

## Improved Clinical Practice for Childhood Obesity Screening and Management

### Abstract

Childhood obesity is a profound problem in America. The Chronic Care Model (CCM) is a comprehensive approach to chronic disease management that improves patient outcomes and has been successfully applied to pediatric obesity. This study's purpose is to improve clinical practice according to evidence-based practice (EBP) and streamline workflow for childhood obesity screening and management based on CCM concepts. Through a quasi-experimental, mixed methods, quality improvement (QI) approach, this study will evaluate the effects of multiple CCM health system changes on provider outcomes in a pediatric primary care office in Tulare County, California that serves predominantly low income, Hispanic families. Clinical outcomes were measured by billing documentation for body mass index (BMI) and nutrition and exercise counseling at well child checks at baseline, after a single electronic medical record change, and after a multicomponent CCM change. Results showed significant improvements for BMI identification after the first intervention and significant improvements in BMI identification and nutrition and exercise counseling after the second intervention. This is the first study known to show enhanced effects of a multicomponent CCM change after a single CCM change for the same childhood obesity provider outcome. Pre- and post-intervention provider surveys identified barriers to childhood obesity counseling. Study results inform methods for improving clinical workflow and practice. Future research is needed to assess outcomes related to screening for comorbidities, treatment, and follow-up.