



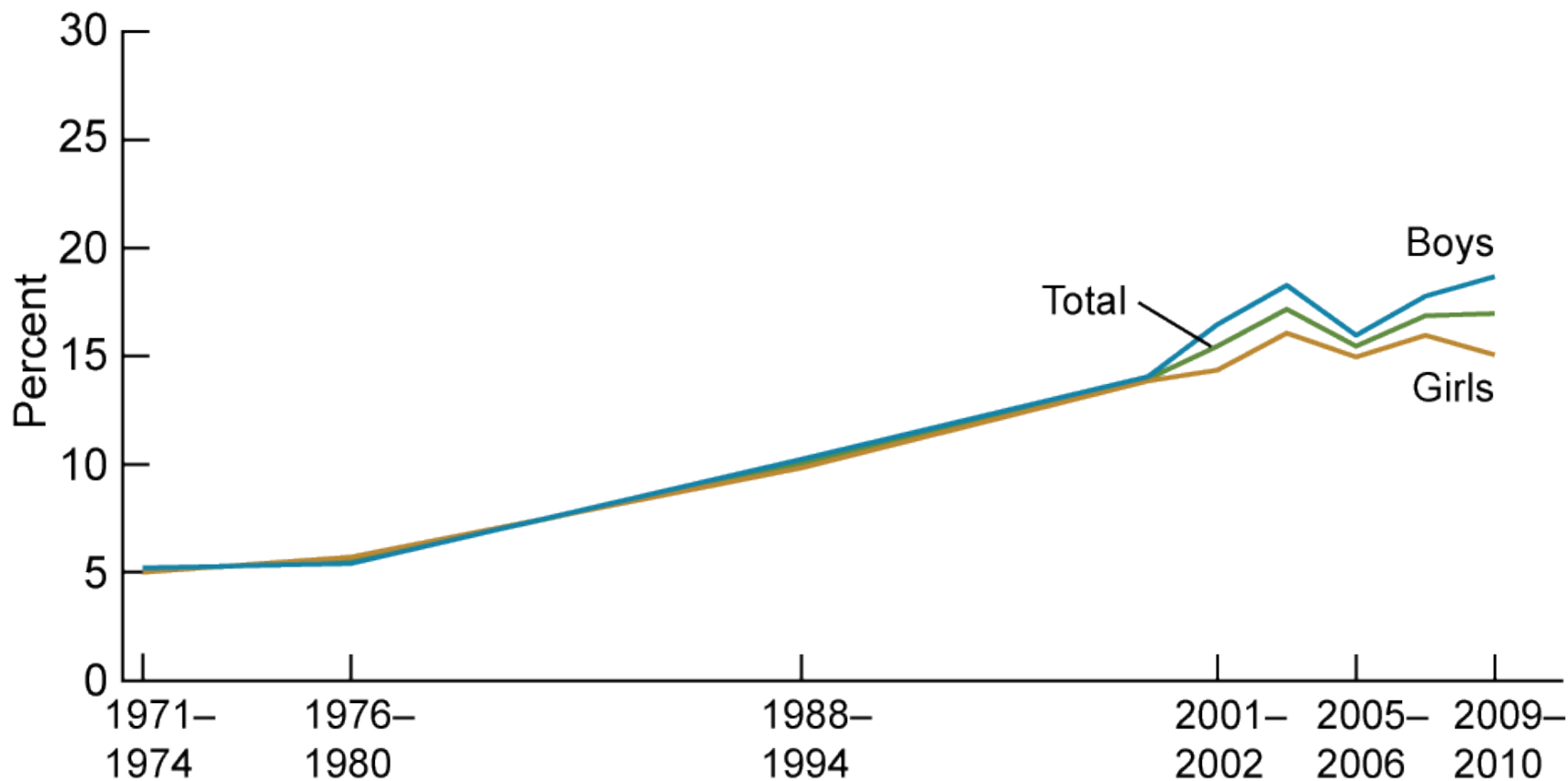
Prevención de la Obesidad: Perspectiva Comunitaria

Dodi Meyer, MD
Community Pediatrics



COLUMBIA UNIVERSITY
MEDICAL CENTER

Figure 1: Trends in obesity among children and adolescents aged 2–19 years, by sex: United States, 1971–1974 through 2009–2010

