

Environmental Survey Response

1. **Name of project:** Promoting Health: Strengthening Practices and Links to Community Resources (“Promoting Health”)
2. **Key project personnel, roles and contact information**
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3. **Is there information on a website? URL?** <http://illinoisAAP.org/projects/promoting-health/about-promoting-health>
4. **What is the target population?**
Pediatric primary care providers (pediatricians, family physicians), pediatric patients, and practice/clinic staff in the city of Chicago
5. **Short description/overview of project**
Promoting Health is a research, community linkage, and quality improvement project. The goal of the project is to improve the ability of medical practices to manage the care of overweight children within the practice, through screening, counseling and provision of appropriate services, as well as outside the practice through referrals to community resources.
6. **Describe the elements of practice transformation within your project. Are you using the medical home model? Are you using a standard definition or evaluation tool for medical home model?**
The major elements of practice transformation are changes in (1) practice systems, e.g., development of new forms and systems to integrate counseling and coordination of patient referrals to physical activity and nutrition programs in the community, and (2) clinical care routines, e.g., inclusion in the visit of nutrition and physical activity assessment and counseling, and assessment of motivation. Although the project does not explicitly use the medical home model, the project integrated the Model for Improvement into its quality improvement activities and incorporated medical home concepts like family-centered and coordinated care. Other elements utilized to assist practice transformation are continuing medical education; motivational interviewing training; utilization of *The Support for Healthy Weight Index* (a tool to evaluate the organization and delivery of care based on the chronic care model); facilitation of quality improvement teams, and customized resources and technical assistance for care coordination and referrals.
7. **Describe the elements of community linkages within your project.**
To link medical practices with community resources, ICAAP created a community resources manager position to carry out linkage activities. These activities include data collection and compilation of local physical activity and nutrition programs (utilizing patient zip codes); technical assistance to practices to identify resources to meet patient needs and establish linkages to community programs; the provision of searchable community resources via Google Docs™ and Google Maps™ for patient referrals; and arrangement of community program staff presentations at quality improvement team meetings. A project tracking system was installed at research practices for practice staff to track patient referrals and patient

follow-up calls. (During the pilot phase, ICAAP reimbursed medical practices for staff time for coordination of community referrals.) Project investigators are conducting a family follow-up survey to assess patient experience with community physical activity and nutrition programs and to identify barriers to participation. During the project, ICAAP has assisted practices to develop onsite programs in nutrition and physical activity for their patients by linking to existing programs and resources.

8. Describe key collaborative relationships

Children's Memorial Hospital, Pediatric Practice Research Group staff serve as research investigators for the project. The University of Illinois Department of Kinesiology and Nutrition students who are completing a community rotation developed a nutrition curriculum for study practices.

9. **Length of time in existence** The project was established in 2009.

10. Describe the funding of the project.

Promoting Health is funded by The Otho S.A. Sprague Memorial Institute (a private foundation) and is seeking additional funders.

11. Describe how you intend or are currently evaluating the project. What outcomes are you tracking?

For continuing medical education, ICAAP is administering pre- and post-tests, CME evaluation, and an outcomes survey to learn about actual change in practice. To assess the project's impact in research study practices, the project is employing the results of baseline and post-intervention chart reviews, *The Support for Healthy Weight Index*, and physician interviews. The project will also examine the practice's ability to coordinate referrals to and patient experience with community programs through the patient tracking system and a family follow-up survey.

12. What are the results of the project to date?

The major results of the project are transformation in practice systems and patient care.

13. Briefly list key challenges and successes?

Key challenges include the lack of reimbursement for obesity-related care; lack of multi-disciplinary, comprehensive programs that address the needs of obese patients in either medical or community settings; and patient motivation and ability to participate in community programs. Major successes are changes in practice systems and patient care as well as the establishment of onsite nutrition/physical activity programs.

14. What support or resources do you need in order to expand or replicate your project?

The project is seeking additional funding to expand to non-Chicago sites and to additional practices beyond the pilot sites. Assuming expansion occurs, other system-wide resources need to be in place to make the work as successful as possible. Incentives to improve provided by payers would help improve obesity-related care in practices. Community-based programs that are more accessible, affordable, family-friendly, culturally diverse, and comprehensive are needed to help families improve nutrition and physical activity. Also, ICAAP has had ongoing conversations with administrators of various databases/referral resources to determine an appropriate 'home' for the community resource listing such that its expansion and updating can be sustained.