingency management**
- Shown to impact: weight status, psychosocial health, and health related parameters (e.g., blood pressure, cholesterol, insulin sensitivity)
- More cost effective than treating parent and child separately



Our Current Project

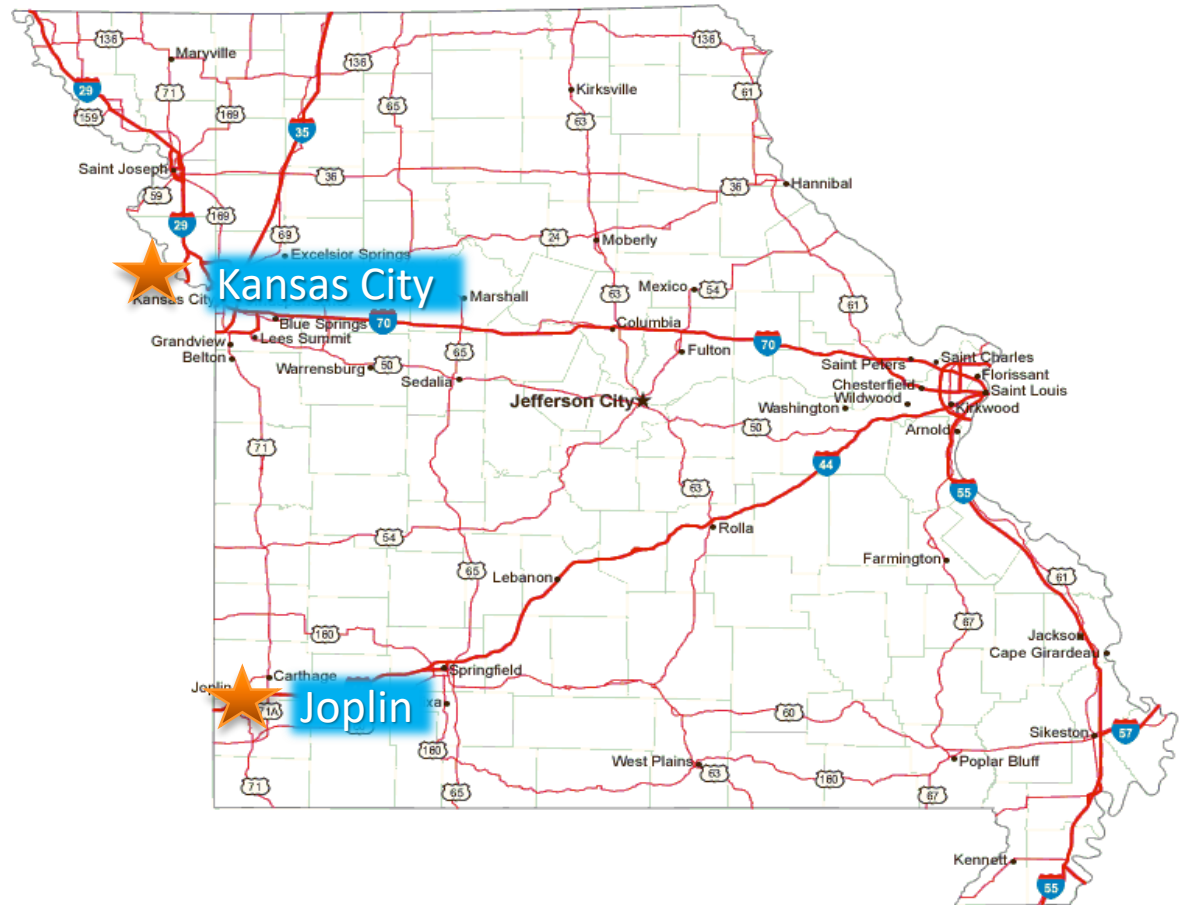
Study Governance



Study Sites

Two pediatric primary care systems

- **Rural** Joplin- Freeman Health System (50%)
- **Urban** Kansas City- Children's Mercy (50%)



Study Aims

Package Years 1-2

- Package FBT interventionist and patient materials in a user-friendly, culturally relevant digital format
- Use advisory board and focus group input representing a broad range of stakeholders to inform all phases of the project



Pilot Years 3-4

Conduct a multi-site pilot implementation study in urban and rural primary care clinics
Evaluate patient and organizational-level outcomes (e.g., cost)



Disseminate Year 5

- Optimize the packaged FBT materials by incorporating lessons learned
- Work with community and state-level partners to implement and disseminate

Collaborators and Partners



Missouri Foundation
for Health

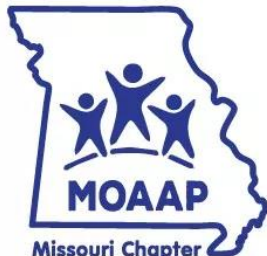
a catalyst for change



University of Missouri



American Academy of Pediatrics
Institute for Healthy
Childhood Weight
WHERE LIFELONG RESULTS BEGIN



