Use Of A Portable Gym System In Overweight Adolescents In The Healthy You For Life Program

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Objectives

* Describe The Healthy You for Life Program
* Review the evidence base for therapeutic contact, physical activity in obesity
* Describe characteristics of the study sample
* Discuss findings and clinical implications

I do not have any financial relationships to disclose
www.chkd.org/HealthyYou

Healthy You for Life

Clinic
- Open to children 3-16 years old
- BMI >85th percentile
- Consultation with
  - Physician
  - Physical Therapist and Exercise Specialist
  - Registered Dietitian
  - Licensed Clinical Social Worker

Health Classes
- Available once clinic assessment completed
- Open to children 8-16 years old
  - 8 week academic class
  - 6-week membership to YMCA, contingent upon class attendance

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- Convenience sample of 100 patients, ages 10-17 years
- Action stage of readiness for change
- Demonstrated by physical therapist and exercise specialist after functional assessment
- Exclusion Criteria: remediation, developmental delay, previous suicide attempt, in foster care, medical history, patient decline receipt of bag

Portable Gym System


1. In the past month, have you been actively trying to change your child's weight or BMI? Yes/No
2. In the past month, have you been actively trying to keep your child from gaining weight? Yes/No
3. Are you considering trying to change what your child eats or increase his/her physical activity to help them achieve a healthier weight in the next 6 months? Yes/No
4. Your child's BMI is less than 90th percentile or remains unchanged for more than 6 months? Yes/No

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<th>Stage</th>
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Portable Gym System

Sample to Date
- 72 patients consented
  - 63 bags dispensed
  - 1 declined receipt of bag
  - 2 dropped out of program before team visit (both male)

Predominance
- Female (55%)
- Public insurance (58%)
- One parent overweight/obese (82%)
- Physically deconditioned, mean HR rise 117.5% (range 57-196%)

Prevention Plus
- Office setting
- Healthy lifestyle
- Healthy eating
- Activity habits

Structured Weight Management
- Requires referral
- Monitored behavior
- Planned diet and physical activity

Multi-Disciplinary Intervention
- Frequent office visits
- Team approach
- Structured
- Parental participation

Tertiary Care
- Attempted MDI
- Severely obese
- Medications, VLCD
- Bariatric Surgery
Moving Forward

- Determine age appropriateness
- Provide opportunities to increase confidence
- Consider short-term, intense use
- Focus on specific form of therapeutic contact
- Improve measurement of physical activity, randomize
- Continue to identify factors that contribute to attrition and physical activity
- Continue to focus on prevention and early treatment

Thank You!

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