

# Fit Families 4 Life

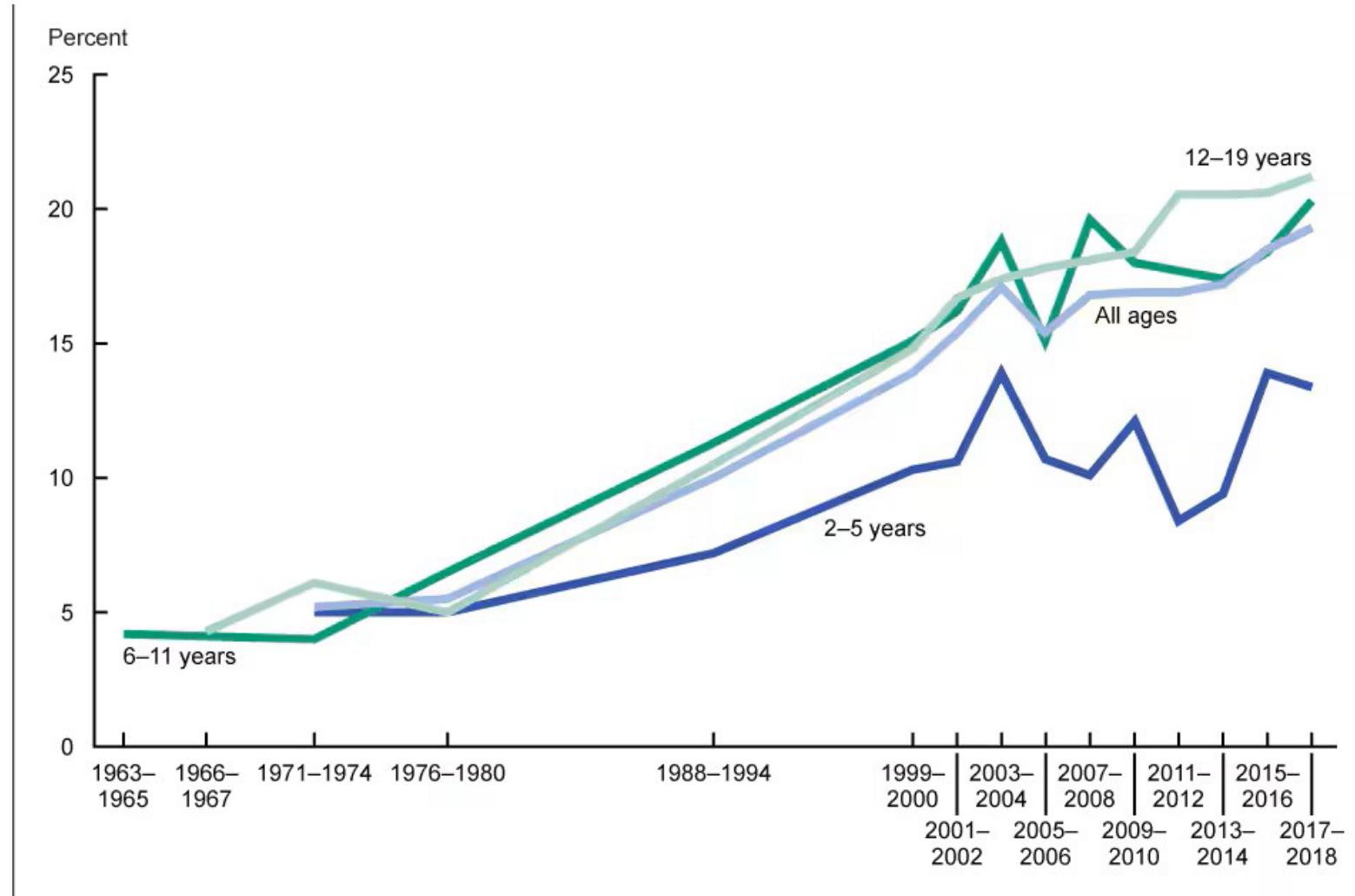
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Riverside County  
Wednesday, June 11, 2025