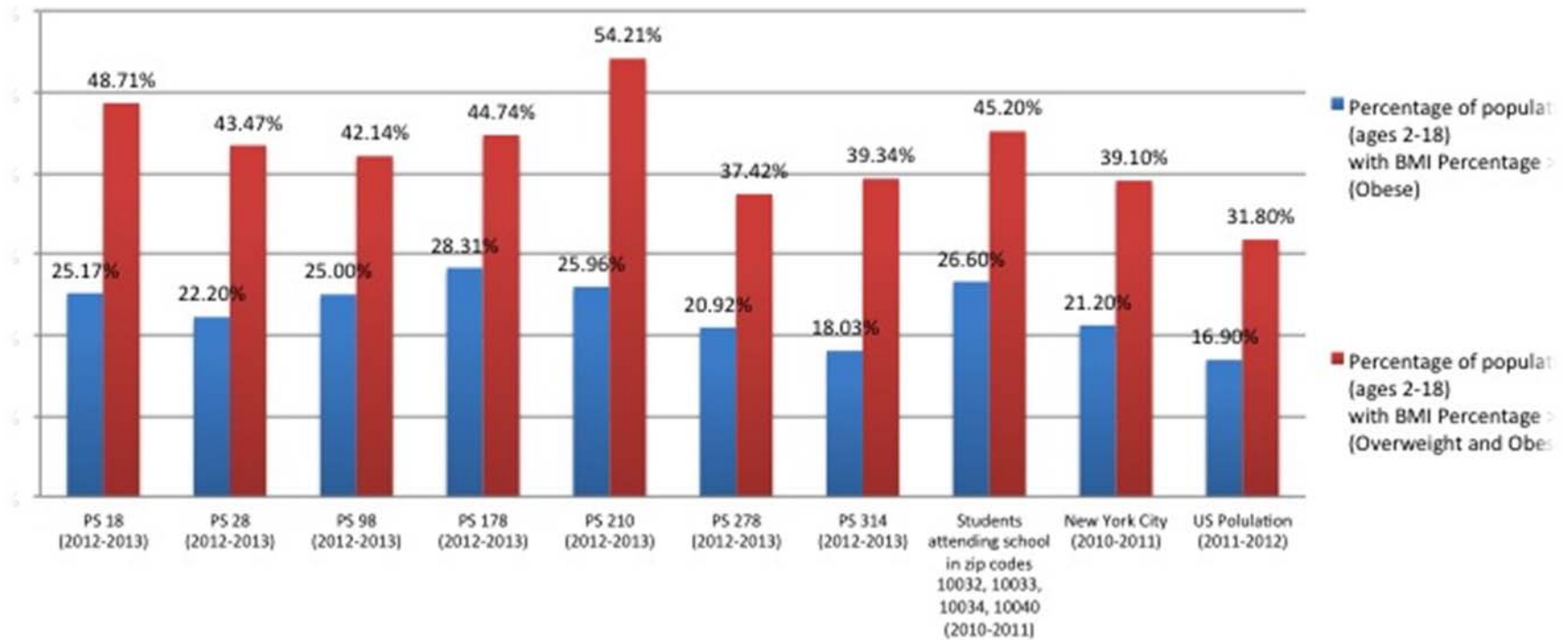


NOTE: Obesity is body mass index greater than or equal to the 95th percentile of the sex- and age-specific 2000 CDC growth charts. SOURCES: CDC/NCHS, National Health and Nutrition Examination Surveys (NHANES) I–III; and NHANES, 1999–2000, 2001–2002, 2003–2004, 2005–2006, 2007–2008, and 2009–2010.

Tasas de obesidad 2012-2013

NYC Dept of Health

Obesity Comparison of Students in CHALK Intervention Schools, Washington Heights and Inwood, New York City, and United States





