

Key Drivers Healthy Beginnings 2020-2021

Outcomes

Global Aim

To improve primary care practice related to fostering healthy behaviors and healthy weight in children from birth to age two, in the service of fostering a lifelong trajectory of optimal health.

Specific Aims

By the end of the collaborative period, during well child visits for children under age two, practices will assess and counsel on the following:

- patient/family concerns 90% of the time
- dietary intake and nutrition 90% of the time
- caregiver lifestyle behaviors or environmental strategies to support a healthy lifestyle 70% of the time
- key social determinants of health 50% of the time.

Additionally, practices will assess weight for length percentile 95% of well visits.

Key Drivers

Prioritize counseling on key social and relational health determinants based on individualized patient and family assessment

Support and encourage optimal dietary intake and nutrition at every developmental stage

Support caregiver strategies and the development of early care environments that foster and reinforce healthy lifestyle behaviors

Monitor growth and assess early obesity-related risks

Change Concepts + Interventions

- Assess and build linkages to community resources that support economic/food security and positive caregiver strategies
 - Assess and build relationships with caregiver partners
 - Assess food/economic security and facilitate appropriate access to care or services
 - Elicit and address parental concerns to optimize child development and build relationships between the family and provider/medical home
 - Assess key social and relational risks to healthy development and facilitate the provision of appropriate care or services
 - Help identify and build upon family strengths to support resilience
 - Use patient/family-centered counseling techniques
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- Help families anticipate and address barriers to optimal nutrition at every stage
 - For breastfed infants, support families in meeting recommendations for exclusivity and duration
 - For infants receiving breastmilk or formula, provide general feeding guidance to support optimal nutrition (content, volume, supplements, etc.)
 - Support optimal timing for introducing complementary foods
 - Support healthy beverage consumption, including providing guidance about water, juice, and sugar-sweetened beverages
 - Support consumption of healthy foods during meals and snacks and foster the development of healthy routines
 - Support repeated exposure to and acceptability of a variety of healthy foods
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- Provide guidance to support optimal feeding and emotional regulation in infants (relationship between feeding and bonding, hunger and satiety cues, fussiness/not using food to soothe, etc.)
 - Provide guidance regarding responsive feeding techniques at various levels of child independence
 - Provide guidance regarding developmentally appropriate parenting strategies that facilitate healthy behaviors (authoritative parenting; not using food as reward, etc.)
 - Encourage caregiver role modeling of healthy behaviors
 - Assess and provide guidance on the food environment (family meals; availability of unhealthy foods) to help families create an optimal nutritional environment at home
 - Help families anticipate and address barriers to healthy lifestyle behaviors at every stage and across early care environments
 - Assess and provide guidance regarding appropriate sleep durations and encourage the establishment of healthy routines
 - Assess and provide ongoing guidance on environmental and individual media exposure
 - Assess and provide guidance on developmentally appropriate physical activity/active play

- Measure weight-for-length and review growth trajectory at every visit
- Assess family history, including early risk factors for obesity

Key Driver 1 *Prioritize counseling on key social and relational health determinants based on individualized patient and family assessment*

Change Concept

Assess and build linkages to community resources that support economic/food security and positive caregiver strategies

Assess and build relationships with caregiver partners

Assess food/economic security and facilitate appropriate access to care or services

Elicit and address parental concerns to optimize child development and build relationships between the family and provider/medical home

Assess key social and relational risks to healthy development and facilitate the provision of appropriate care or services

Help identify and build upon family strengths to support resilience

Use patient/family-centered counseling techniques

Reflect on role of racism and weight stigma on counseling and health outcomes

Tools and Resources

- Bright Futures Tips to Link to Community Resources
- Ensure Access to WIC for eligible families

- AAP Statement on Patient and Family Centered Care
- NICHQ Family Engagement Guide

- Food Insecurity mini module
- Food Insecurity AAP Policy Statement Tables 2 & 3: Screening/Resources
- Food Insecurity: Toolkit for Pediatricians
- U.S. Department of Agriculture summer food service program finder
- Selected screening tools for Bright Futures implementation

- Bright Futures 4th Edition

- Engaging families in culturally effective care AAP Toolkit

- Bright Futures Previsit Questionnaires
- Bright Futures Visit Documentation Forms
- Selected screening tools for Bright Futures implementation
- ACES mini module
- Healthy Family mini module
- Promoting Young Children's Social-Emotional Development in Primary Care
- Double Burden of Malnutrition

- Change Talk—interactive module
- Motivational Interviewing—CME video

- Project Implicit
- Impact of Racism on Child and Adolescent Health (See ACHIA Website)
- Influence of Race, Ethnicity, and Culture on Childhood Obesity: Implications for Prevention and Treatment (see ACHIA Website)
- NICHQ Implicit Bias Resource Guide

