

# Childhood Obesity In New Mexico

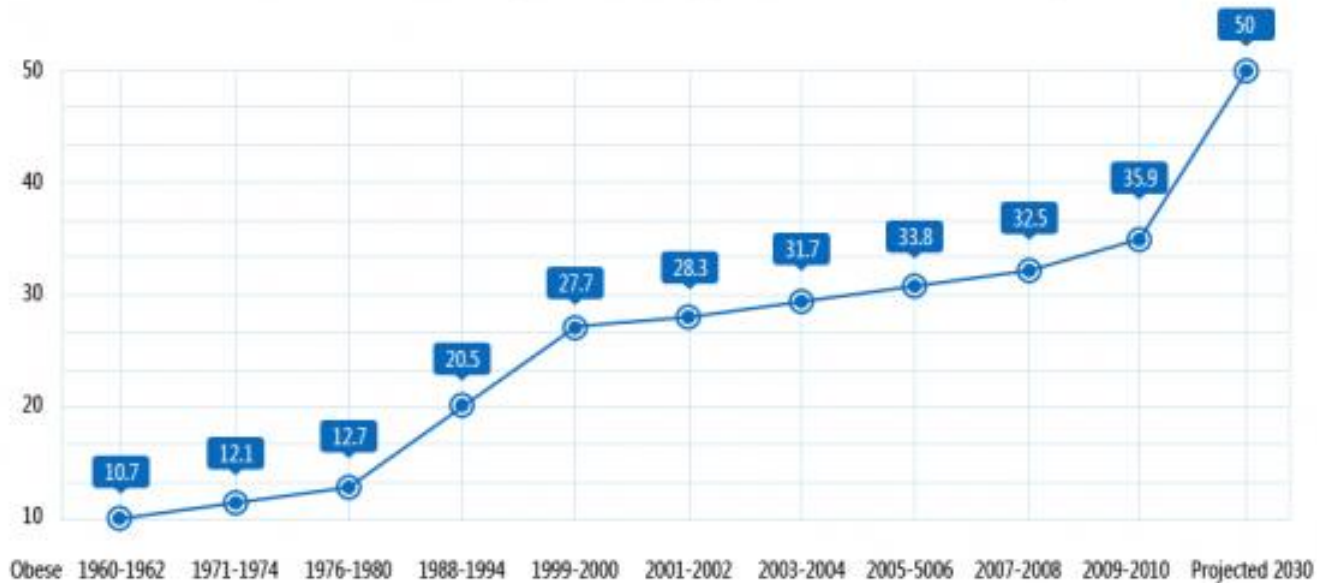
Healthy Kids New Mexico  
Presentation

June 7<sup>th</sup>, 2014

Taos, NM

# National Obesity Trend

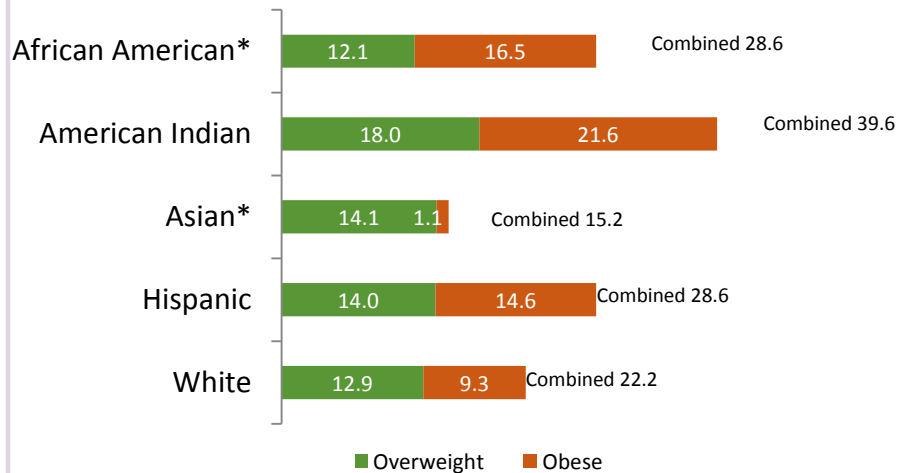
## Prevalence of Obesity Among U.S. Adults Aged 20-74



Derived from NHANES data ([http://www.cdc.gov/nchs/data/hestat/obesity\\_adult\\_09\\_10/obesity\\_adult\\_09\\_10.html#table1](http://www.cdc.gov/nchs/data/hestat/obesity_adult_09_10/obesity_adult_09_10.html#table1))

