

Good morning and Thank You!



Tools and Techniques for Promoting Pediatric Healthy Weight

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Venice Family Clinic



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Objectives:

- Understand the basic techniques of motivational interviewing.
- Identify at least two advantages of incorporating motivational interviewing into your practice.
- Review a tool that can facilitate integrating motivational interviewing into your practice.



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Stages of Obesity Treatment

- Stage 1: Prevention Plus
- Stage 2: Structured Weight Management
- Stage 3: Comprehensive Multidisciplinary Intervention
- Stage 4: Tertiary Care Intervention

From: Barlow, S Expert committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity: Summary Report. Pediatrics, 2007.



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Stage 1: Prevention Plus

- Once Overweight or obesity is diagnosed.
- **Focus** is on basic healthy lifestyle eating and activity habits.
- **Goal** is improved habits and as a result improved habitus (BMI Status).
- Frequent Monitoring.

From: Expert committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity: Summary Report. Pediatrics, 2007.



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Focus is on basic healthy lifestyle eating and activity habits

- Minimize Sugar-sweetened beverages with a goal of 0^{**}.
- Increase meals prepared at home^{**}.
- Education and modification of portion sizes^{**}
- Reduction of inactive time to < 2 hours/day and if less than 2 years old to 0 time^{**}.
- Increasing active time for children and families to ≥ 1 hour each day^{**}.
- Involve the whole family in lifestyle changes.
- Cultural sensitivity

^{**} = strong evidence

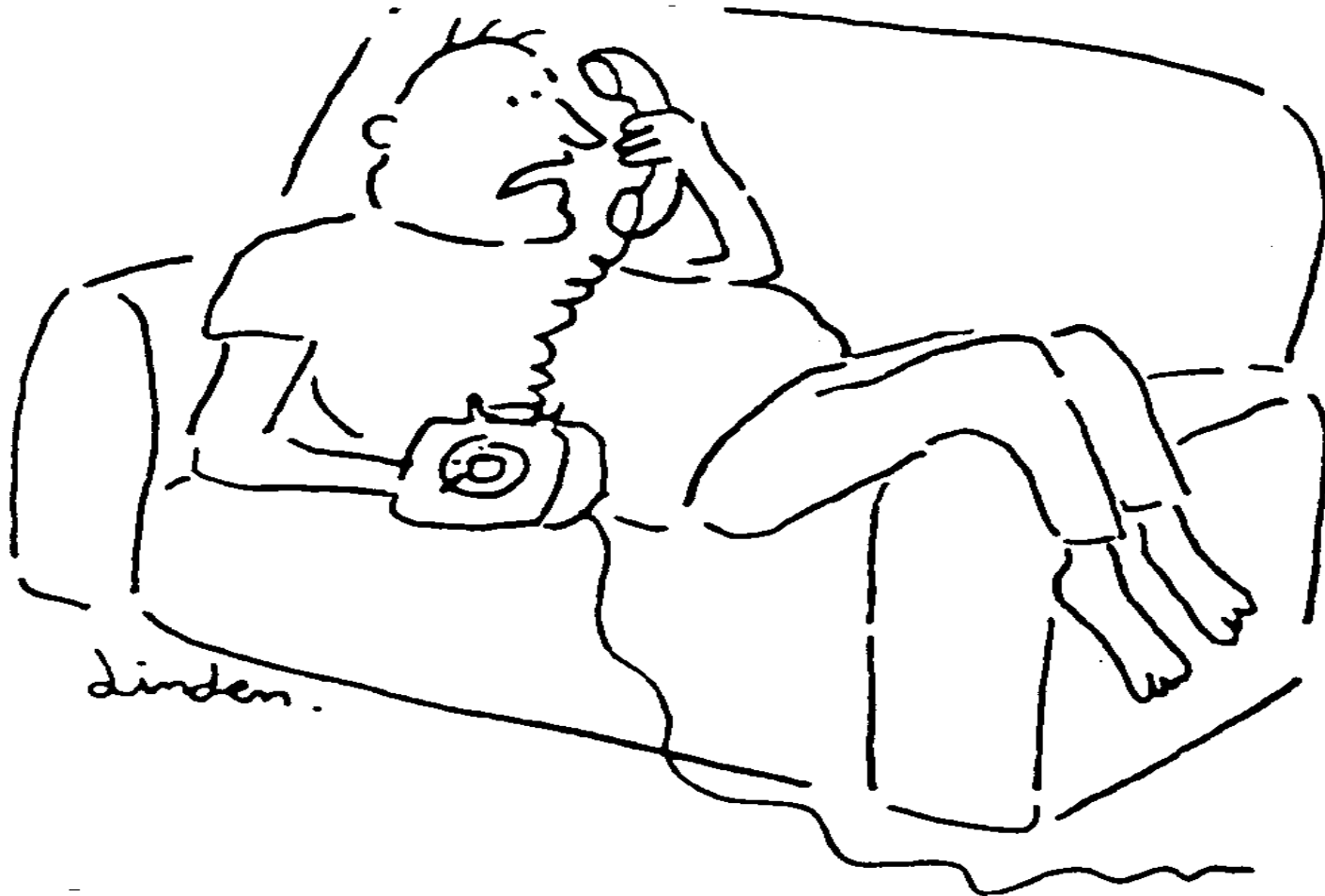
From: Expert committee Recommendations Regarding the Prevention, Assessment, and Treatment of Child and Adolescent Overweight and Obesity: Summary Report. Pediatrics, 2007.