Key Driver 2 Support and encourage optimal dietary intake and nutrition at every developmental stage

Change Concept

Tools and Resources

Help families anticipate and address barriers to optimal nutrition at every stage

General to All Change Concepts:

- Healthy Growth App
- Bright Futures Patient Handouts
- Bright Futures Guidance
- Bright Futures Previsit Questionnaires
- AAP First 1000 Days Policy Statement
- AAP Early Nutrition & Atopic Disease Policy Statement
- CME module Overview and Introduction to Early Obesity Prevention
- Feeding Infants and Children from Birth to 24 Months
- Summarizing Existing Guidance National Academy of Science (ACHIA website pdf)
- Healthy Active Living Implementation Guide
- Healthy Active Living Parent Resources
- Making the Case infographic (patient)
- Social media assets (various topics)

For breastfed infants, support families in meeting recommendations for exclusivity and duration

- General resources above
- Alabama Breastfeeding
- AAP Breastfeeding Policy Statement
- AAP Breastfeeding Friendly Office Clinical report
- Breastfeeding infographic (patient) English/Spanish
- NICHQ Breastfeeding Social Media Toolkit
- Breastfeeding mini module
- Center for Health Equity (includes Ready, Set, Baby handouts)
- Chocolate Milk Mommies Videos
- African American Women and the Stigma Associated with Breastfeeding

For infants receiving breastmilk or formula, provide general feeding guidance to support optimal nutrition (content, volume, supplements, etc.)

- General and breastfeeding resources above
- Social media graphic
- Bottle feeding mini module

Support optimal timing for introducing complementary foods

- General resources above
- Complementary Food Introduction infographic & video (patient)
- Food Introduction mini module

Support healthy beverage consumption, including providing guidance about water, juice, and sugar-sweetened beverages

- General resources above
- Social media graphic (patient)
- Healthy Beverage mini module
- AAP Fruit Juice Policy Statement
- Health Beverage consumption

Support consumption of healthy foods during meals and snacks and foster the development of healthy routines

- General resources above
- Subscribe to free CHOP CHOP newsletter
- Social media – fruit and veggie (patient)
- Social media – fruit and veggie v2 (patient)
- Healthy Snacks mini module

Support repeated exposure to and acceptability of a variety of healthy foods

- General resources above
- Picky eating infographic & video (patient)

Key Driver 3 Support caregiver strategies and the development of early care environments that foster and reinforce healthy lifestyle behaviors

Change Concept

Provide guidance to support optimal feeding and emotional regulation in infants (relationship between feeding and bonding, hunger and satiety cues, fussiness/not using food to soothe, etc.)

Provide guidance regarding responsive feeding

Provide guidance regarding developmentally appropriate parenting strategies that facilitate healthy behaviors (authoritative parenting; not using food as reward, etc.)

Encourage caregiver role modeling of healthy behaviors

Assess and provide guidance on the food environment (family meals; availability of unhealthy foods) to help families create an optimal nutritional environment at home

Help families anticipate and address barriers to healthy lifestyle behaviors at every stage and across early care environments

Assess and provide guidance regarding appropriate sleep durations and encourage the establishment of healthy routines

Assess and provide ongoing guidance on environmental and individual media exposure

Assess and provide guidance on developmentally appropriate physical activity/active play

Tools and Resources

Resources for Caregiver Support:

- Responsive Feeding infographic and video
- Parenting & Feeding Styles mini module
- Hunger & Satiety mini module
- Role Modeling & Routines mini module
- Healthy Family mini module
- Social media assets (various topics)
- CDC positive parenting tips
- Screen Tips of Parents with children under three

- Dietary intake and nutrition resources above
- Caregiver resources above
- Social media assets (various topics)

- Caregiver resources above
- Sleep, screen time, active play/physical activity resources below
- Social media assets (various topics)

- Sleep mini module
- Sleep social media (parent)

- Screen Time mini module
- Screen Time social media (parent)
- AAP Media Policy Statement

- Active Play mini module
- Active babies social media (parent)

Key Driver 4 *Monitor growth and assess early obesity-related risks*

Change Concept

Measure weight-for-length and review growth trajectory at every visit

Assess family history, including early risk factors for obesity

Employ robust reminder/recall processes to support well visit adherence

Tools and Resources

- WHO weight for length percentile growth charts for infants and children 0-2
 - Online training for using the WHO growth charts
 - Measuring length and weight in infants
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- AAP First 1000 Days Policy Statement
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- Reminder Recall Resources (see ACHIA website)