CHALK

Choosing Healthy & Active Lifestyles for Kids™

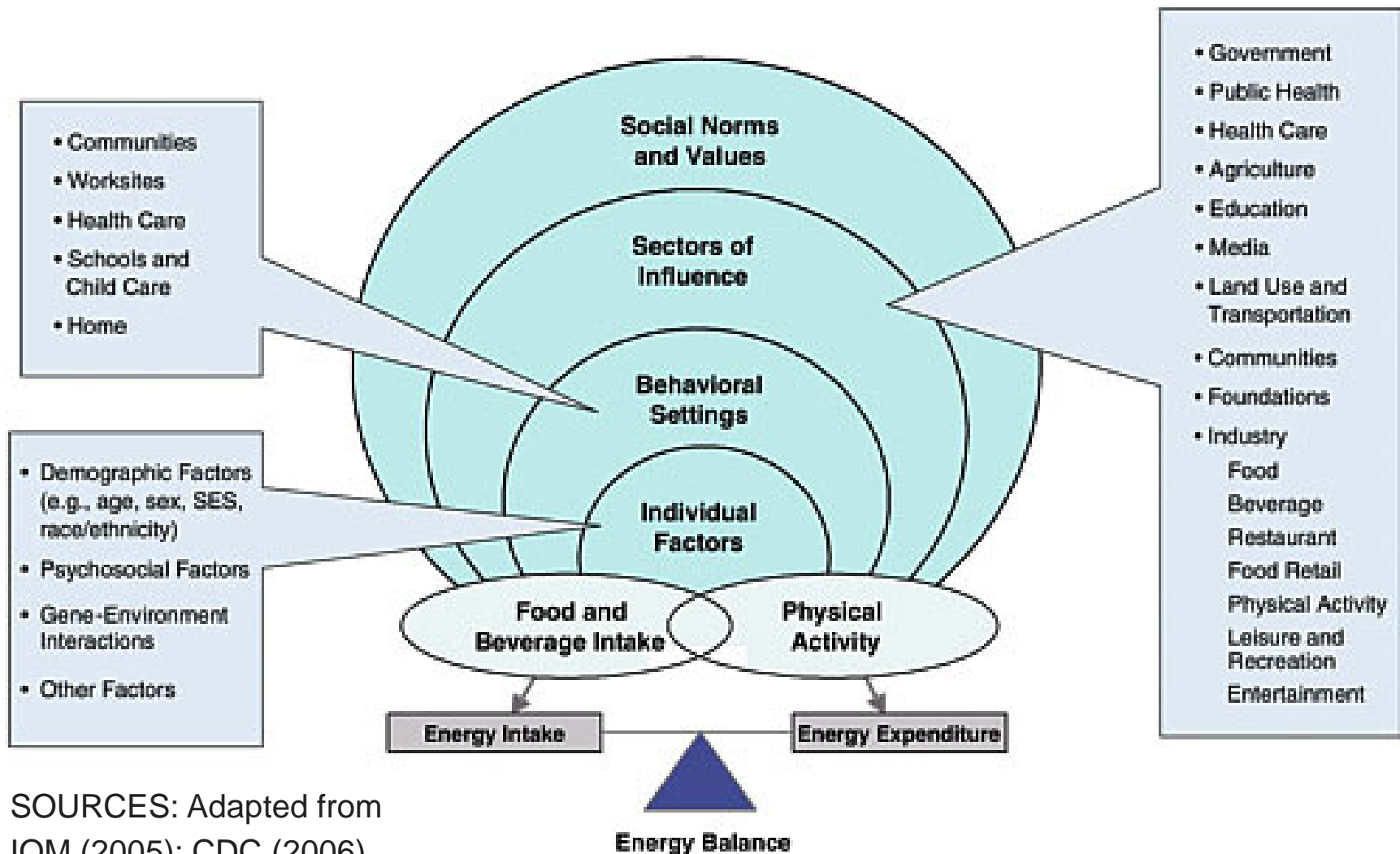
Eligiendo una vida saludable y activa para los
niños

 **NewYork-Presbyterian**
Ambulatory Care Network



COLUMBIA UNIVERSITY
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Marco Teórico: Modelo Socioecológico



SOURCES: Adapted from IOM (2005); CDC (2006)

El grupo de trabajo, Vive tu Vida



“Vive tu Vida” es una coalición de miembros de la comunidad, organizaciones comunitarias, artistas, y líderes locales de las vecindades de Washington Heights/Inwood al norte de Manhattan, Nueva York.

El mensaje, Vive tu Vida

- “Vive tu Vida. Energía. Balance. Acción” es un mensaje creado por el Grupo de Trabajo Vive tu Vida/Live your Life para ayudar a educar, motivar y movilizar a los miembros de la comunidad hacia una forma de vida más saludable, y a identificar recursos que sirvan de apoyo a una vida saludable.



Nuestros 10 hábitos saludables

1. Manténgase físicamente activo/a todos los días.
2. Coma muchas verduras y algunas frutas todos los días.
3. Duerma lo suficiente y desayune.
4. Tome leche, quesos, y yogur bajos en grasa (1% o menos).
5. Todos los días haga algo saludable que le haga sentir bien.
6. Tome agua en vez de soda o jugo.
7. ¡Apague las pantallas y viva su vida!
8. Meriende con alimentos saludables.
9. Coma porciones más pequeñas.
10. Coma menos comida rápida (chatarra).