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Motivation - it's complicated!



I want a fitness video. Do you deliver?



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Cultural Openness



- Strategies
 - Follow the ABCs of counseling
 - Active listening
 - Body language (no barriers)
 - Caring and open mind
 - Motivational Interviewing
 - “... method of communication rather than a set of techniques. It is not a bag of tricks for getting people to do what they don’t want to do; rather, it is a fundamental way of being with & for people - a facilitative approach to communication that evokes change.”

From: Miller & Rollnick 2002 and Slusser W and Kroeger M (1992) in Woodward-Lopez G and Creer AE lactation Management Curriculum: A Faculty Guide for Schools of Medicine, Nursing, and Nutrition. Third edition, 1995 UCSD and Wellstart International.



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Motivational Interviewing

- Strong evidence provider style, the way they talk, influences outcomes (Miller & Rollnick 2002)
- When patients are motivated and express verbal commitments to change, they have better treatment outcomes (Armhein et al 2004)



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The Spirit of Motivational Interviewing

- **Collaboration**
- **Evocation**
- **Autonomy**

High spirit of collaboration

- Clinician is not the “expert”
- Willing to negotiate with the patient
- Open to ideas from the patient
- Avoids persuasion
- Explores and support what the patient wants to do
- Patient is the “partner” (e.g., dancing)



High spirit of evocation

- Elicits the patients's ideas about change
- “Curious and patient”
- Stays focused on whatever behavior change the patient is willing to do



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High Autonomy/Self-efficacy

- Accepts the patients may not choose to change
- Are invested in behavior change but does not push it in order to maintain patient doctor alliance
- Reinforces ultimately any behavior change is within the realm of the patient



How is Spirit of MI different?

- Not sympathy
- No emphasis on expertise (on the part of the health provider)
- Education of the patient is not considered effective (not to be confused with Giving Information)
- Does not focus on skill-building
- Does not analyze unconscious motivations
- Not passive



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Steps to Meet these recommendations



Venice Family Clinic Simms Mann Health and Wellness Program: Case Study



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The Goal:

Empower families to integrate physical fitness and optimal nutrition into daily activities to reach optimal health and wellness.



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The Population

- 5,600 children and adolescents aged 0 – 19.
- 85% are Latino.
- 53% have health insurance (Medical).
- 75% live below the Federal Poverty Level.
- 50% of the 2-19 year olds are overweight or obese.



