

# Fit Families 4 Life

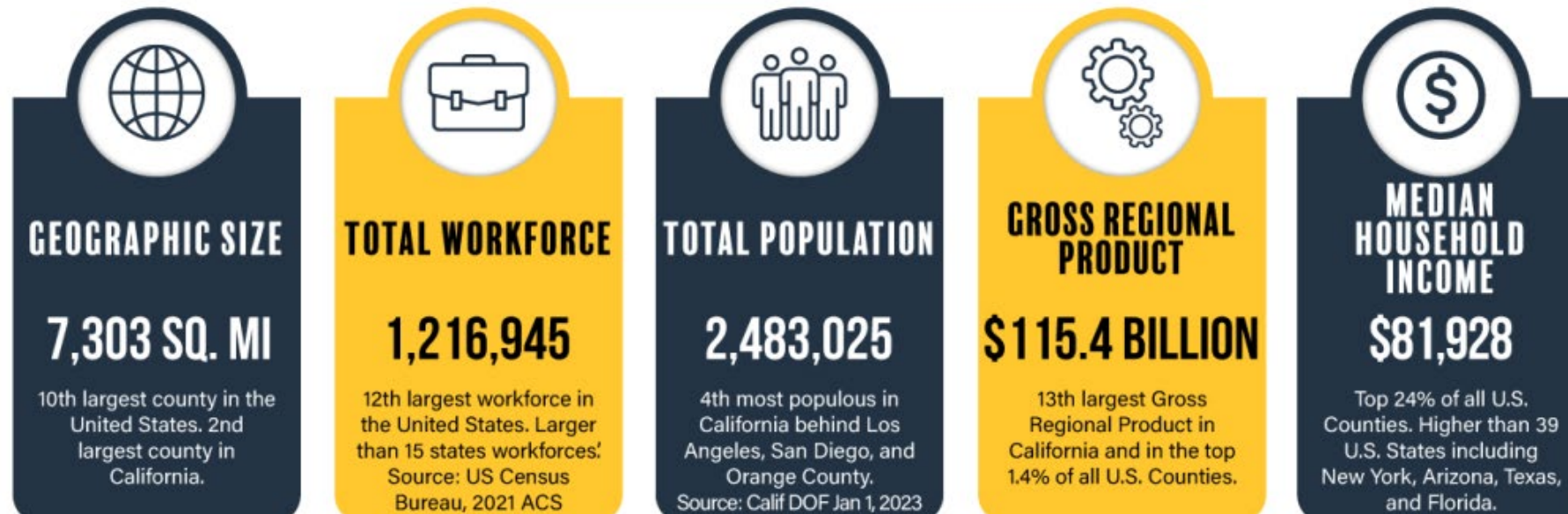
Dr. Lanelle (Lani) Nakamura, Dr. Trang Hoa, Valerie Comeaux  
Riverside County  
Wednesday, May 22, 2024