Objetivos Principales

- Promover hábitos alimenticios saludables y aumento de la actividad física.
- Proveer un espacio para la colaboración y la comunicación entre agencias de la comunidad.

CHALK: Estrategias para la programación

- Marketing Social
- Cambios ambientales y estructurales
- Empoderamiento comunitario
- Comités de trabajo
- Inclusión clínica



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graph TD; A[CHILDREN 4-10yo AND PREPUBERTAL WITH BMI > 85%] --> B[NO SIGNS/SYMPTOMS OF GLUCOSE INTOLERANCE]; A --> C[SIGNS/SYMPTOMS OF GLUCOSE INTOLERANCE]; B --> D[NON-FASTING LIPID PROFILE]; C --> E["NON-FASTING GLUCOSE, HgA1c, LIPID PROFILE, ALT"]; style A fill:#ccc,stroke:#333,stroke-width:1px; style B fill:#ccc,stroke:#333,stroke-width:1px; style C fill:#ccc,stroke:#333,stroke-width:1px; style D fill:#ccc,stroke:#333,stroke-width:1px; style E fill:#ccc,stroke:#333,stroke-width:1px;
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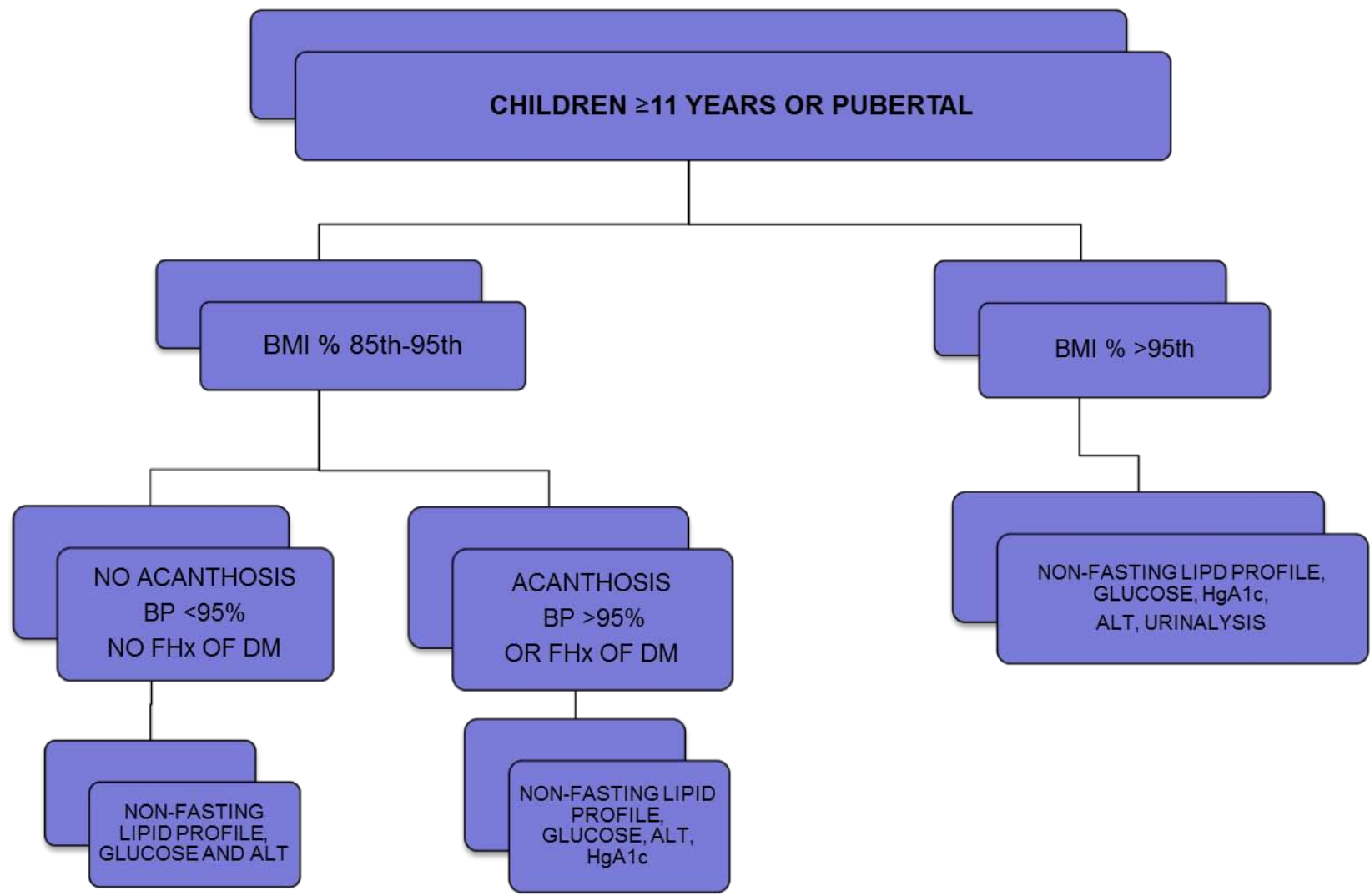
**CHILDREN 4-10yo AND PREPUBERTAL
WITH BMI > 85%**