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Activities:

- Developed, piloted and implemented the Lifestyle Log and trained providers
- Launched the Reach out and Play Activity
- Wrote the Community Fitness Directory



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DATE	/ /	/ /	/ /
BMI & %ile			
Vegetable (servings/day)	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5
Fruit (servings/day)	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5
Soda (# cups daily)	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5
Juice (# cups daily)	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5
Snacks (type)			
Milk (Type)	Whole 2% 1% Skim	Whole 2% 1% Skim	Whole 2% 1% Skim
# cups/day	1 2 3 4 5 >5	1 2 3 4 5 >5	1 2 3 4 5 >5
Fast Food/wk	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5
Review of Portion sizes	Yes No	Yes No	Yes No
Eating Habits	TV w/meals Skips meals Family meals	TV w/meals Skips meals Family meals	TV w/meals Skips meals Family meals
School Performance			
Mood	0 1 2 3 4 5	0 1 2 3 4 5	0 1 2 3 4 5
Friends?	Yes No	Yes No	Yes No
Best friend?	Yes No	Yes No	Yes No
Bullying?	Yes No	Yes No	Yes No
Physical Activity/in the past week	What: Frequency: Jump rope Y N Frequency:	What: Frequency: Jump rope Y N Frequency:	What: Frequency: Jump rope Y N Frequency:
TV/Computer/Vid eo Games	Yes No	Yes No	Yes No
In bedroom?	Hours/day:	Hours/day:	Hours/day:
Weekend	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5
Weekday	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5	0 1 2 3 4 5 >5
Confidence in Reaching Goal	Not at all Somewhat Very	Not at all Somewhat Very	Not at all Somewhat Very
Target change behavior			
Pros/cons for negative target behavior			
Strategies			



Cultural Openness



Motivational Interviewing is a method of exploring ambivalence, the dilemma of change (pros and cons) through:

- ✓ **Open ended Questions**
- ✓ **Affirm (emphasize a strength, notice a positive action).**
- ✓ **Reflect (are statements not questions, making a guess about what the patient is meaning)**
- ✓ **Summarize**



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Motivational Interviewing

How important would you say it is for you to _____? On a scale of 0-10, where 0 is not at all important and 10 is extremely important, where would say you are? Follow-up: And why are you at __ and not zero?

How confident would you say it is for you to _____? On a scale of 0-10, where 0 is not at all confident and 10 is extremely confident, where would say you are? Follow-up: And why are you at __ and not zero?



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Listen carefully with a goal of understanding the dilemma, but give no advice. Ask these three open questions, and listen:

1. What is there about you (strengths, abilities, talents) that would help you do this?
2. How might you go about it, in order to succeed?
3. What have you done successfully in the past that was like this in some way? Reflect and summarize confidence statements



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Evaluation Results



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Evaluation of the Lifestyle Log and Reach out and Jump Intervention

- Utilized a time-series design with systematic chart reviews to collect information at six months prior to intervention, the point of first-intervention, and at one month, six months and 12 months post-intervention.
- Intervention was defined as the date when the lifestyle log was placed in the chart and utilized or a jump rope was first given.
- Conducted by Danielle Cameron, MPH for her MPH thesis and Wendy Slusser, MD as thesis advisor.



