

## POSTER ABSTRACTS

9<sup>th</sup> Annual HMO Research Network Conference

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### Evaluating Care Delivery 08

#### **A Control Trial of Pediatric Health Care Team Training to Improve the Assessment and Management of Overweight in Children and Adolescents.**

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**Background:** There are nearly twice as many overweight children today as there were in 1980; yet there is little literature on effective improvements in clinical services to address pediatric overweight. Health care professionals have reported low-proficiency in assessment and management of pediatric overweight, yet have few opportunities to learn the most current assessment and management techniques for pediatric overweight.

**Methods:** Our study developed and evaluated a Pediatric Overweight Assessment and Management training designed to improve the skills of health care professionals and the processes of pediatric health care delivery. The training 1) introduces the latest research evidence and the CDC expert recommendations for the assessment and management of pediatric overweight and 2) equips health care professionals with tools for assessing overweight, reviewing patient's lifestyle characteristics and prescribing behavior change goals. Supportive, user-friendly tools were developed to reinforce the messages of the intervention.

**Results:** A control trial was initiated to evaluate the effectiveness of the training. The training is being implemented for all clinicians and staff (N=129) of the pediatric health care teams of Kaiser Permanente Georgia, where care is provided to approximately 75,600 children and adolescents of metro-Atlanta. A study group received the training in phase 1 (Nov – Dec 02) and the control group during phase 2 (Feb – March 03). Measurement consists of chart abstractions and self-report surveys for the purposes of assessing the effects of the training on attitudes of, self-efficacy for and practice of assessing and managing pediatric overweight. Data from baseline and 3 and 6-months are used to compare longitudinal and intervention effects between treatment and control groups. Our presentation will focus on the initial results from Phase 1, including baseline and 3-month follow-up data.

**Conclusions:** The presentation will focus on the results from Phase 1, including baseline and 3-month follow-up data. Analysis of results will be conducted in advance of the April conference. Preliminary conclusions will be presented.