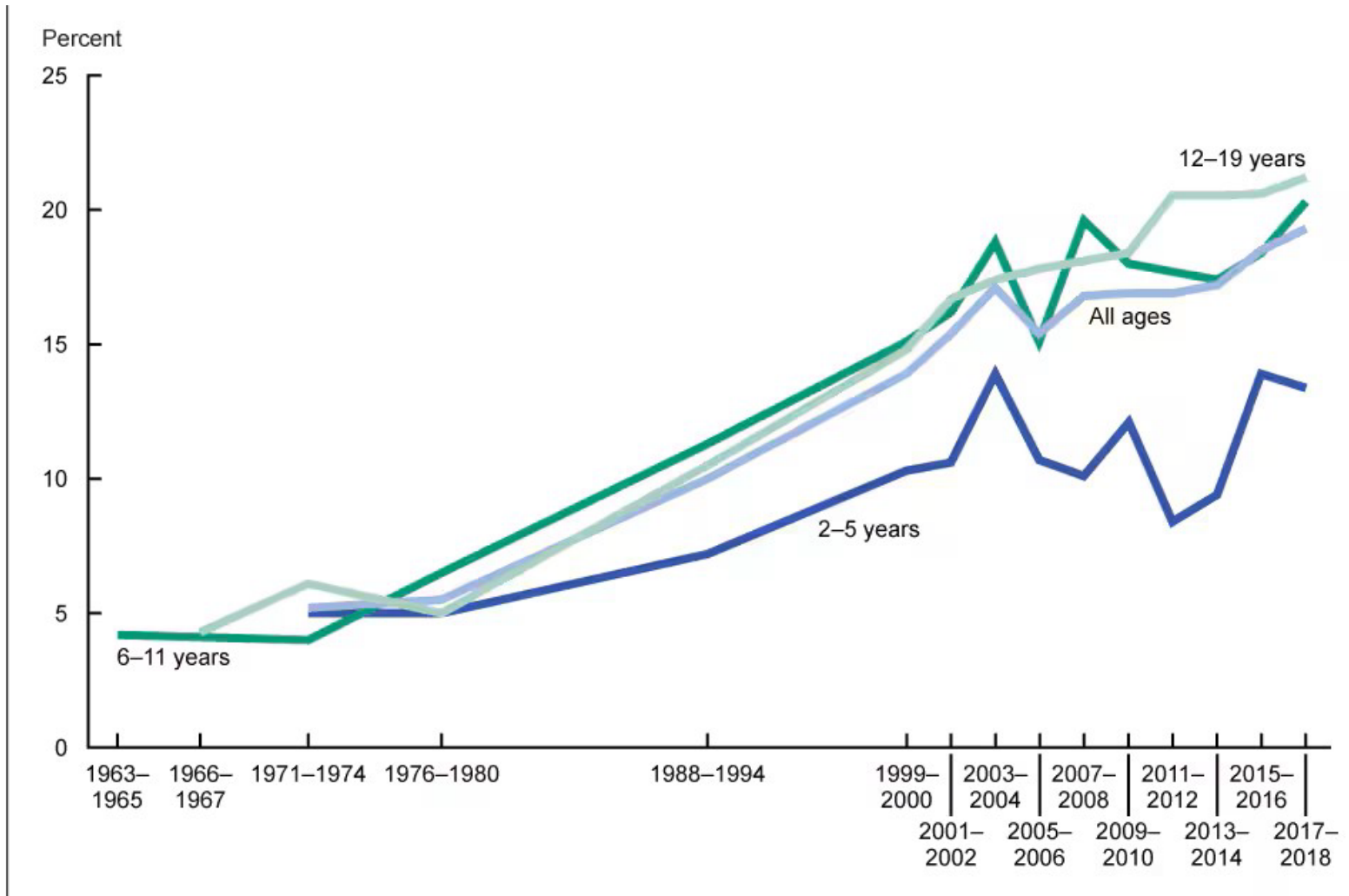


Fit Families 4 Life

Lanelle (Lani) Nakamura, MD, Dr. Trang Hoa, MD, Valerie Comeaux
Riverside County
Wednesday, June 11, 2025

CHAMPION
PROVIDER
FELLOWSHIP

Background







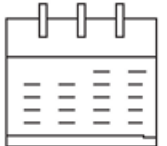


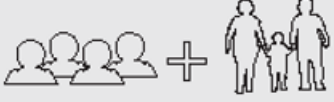




Childhood obesity is the most common pediatric chronic disease

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 ≥ 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

Test 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

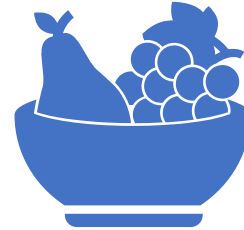
Behavior Health Counseling

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

Dr. Lanelle (Lani) Nakamura:

Lnakamura@ruhealth.org

Dr. Trang Hoa:

T.Hoa@ruhealth.org

Valerie Comeaux:

VaComeaux@ruhealth.org



Thank you



www.championprovider.ucsf.edu
championprovider@ucsf.edu



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