CHAMPION  
PROVIDER  
FELLOWSHIP

# Who We Are

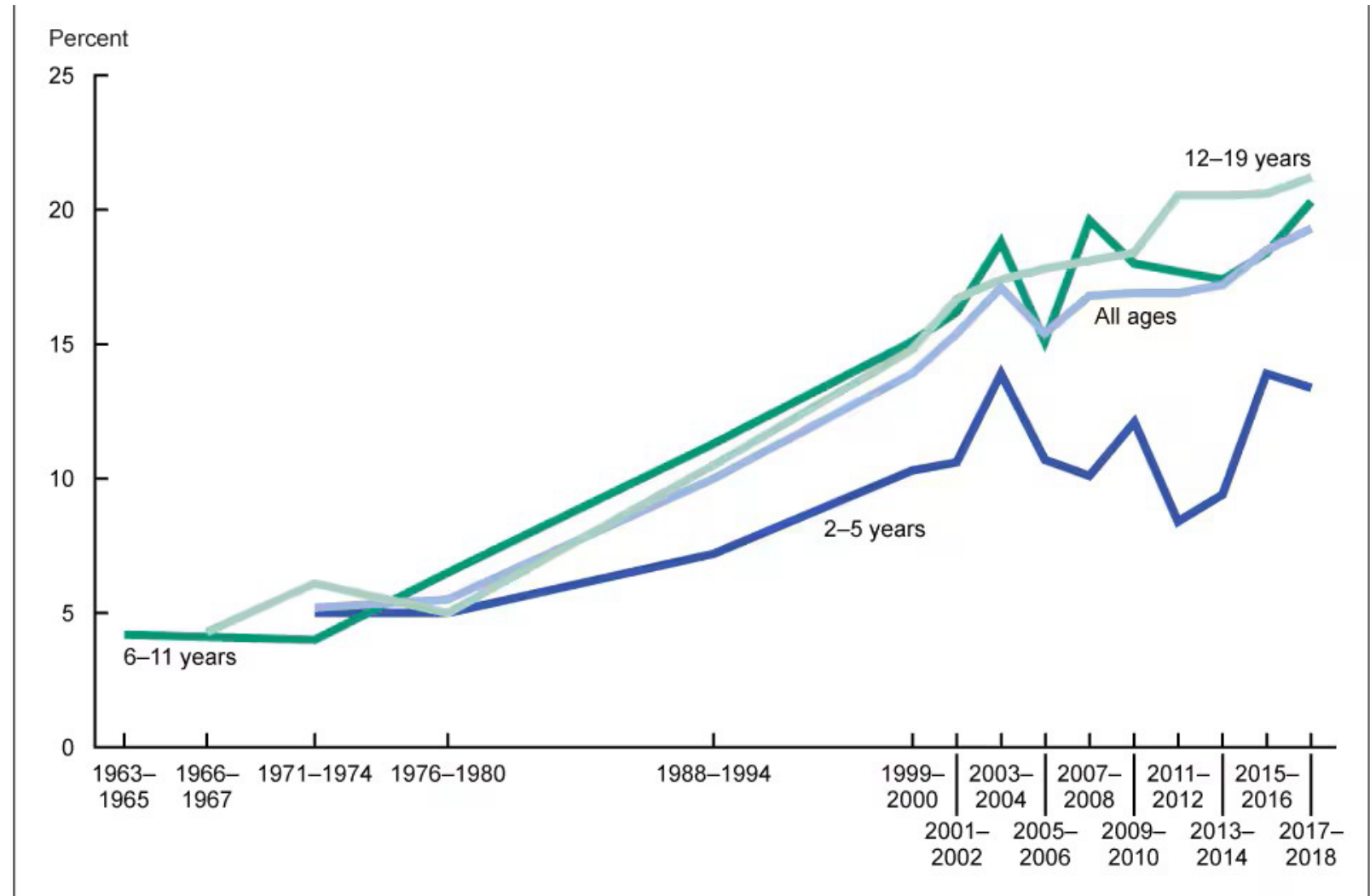
- Medical Consultants for California Children’s Services (CCS)
  - Riverside University Health System - Public Health
  - Statewide Program - Serves 12,604 clients, aged 0 – 21 years old

## RIVERSIDE COUNTY AT A *glance*



# Background

Obesity trends among children by age in the US



NOTE: Obesity is body mass index (BMI) at or above the 95th percentile from the sex-specific BMI-for-age 2000 CDC Growth Charts.

SOURCES: National Center for Health Statistics, National Health Examination Surveys II (ages 6-11), III (ages 12-17); and National Health and Nutrition Examination Surveys

# Background

Childhood obesity is the most common pediatric chronic disease













Higher asthma in children with obesity

- Worst asthma symptoms
- Reduced response to treatments
- Poorer asthma control
- Increased risk of exacerbation

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

- Treatment of children that are overweight and obese

## 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

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)

Modified Quality of Life  
Questionnaire (MQLQ)



## Intervention

Medical Intervention

Physical Activity Education

Medical Nutrition Therapy  
(Registered Dietician)

Nutrition Education

Behavior Health Counseling

Riverside University Health System  
(RUHS)  
Integrated Health System (2014)

Public Health  
(Department  
of Public Health)

Medical Center  
(County Hospital)

Community Health  
Centers  
(County Clinics or  
FQHC)

Behavioral Health  
(Mental Health  
Services)

Children Medical  
Services  
California Children's  
Services (CCS)

Nutrition and Health  
Promotion  
CalFresh Healthy  
Living

Rubidoux Clinic  
(Intervention Site)

Jurupa Clinic



# CalFresh Healthy Living Program

Physical Activity Component by engaging in Sports, Play and Recreation of Kids (SPARK) activities

Nutrition Education Session including healthy food demonstrations

Location at Don Schroeder Rubidoux Family Care Center  
(RUHS – Community Health Center)

# Active play

## Healthy Tips for Active Play



### Why is active play important?

Active play helps your child learn healthy habits. There are many health benefits of active play, such as:

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike.



### Your child loves to move!

Encourage your child to play actively several times each day. Active play for children can happen in short bursts of time and can be led by you or your child. Active play can include playing on the playground, playing tag with friends, or throwing a ball.