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The Sample

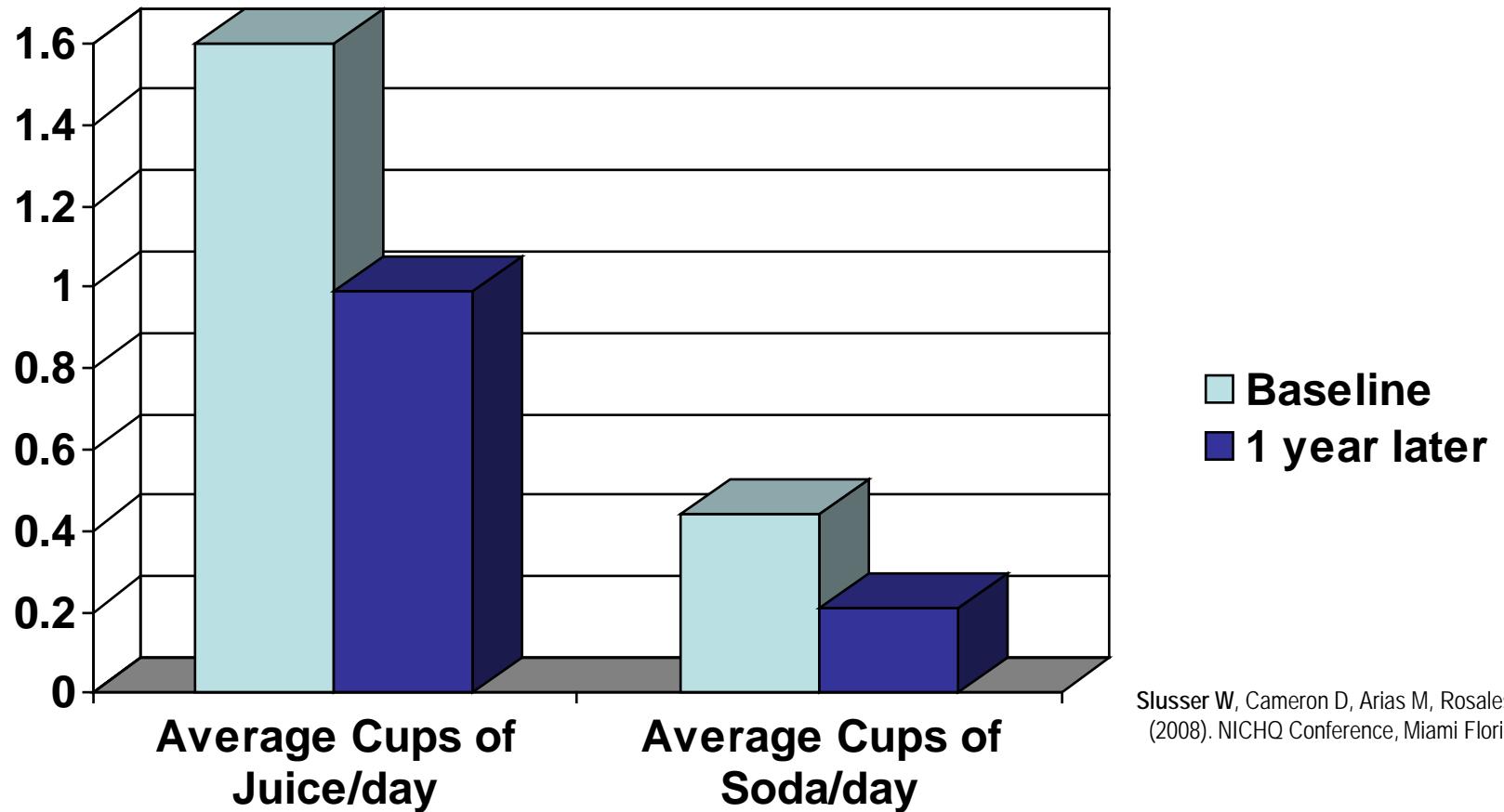
- 136 children
- 2-15.9 year olds
- 48.5% female
- 97.1 % Latino



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Lifestyle Log Intervention Promotes Behavioral Change



