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Obesity in pediatric primary care: Provider approach to the early childhood and adolescent patient population

Anna Marie Nass

The State University of New Jersey, USA

Obesity is a nationwide epidemic. Obesity in the early childhood and adolescent populations is on the rise resulting in long-term adverse health outcomes. Primary healthcare providers need to utilize evidence-based research interventions in order to assess, educate, and treat this devastating disease process. Though current guidelines, recommendations and programs exist like 5-2-1-0, providers continue to struggle. At Children of Joy Pediatrics, healthcare providers have noted similar problems to what other healthcare providers report in the literature. The purpose of this DNP Project is to evaluate how the 5-2-1-0 evidence-based message is utilized in the COJP practice for children in the 2 to 5 and 12 to 18 year old age groups diagnosed with obesity, defined as having a BMI greater than or equal to the 95th percentile according to the CDC guidelines, to establish if the 5-2-1-0 message is being utilized and to what extent it is documented in the EMR. Retrospective data will be collected to determine the number of obese patients in each of the respective patient populations with additional data to be gathered to include age, gender, height, weight, BMI percentile and current interventions specifically focused on the 5-2-1-0 components. Recommendations for future quality improvement protocols may be proposed at the conclusion of the project.

anass@sn.rutgers.edu