



The Long-Term Benefits of an Integrated Model to Treat Childhood Obesity

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Introduction & Aims

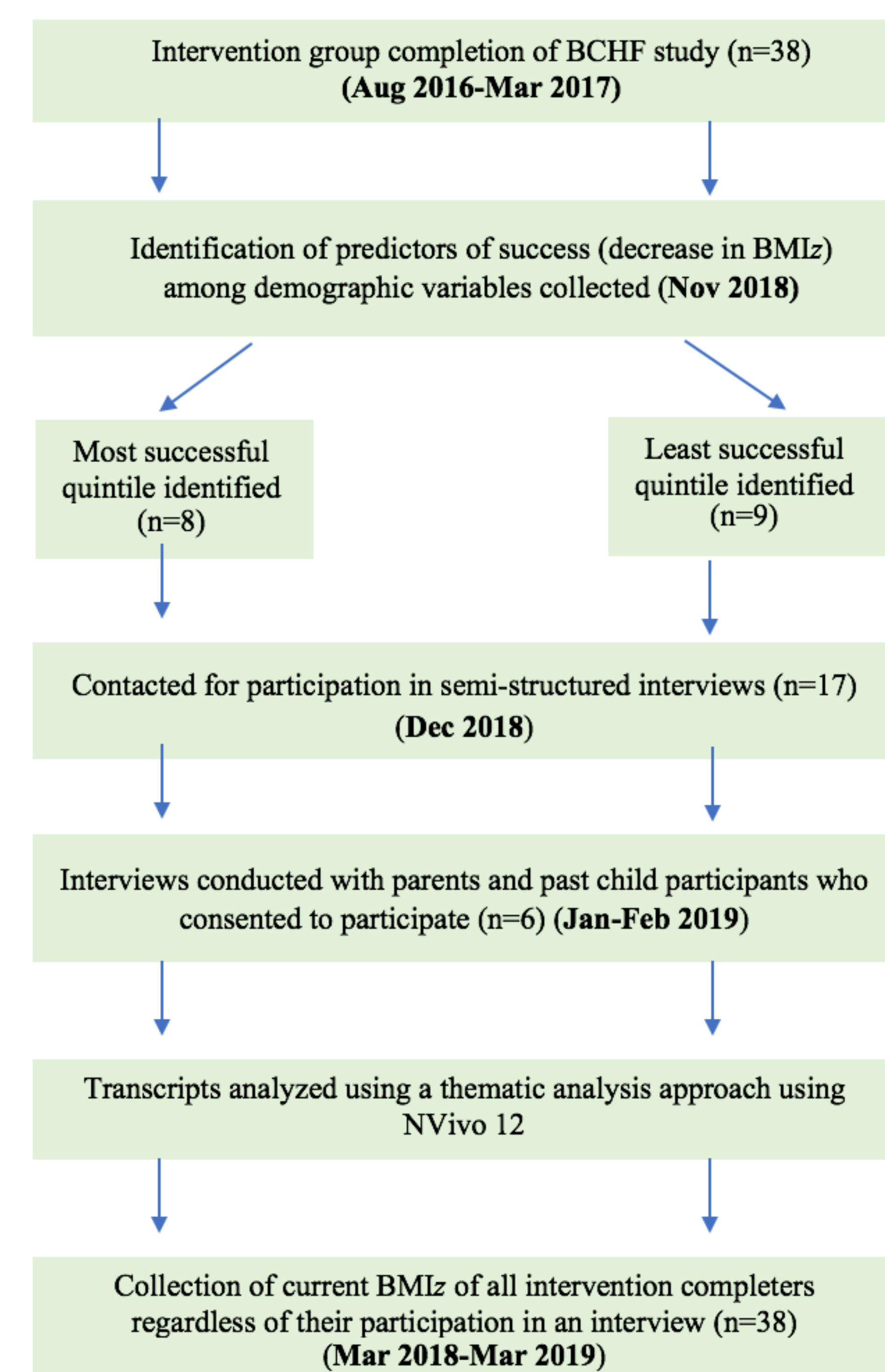


A volunteer cheers on program participants.

Integrated clinic-community childhood obesity interventions are designed to overcome barriers faced by traditional interventions such as high attrition and lack of physician infrastructure. A clinic-community intervention model was piloted in Durham, NC among a low-income and racially diverse population of children aged 5-11.¹ This retrospective analysis aims to:

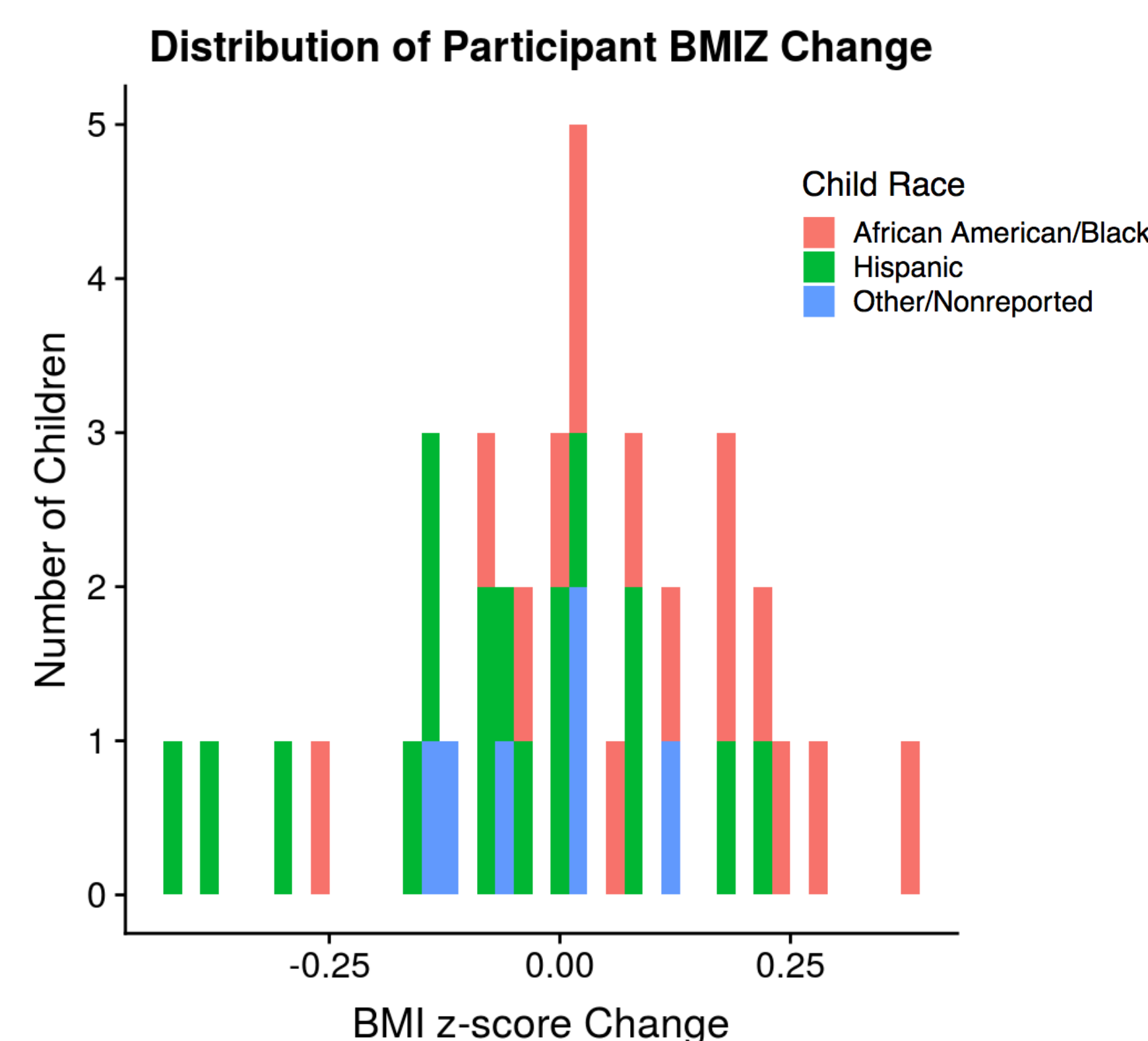
- Assess long-term effects of intervention participation
- Examine predictors of success during intervention duration among demographic variables collected
- Examine participant expectations, motivators, facilitators, and barriers to program attendance and engagement

Methods



Results

- Only race was found to be a significant predictor of intervention success, with Hispanic/Latino children having a greater BMI reduction at 6-month follow-up.
- 22.18 months after final study appointment, the average BMIz change was -0.07 (SD=5.23), compared to 0.01 during six-month intervention



The most commonly cited themes were barriers and motivators to program attendance and engagement, and lifestyle effects or changes spurred by program participation.

Theme	Subtheme
Barriers	Travel to intervention site
	Parent work schedule
Motivators	Liking of program staff members
	Looking forward to program sessions
	Participation with family members
Lifestyle changes	Interaction with other program participants
	Improved diet choices
	Increased health knowledge
	Improved portion control
	Increased physical activity levels

Selected quotes from interviews

She wanted to go, and she enjoyed going, so we made sure that when we could, um, to get her there...

She really enjoyed the physicians there, they were really amazin', um, she built a lot of relationships with them, and they really worked with her, and she just, she liked going. I mean, you know, what kid likes going to the doctor?

Conclusions

Results suggest a number of positive long-term outcomes associated with an integrated clinic-community treatment model, which include BMIz reduction, increased health education, positive eating changes, and increased physical activity levels.

Future Directions

- Experimentation with larger sample sizes for both quantitative and qualitative components
- Interventions that bridge the gap between education and practice
- Assessment of weight and lifestyle outcomes 1-2 years after intervention completion to understand lasting impacts

References

1. Hoffman, J., Frerichs, L., Story, M., Jones, J., Gaskin, K., Apple, A., ... Armstrong, S. (2018). An Integrated Clinic-Community Partnership for Child Obesity Treatment: A Randomized Pilot Trial. *Pediatrics*, 141(1), e20171444. <https://doi.org/10.1542/peds.2017-1444>

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