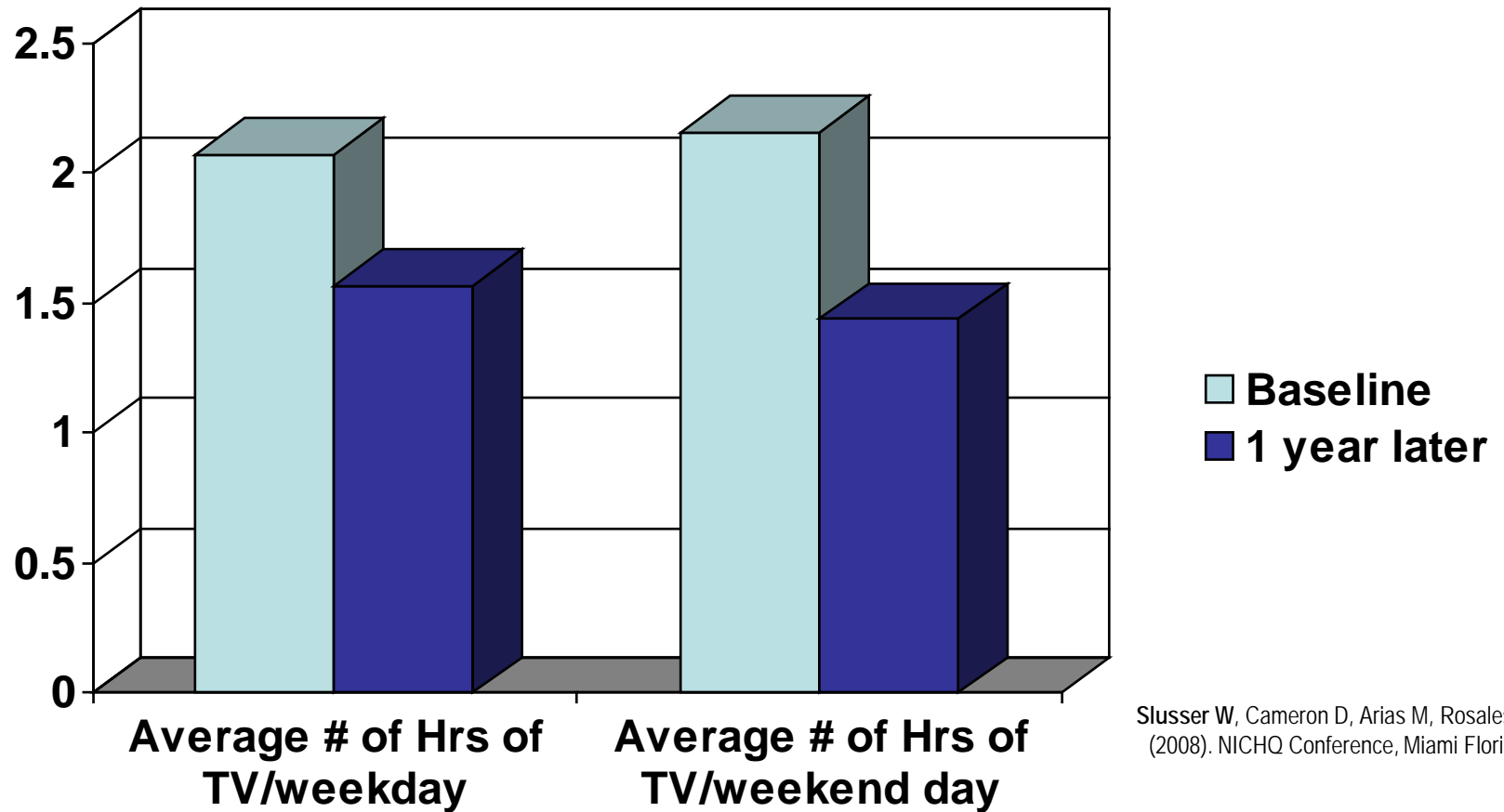
Slusser W, Cameron D, Arias M, Rosales N (2008). NICHQ Conference, Miami Florida



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Lifestyle Log Intervention Promotes Behavioral Change



