

Healthy Beginnings Obesity Prevention Measures Worksheet

Name /Type	Definition	Endorsed	Denominator	Numerator	Data Source: Sampling/ Exclusions	Frequency	Questions Chart Review	Bench mark	Target
Key Driver 1: Prioritize counseling on key social and relational health determinants based on individualized patient and family assessment									
1. Patient/ family concerns elicited /Process & Balance Measure	Percentage of patients for whom families were asked if they had any general concerns	Bright Futures	The number of patients, < 2 years, who attended a well-child visit with the pediatric practice during the sampling period	The number of patients with documentation that general family concerns were elicited	Baseline: 20 consecutive charts Intervention: 10 consecutive charts Exclusion: none	1 Baseline 3 intervention data cycles (approx. every 8 weeks)	4	N/A	90%
2. Patient/ family concerns addressed /Process & Balance Measure	Percentage of patients for whom elicited general family concerns were addressed	Bright Futures	The number of patients, < 2 years, who attended a well-child visit with the pediatric practice during the sampling period who were asked if they had any concerns	The number of patients with documentation that elicited general family concerns were addressed	Baseline: 20 consecutive charts Intervention: 10 consecutive charts Exclusion: none	1 Baseline 3 intervention data cycles (approx. every 8 wks.)	5	NA	90%
3. Social or relational determinants of health assessed /Process & Balance Measure	Percentage of patients for whom social or relational determinants of health were assessed, including food or economic security, living conditions, family health and well-being or family strengths/protective factors	Bright Futures	The number of patients, < 2 years, who attended a well-child visit with the pediatric practice during the sampling period	The number of patients with documentation that social determinants of health were assessed, including family food or economic security, living conditions, family health and well-being and/or family strengths/ protective factors	Baseline: 20 consecutive charts Intervention: 10 consecutive charts Exclusion Safe sleep and car seat safety assessments:	1 Baseline 3 intervention data cycles (approx. every 8 wks.)	10	N/A	50%

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4. Social or relational determinants of health addressed /Process & Balance Measure	Percentage of patients for whom social or relational determinants of health, including food or economic security, living conditions, family health and well-being or family strengths/ protective factors were addressed or discussed	Bright Futures	The number of patients < 2 years who attended a well-child visit with the pediatric practice during the sampling period and for whom social or relational determinants of health, including family food or economic security or living conditions, family health and well-being or family strengths, were assessed	The number of patients with documentation that social or relational determinants of health, including food or economic security, living conditions, family health and well-being or family strengths/ protective factors were addressed or relevant guidance was provided	Baseline: 20 consecutive charts Intervention: 10 consecutive charts Exclusion Safe sleep and car seat safety assessments:	1 Baseline 3 intervention data cycles (approx. every 8 wks.)	11	N/A	50%
Key Driver 2: Support and encourage optimal dietary intake and nutrition at every developmental stage									
5. Age-appropriate dietary intake/ nutrition assessed /Process Measure	Percentage of patients for whom age- appropriate questions were asked concerning dietary intake/ nutrition or relevant barriers	N/A	The number of patients < 2 years who attended a well-child visit with the pediatric practice during the sampling period	The number of patients with documentation that age-appropriate dietary intake/ nutrition or relevant barriers were assessed	Baseline: <u>20 consecutive charts</u> Intervention: 10 consecutive charts Exclusion Safe sleep and car seat safety assessments:	1 Baseline 3 intervention data cycles (approx. every 8 weeks)	6	N/A	90%
6. Age-appropriate guidance provided on	Percentage of patients for whom guidance was	N/A	The number of patients < 2 years who attended a well-child visit with the pediatric practice during	The number of patients with documentation that age-	Baseline: 20 consecutive charts Intervention: 10 consecutive charts	1 Baseline 3 intervention data cycles	7	N/A	90%

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dietary intake/ nutrition /Process Measure	provided regarding optimal dietary intake/ nutrition or relevant barriers		the sampling period and for whom age-appropriate dietary intake/nutrition or barriers to optimal dietary intake/ nutrition were assessed	appropriate guidance was provided or barriers were discussed relevant to optimal dietary intake/ nutrition	Exclusion: none	1 Baseline 3 intervention data cycles (approx. every 8 weeks)			
Key Driver 3: Support caregiver strategies and the development of early care environments that foster and reinforce healthy lifestyle behaviors									
7. Age-appropriate caregiver or environmental strategies to support healthy lifestyle behaviors or other child lifestyle behaviors assessed /Process Measure	Percentage of patients for whom age- appropriate questions were asked concerning caregiver or environmental strategies to promote healthy lifestyle behaviors, relevant barriers, or child lifestyle behaviors other than dietary intake/ nutrition (sleep, media use, physical activity)	N/A	The number of patients < 2 years who attended a well-child visit with the pediatric practice during the sampling period	The number of patients with documentation that age-appropriate caregiver or environmental strategies to promote healthy lifestyle behaviors, relevant barriers, or child lifestyle behaviors other than dietary intake/nutrition, or (sleep, media use, physical activity) were assessed	Baseline: 20 consecutive charts Intervention: 10 consecutive charts Exclusion none	1 Baseline 3 intervention data cycles (approx. every 8 weeks)	8	N/A	70%

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8. Age-appropriate guidance provided on caregiver or environmental strategies to support healthy lifestyle behaviors or other child lifestyle behaviors /Process Measure	Percentage of patients for whom guidance was provided regarding optimal caregiver or environmental strategies to promote healthy lifestyle behaviors, relevant barriers, or child lifestyle behaviors other than dietary intake/ nutrition (i.e., sleep, media use, or physical activity)	N/A	The number of patients < 2 years who attended a well-child visit with the pediatric practice during the sampling period with documentation that age-appropriate caregiver or environmental strategies to promote healthy lifestyle behaviors, relevant barriers, or child lifestyle behaviors other than dietary intake/ nutrition (i.e., sleep, media use, or physical activity) were assessed	The number of patients with documentation that age-appropriate guidance was provided relevant to optimal caregiver or environmental strategies to promote healthy lifestyle behaviors, relevant barriers, or child lifestyle behaviors other than dietary intake/ nutrition (i.e., sleep, media use, or physical activity)	Baseline: 20 consecutive charts Intervention: 10 consecutive charts Exclusion none	1 Baseline 3 intervention data cycles (approx. every 8 weeks)	9	N/A	70%
Key Driver 4: Monitor growth									
9. Weight-for-length percentile assessed /Process Measure	Percentage of patients for whom weight-for-length was assessed	Similar to COPC measure	The number of patients < 2 years who attended a well-child visit with the pediatric practice during the sampling period	The number of patients with documentation that weight-for-length percentile was assessed at the visit	Baseline: 20 consecutive charts Intervention: 10 consecutive charts Exclusion Telehealth Well Visits	1 Baseline 3 intervention data cycles (approx. every 8 weeks)	3	NA	95%

Name /Type	Definition	Endorsed	Denominator	Numerator	Data Source: Sampling/ Exclusions	Frequency	Questions Chart Review Tool	Bench mark	Target
12. Staff satisfaction /Balance Measure	Perceived staff impact of participation on clinical/ operational work	N/A; Based on examples from other AAP projects and an informal literature search	# items x possible responses	Sum of responses	Self-administered survey; Mean or median scores across core QI team members for each practice /Exclusions: N/A	Post - collaborative	N/A	N/A	≥ 0 (Neutral/ No change)