### Do you wonder if your child is active enough?

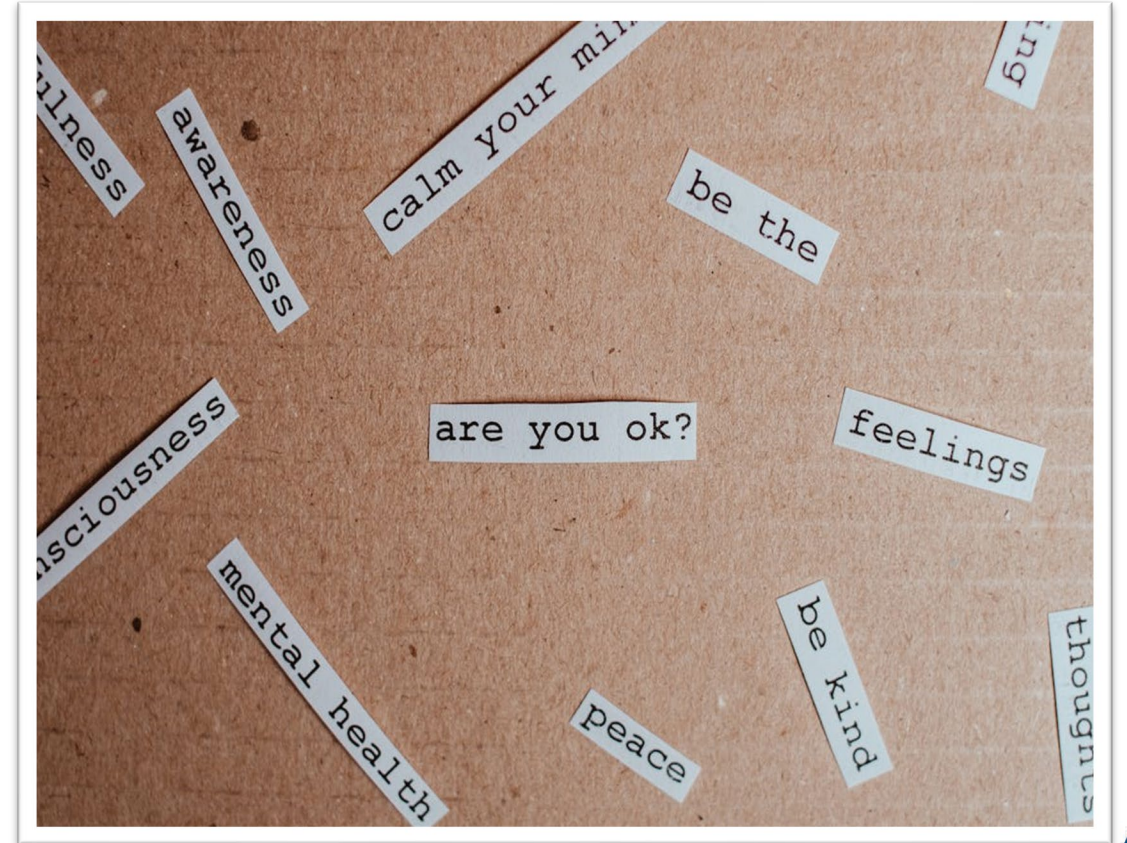
My child plays outside several times a day or inside where he or she is free to move.	Yes	No
I make sure my child's TV and screen time is less than 2 hours a day.	Yes	No
I make sure my child is actively moving for at least 60 minutes a day.	Yes	No
When actively playing, my child breathes quickly or sweats.	Yes	No

If you can usually answer yes to these statements, your child is probably getting enough active play.



# RUHS – Behavior Health

- Located at Jurupa Valley RUHS – CHC
- Within 7 miles of primary intervention site (Rubidoux RUHS – CHC)
- Group mental health counseling services for patients and families



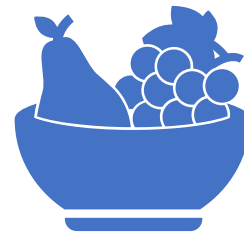
[Image pexels.com/photo/label-cut-out-papers-on-the-cardboard-7004950](https://www.pexels.com/photo/label-cut-out-papers-on-the-cardboard-7004950)

# RUHS Partnerships



## Community Health Centers

- Finding clinical provider to partner was the first step for project.
- Leveraged connections with Dr. Assefa, as a former Champion Provider Fellow.



## Depart. of Public Health

- Established connection with CalFresh Healthy Living was key in the nutritional and physical activity intervention for project.



## Behavioral Health

- RUHS integrated system provides the service at Jurupa Community Health Clinic.
- Collaborate to expand the established service to patient population.

# Next Steps

## Patient identification

- Data security

## Workflow optimization

- Medical Nutrition Therapy (MNT) referral

## Coordinating schedule

- "Walk with the Doc"
- SPARK activity
- Nutrition education and healthy food demonstrations



# Keep the Conversation Going

**Dr. Lanelle (Lani) Nakamura:**

[Lnakamura@ruhealth.org](mailto:Lnakamura@ruhealth.org)

**Dr. Trang Hoa:**

[T.Hoa@ruhealth.org](mailto:T.Hoa@ruhealth.org)

**Valerie Comeaux:**

[VaComeaux@ruhealth.org](mailto:VaComeaux@ruhealth.org)





# Thank you



[www.championprovider.ucsf.edu](http://www.championprovider.ucsf.edu)  
[championprovider@ucsf.edu](mailto:championprovider@ucsf.edu)



Funded, in part, by USDA SNAP-Ed, an equal opportunity provider and employer.