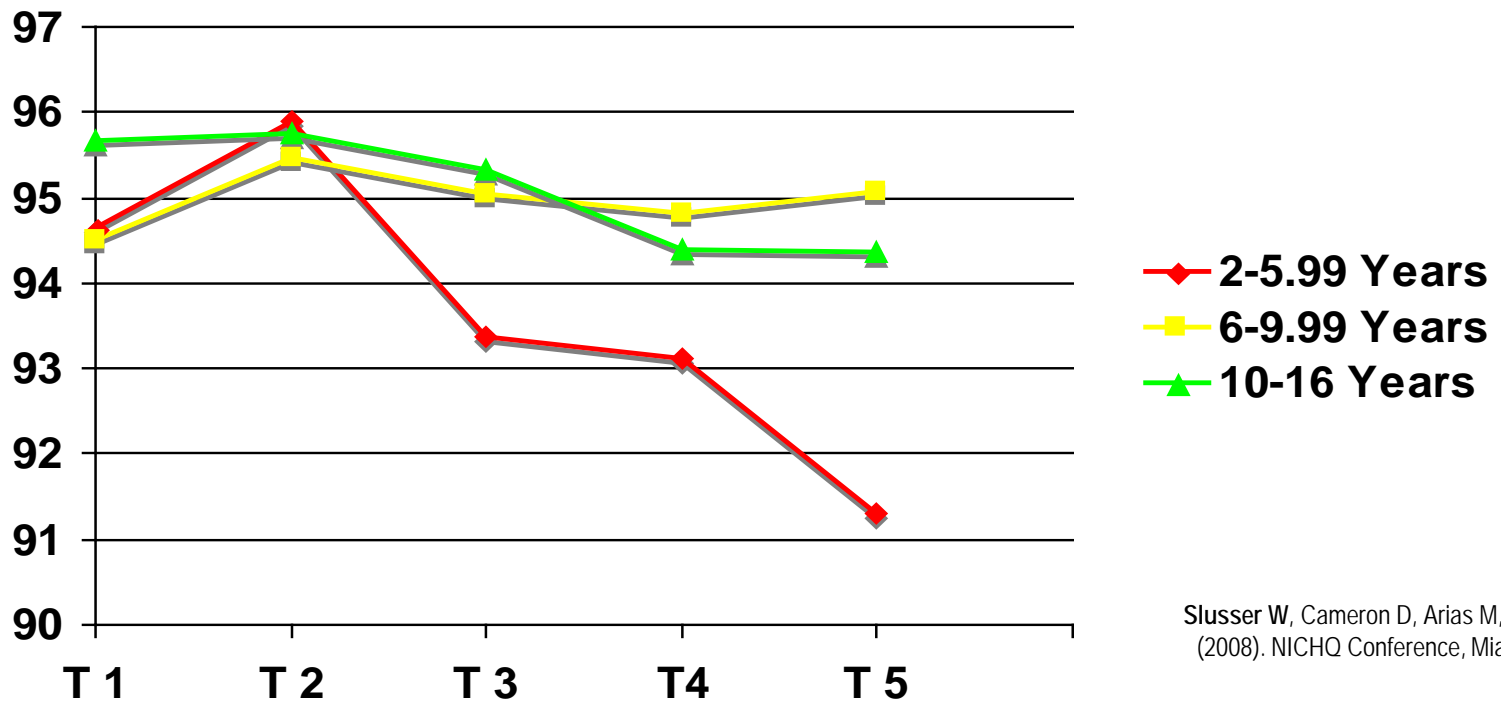
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BMI Percentile Means for Different Age Groups at Each Point in Time



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In Conclusion:

Our hope is to empower families to integrate physical fitness, optimal nutrition and emotional wellbeing into daily activities to reach optimal health and wellness.

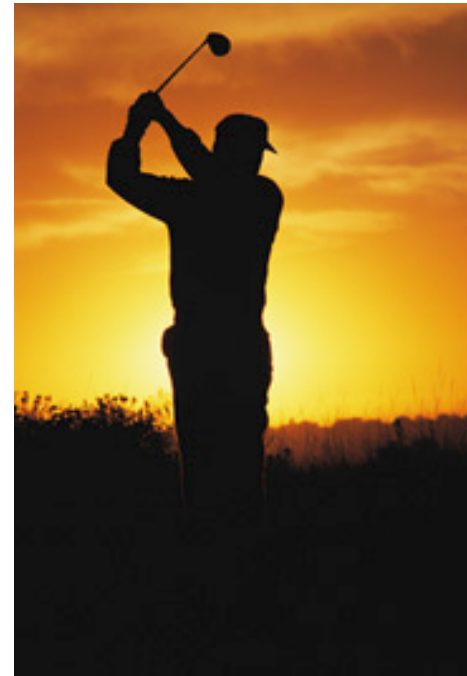


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Personal Goals

- Become a role model
 - Provide support for healthier environments for your family, employees and colleagues
 - Exercise regularly



Haiku – by Samuel Bruce, 3rd Grader May 2002



Fruit comes from flowers

Fruit is very good to eat

I like to eat fruit

Resources

- www.motivationalinterview.org
- <http://casaa.unm.edu>
 - Motivational Interviewing Treatment Integrity (coding for MI fidelity)
- Miller, W. R., & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change* (2nd ed.). New York: Guilford Press.
- Rollnick, S., Miller, W. R., & Butler, C. C. (2008). *Motivational interviewing in health care*. New York: Guilford Press.
- Rosengren, D. B. (2009). *Building motivational interviewing skills: A practitioner workbook*. New York: Guilford Press.