**NO SIGNS/SYMPTOMS OF GLUCOSE
INTOLERANCE**

NON-FASTING LIPID PROFILE

**SIGNS/SYMPTOMS OF GLUCOSE
INTOLERANCE**

**NON-FASTING GLUCOSE, HgA1c, LIPID
PROFILE, ALT**



Create Preview

- Sections
- Pediatrics Newpatient/Newborn Struct
- Care Providers
- Informant/Interim Hx
- Chronic Care/Specialty Follow up
- Problem List
- Medical/Surgical/Birth History
- Family/Social History
- Review of Systems
- Pain
- Allergies
- Medications
- Peds Note
 - FEN/GI/Elimination/Sleep/Dental
 - Development birth - 5 years old
 - Development 6-14 yrs old
- Asthma
- Adolescent
- Flowsheet
- Physical Exam
- Patient Education
- Anticipatory Guidance
- Laboratory Results
- Radiology Results
- Other Data
- Assessment/Plan
- New meds/refills
- Medication Reconciliation
- Orders
- Attending's Note (if applicable)

Copy Forward Refer to Note Preview Modify Template Acronym Expansion

FEN/GI/Elimination/Sleep/Dental

Dietary concerns: Yes No

Pediatric/Adolescent Nutrition Screen (6months-19 years old) Patient has inappropriate weight change
 Patient has weight for height <= 5th percentile or >= 95th percentile or BMI <= 5th percentile or >= 95th percentile and is receptive to education
 Patient has other concern: i.e. nutrition-related chronic disease or condition, patient on Warfarin, or patient/caregiver requests to see a dietitian

Nutrition Screen: Positive, refer to Registered Dietitian Positive, however no referral to be made at this time No nutritional issues at this time

Milk: < 8 ounces 8 - 24 ounces > 24 ounces

Juice/sweetened drinks: < 6 ounces 6 - 12 ounces > 12 ounces

Formula: Cows Milk Soy Other

Breastfed: Yes No Uses trivisol

Fast Food: <2x per week 2-4x per week 5-7x per week

Elimination: nml stooling nml urination toilet trained day toilet trained night

Sleep: Sleeps well Sleeps on back

Average Hours of Sleep:

Dental visits in past six months: Yes No

Brushes Teeth: Yes No

Bottle Use: Yes No Sleeps with bottle

Screen Time: <2 Hours 2-4 Hours > 4 Hours

Which Room:

Physical Activity (including in school and after school): <2x per week 2-4x per week 5-7x per week

Remarks/Comments:

Retrieve Last Charted Values
Insert Default Values
Clear Unsaved Data

TEST, INGRID 859 07 07 / 000020602 042 3y7m (11-Jan-2009) Female ?
 Washington Hgts Pediatrics-862
Allergies: No Known Allergies

Amb Pediatric Overweight/Obesity Order Set [0 orders of 17 are selected]

4-10 yo, BMI>85%, NOT GLUCOSE INTOLERANT

Lipid Profile

4-10 yo, BMI>85%, GLUCOSE INTOLERANT

Lipid Profile

Glucose, Random

Hemoglobin A1C

ALT

>=11 yo BMI 85-95% NO RISK FACTORS

Lipid Profile

Glucose, Random

ALT

>=11 yo BMI 85-95% with RISK FACTORS

Lipid Profile

ALT

Glucose, Random

Hemoglobin A1C

>=11 yo BMI>95%

Lipid Profile

Glucose, Random

Urinalysis, Dipstick with Microscopic Exam on Positives

ALT

Hemoglobin A1C

CHALK: Evaluación

- BMI
- Análisis cualitativo y cuantitativo de cambios escolares estructurales
- Diseminación de los mensajes a la comunidad
- Empoderamiento comunitario

CHALK: pasos a seguir

- Enfoque en niños de 2-5
- Aumentar la participación comunitaria
- Trabajar con distritos escolares