# Childhood Obesity In New Mexico

**Percent of Kindergarten Students Overweight and Obese by Race/Ethnicity, New Mexico, 2013**



**Percent of Third Grade Students Overweight and Obese by Race/Ethnicity, New Mexico, 2013**

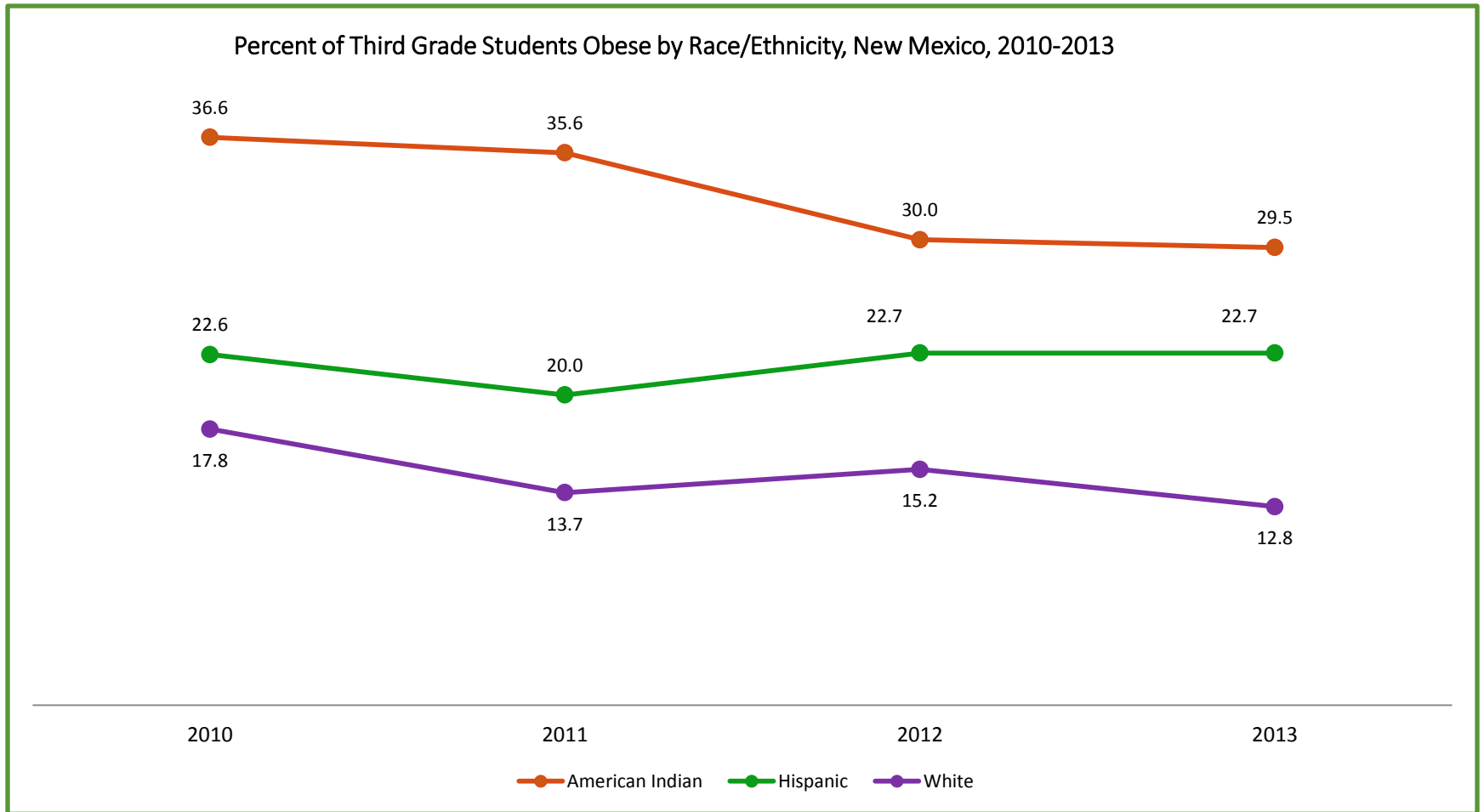


\*Due to small 2013 sample sizes, please note that African American and Asian BMI data by grade should be interpreted with caution.

# Healthy Kids NM

- 300 state and local partners create opportunities for healthy eating and active living where children live learn & play
- Public elementary school BMI data collected since 2010 – prevention efforts making a difference

# 2010-2013 NM Childhood Obesity Rates



# Obesity Prevention Approach

- Environmental, systems and policy change
- Plenty for healthcare providers to do – changes can be made in healthcare setting

# Healthcare Changes in NM

- Can feel limiting in clinical environment to lecture on diet & exercise
- NM healthcare providers making positive changes in clinical practice
  - Formalize history taking
  - Lifestyle survey provides options for children & families to choose from
  - Once changes identified, child leaves with prescription
  - Healthcare provider follows up after 2 to 3 months

# Healthy Active Living Rx

## R<sub>x</sub> for Healthy Active Living

Name \_\_\_\_\_ Date \_\_\_\_\_

### Ideas for Living a Healthy Active Life

- 5** Eat at least 5 fruits and vegetables every day.
- 2** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.

### My Goals (*choose one you would like to work on first*)

- |   |  |
|---|--|
| <input type="checkbox"/> Eat _____ fruits and vegetables each day.    | <input type="checkbox"/> Get _____ minutes of physical activity each day.  |
| <input type="checkbox"/> Reduce screen time to _____ minutes per day. | <input type="checkbox"/> Reduce number of sugared drinks to _____ per day. |

\_\_\_\_\_  
Patient or Parent/Guardian signature

\_\_\_\_\_  
Doctor signature

From Your Doctor

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™





# Healthcare - Systems Perspective

- Know resources in community for follow up
- Provide organized referral directly to available program
- Provide list of resources with contact information
- Important to follow up within 2 to 3 months

# NM Healthy Hospital Environments

- Large vegetable garden at hospital entrance
- Each department has own plot – pharmacy, lab, out patient clinic, medical records, etc.
- Garden produce incorporated in patient meals
- Cleaned out hospital vending machines
  - Replaced candy with trail mix, granola bars, dried fruit
  - Water, 100% fruit juice, diet soda in drink machines

# BMI Screening at Schools

- Elementary school-aged children – critical years
- Students screened at BMI 95% or above referred to teen health center or HIS
- Worth doing to follow up with kids with high BMI & not waiting to see kids until there is a need

# Healthcare in Community

- Active & engaged - important to be involved in community to get known
- Walking the talk - makes big difference when patients see healthcare providers in community living healthy lifestyle

# Staff Wellness

- Prioritizing staff health & wellness in healthcare setting makes huge difference
- Changes whole community perspective on health