# Who We Are

- Medical Consultants for California Children's Services (CCS)
  - Riverside County
    - 10<sup>th</sup> largest county in the US
    - 2<sup>nd</sup> largest county in CA
    - 4<sup>th</sup> most populous county in CA
  - Statewide Program
    - Care for children with certain physical limitations and chronic health conditions
    - Serves 12,604 clients, age 0 – 21 years old
    - Team of public health nurses, medical social workers, medical therapy team

# Background

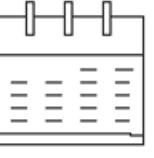


Childhood obesity is the most common pediatric chronic disease

Higher asthma in children with obesity

# American Academy of Pediatrics (AAP) Clinical Practice Guidelines (2023)

## Intensive Health Behavior and Lifestyle Treatment (IHBLT)

WHO:	WHEN:	WHAT:	WHERE:	DOSAGE:	FORMAT:	CHANNEL:
 Patient and family in partnership with a multidisciplinary treatment team*	 Promptly for child or adolescent with overweight or obesity	 Health education and skill building on multiple topics   Behavior modification and counseling	 Healthcare setting   Community-based setting with linkage to medical home	 Longitudinal treatment across 3-12 months with ideally $\geq 26$ contact hours	 Group,  Individual, or  Both	 Face-to-face (strongest evidence)   Virtual (growing evidence)

\* PCPs and/or PHCPs with training in obesity as well as other professionals trained in behavior and lifestyle fields such as dietitians, exercise specialists and behavioral health practitioners

# Fit Families 4 Life Model

Pilot a treatment model of a multi-disciplinary approach within a primary care setting

Children ages 8 to 12 diagnosed with asthma and are overweight and obese

Goal: 10-12 patients

6-month intervention period



# Fit Families 4 Life (FF4L)



**Dr. Redieat Assefa**

2019 Cohort Fellow –  
Pediatrician

Referral to Fit Families 4  
Life

## Data collection

Body Mass Index

Blood Pressure

Asthma Control Test (ACT)



## Intervention

Medical Intervention

Physical Activity Education

Medical Nutrition Therapy  
(Registered Dietician)

Nutrition Education

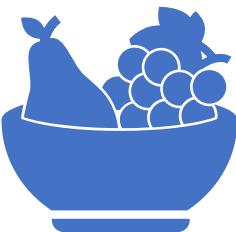
Behavior Health Counseling

# RUHS Partnerships



## Community Health Centers

Dr. Asseffa is a crucial clinical partner for referrals and medical management of asthma.



## Depart. of Public Health

CalFresh Healthy Living is an integral part of the nutrition and physical activity intervention for project.



## Behavioral Health

RUHS integrated system provides behavioral health services.

# FF4L Launch



## Demographics

- 6 patients
- Age: 9 – 12 years
- BMI > 97%
- ACT Score: 18-22

## Intervention

- Monthly 1-hour session
- 3 sessions completed
  - 1/29/25, 2/26/25, 3/26/25, 5/19/25

# Challenges

## Attendance Participation

Session 1: 6 families  
Session 2: 1 family attended  
(4 families confirmed)  
Session 3: 1 family attended  
(3 families confirmed)

## Additional Measures Implemented

Additional reminders via  
letter sent to families and  
calls from CHW  
Incentive prizes for  
participation

## Survey

2 families opted out of  
future session  
2 families with  
transportation issues  
2 families unable to contact  
despite multiple attempts

# Next Steps

- Collaboration with Inland Empire Health Plan (IEHP)
  - Explore transportation resources
  - “Breathe Well, Live Well” – Asthma Education
  - Home visit assessment
  - Community Wellness Center

# Keep the Conversation Going

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# Thank you



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