Missouri Chapter
American Academy of Pediatrics



Health Forward
FOUNDATION



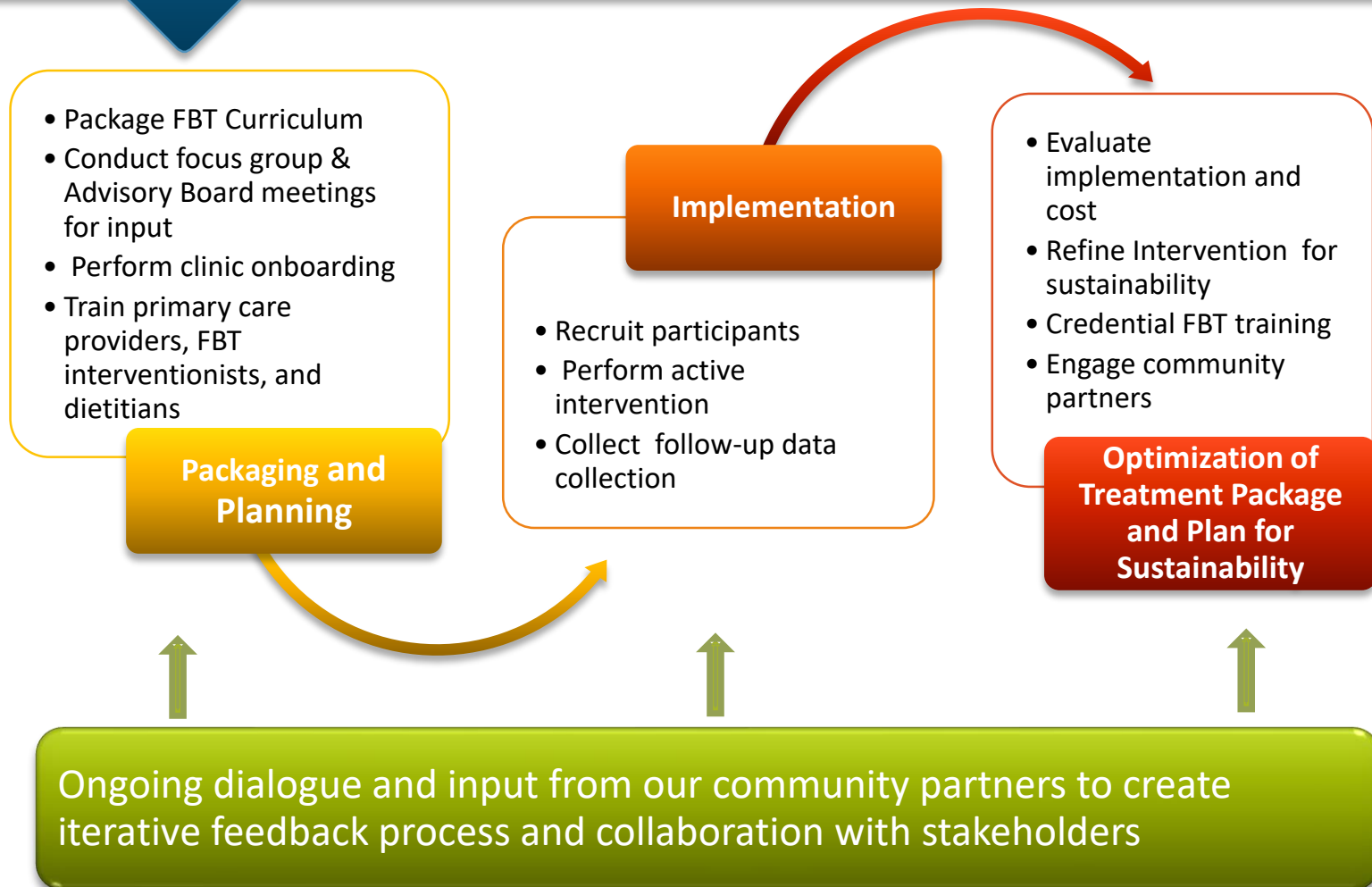
Kansas City's childhood obesity collaborative

Overview of Outcome Measures

- Measures are organized by the RE-AIM Framework
- Participant-level measures
 - **R**each
 - **E**ffectiveness
- Organizational-level measures
 - **A**doption
 - **I**mplementation
 - **M**aintenance



Designing for Dissemination



KC area Community Advisory Board

- We are looking for individuals interested in advising us on:
 - Increasing awareness and participation of eligible families in the intervention
 - Aligning community resources with clinic efforts to best support families' needs
 - Identifying important questions to inform a strong dissemination plan
 - Discussing the pilot trial findings
 - Communication techniques that would be most effective for the target audiences
 - Shaping our messages and strategies across the study period

Interested?

- Please contact Sarah Hampl, MD (shampl@cmh.edu) or Emily DeWit (eldewit@cmh.edu)

Thank you!