Pediatric and Adult Obesity Empowerment Model

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Disclosure Statement

- New Balance
  + Funding for our pediatric obesity empowerment group visit program
  + Local company
  + Maker of fine shoes

- EBSCO
  - HIP Fellowship
  - Local company
  - Maker of Dynamed and other fine database products
  - YOU?

"Champions of Health"

The Setting

- Lawrence, MA
  - Poorest city in state
  - Predominantly Latino (est. 70%)

- Greater Lawrence Family Health Center
  - Lawrence Family Practice Residency / HIP fellowship
  - 38 weekly group visits: 9 providers, 1-3 fellows
  - In addition to obesity: prenatal, chronic pain, smoking cessation, asthma, buprenorphine, diabetes, heart disease, homeless clinic...
  - Focus on support and stress reduction
A Brief History of Pediatric Obesity Empowerment Model (POEM)

- 1996: ‘Si Tu Puedes’ group. (first group visits)
- 2000: CDC / Reach 2010 Grant: Loneliness groups.
  - PEOPLE LOST WEIGHT, DIABETES IMPROVED!!!
- 2005: Integrative Medicine Fellowship funded by EBSCO.
- 2007: Funding from New Balance for pediatric obesity groups......

Our Robust Team

- 7 physicians, 2 FP fellows, 1 NP, 1 PA
- 2 group coordinator (full time)
- 2 group receptionist (full time)
- 2 Medical assistant (full time)
- Instructors
  - Physical therapist
  - High school PE
  - Exercise / PE
  - Art teacher
  - Dance
  - Yoga

What are Group Medical Visits?
Or put more metaphorically…..

Group Check-In

- Welcoming new members
- Dis-inhibition activities
- Topics for discussion

Group Activities: aerobics, tai chi, yoga, art, gardening, etc...

Initial Assessment

Medical Visit
What affects a person’s health?

- Wealthy people live longer than poor people.
- Depression is most predictive co-morbidity in chronic disease.
- 80% of type 2 diabetes is preventable.
- HRQOL is the best predictor of longevity.
  - How long do you think you are going to live?

“Attending the exercise groups relieves my stress, makes me healthier, helps me find new friends…this group has given me a better life.”

The Revelation

My job as a family physician has very little to do with medicine and a lot to do with empowerment within a community.

- Prepare people to contribute to society (happiness)
- Teach people how to have healthy relationships.
- Empower people to care for themselves and change their environments.
Empowerment is the ability to try new things.....

If a person is failing in some aspect in life, then they probably need to try something new!

“I spent 7 years in a wheelchair…I am now able to walk around after attending the wellness groups for 4 years……I have better balance, my pain has diminished…”

What are the barriers to trying something new?

- Economical
  - Do your parents have time to exercise with you?
  - Are you limited to school lunches?
- Social
  - Do you have positive role models?
- Cultural
  - Do you have cultural rule or limitations?
- Physical
  - Is there access to parks and safe play areas?
- Mental
  - Do you believe that change is possible?
  - STRESS!!!!!!!!!!
You can't just tell people to eat better, exercise more, and watch less TV......

- Empowerment model
  - Building Relationships to have a voice.
  - Successful experiences in life to try new things. (A SERIES OF SUCCESSES)
- Funk model
  - For populations like children that have more obstacles to empowerment.
  - Choices give the feeling of empowerment.
  - More mentoring, role modeling and resources.

Empowerment Model
- Build relationships
- Learn communication skills
- Feel special, important and invested
- Create successes
- Obtain goals that matter
- Reduce pessimism
- Decrease fear of failure through support
- Provide role models to inspire new ideas
- Most important to have a good relationship than be an expert in the field.

Key Components to all groups
- Comfortable environment
- Dis-inhibit
- Provision of a good Experience
- Must be fun
- Clear Expectations
- Be happier
- Consistency
  - provider, day, time
- Financial Stability / Start up funding
Review of key POEM programs

- Pediatric obesity group visits
  - 1 Toddler group
  - 4 Boys groups ages 8-13
  - 4 Girls groups ages 8-13
  - Family groups 5-8 year olds
  - Family groups 8-12 year olds
  - Family groups with Adolescents
  - Family group at homeless shelter
  - 4 After school High school groups

Review of key adult programs

- 9 Adult heart disease group visit programs
  - Obesity, DM, HTN, High Cholesterol
    - 2 rigorous exercise
    - 2 moderate exercise
    - 2 low impact exercise
  - Chronic pain / poor mobility groups
    - 3 yoga, in chair, ultra low exercise
  - Smoking cessation group

All groups start with a Check-IN
Activities

Boys groups Projects:
trying new things and building relationships

- Projects:
  - Healthy food
    - They chose snack at every group.
    - Bought cameras and they took pictures of their breakfast and lunch every day.
    - Shared their pictures with each other and discussed healthy foods.

- Boys groups

  - Have 6-pack abs.
  - Hired exercise instructor
    - Did not like him.
    - Hired new instructor.
  - Learn soldier boy dance
  - Made a video
  - Sailing a boat
    - Need to know how to swim.
  - They wanted to learn how to swim.
    - YMCA pool.
  - A talent show.
  - A restaurant that serves healthy food.

  - Build at the community garden
  - Pick strawberries
  - Sports sports sports sports...
Girls groups projects:
Where does food come from?

- Seeds, Sun, Water?
  - Planted seedlings.
- Where can they go?
  - Found land
- Who will build it?
  - The girls will.
  - Who will supervise? Our own staff
  - What about the summer? Keep on going!!!!

Girls groups:
- Dancing
  - Hired an instructor
- Skating
- Swimming lessons
  - Many did not know how?
- Strawberry picking.
- Farmer's market.

Family groups
- Help with portion sizes and budget
- Decided to buy smaller dishes
- $25 to buy healthy food
- Family field trips
  - Farms, Beaches, tubing...
- Competitive games
- Cameras
- Exercise
"I’ve been coming to the program since 2002 because the doctor sent me due to chronic pain... thanks to the exercise program, I no longer have diabetes, high cholesterol, high blood pressure, and my chronic pain is less intense."

Adult exercise groups: Cardiac awareness day!

Lawrence High Schools
Collaboration with Adult Groups

- Don’t use Drugs video
- Writing a book on “how to be a good parent in Lawrence” for young parents.
- Supervise on field trips

How do we treat obesity?

Bring people together in groups who have things in common?
- Build our own community
- Try new things

Have people work together on projects, art, crafts, education, and exercise with purpose.
- Build self-esteem series of successes.
- Get involved in the larger community to make positive change

Through this work people develop relationships and become less lonely and more empowered.
- Participants celebrate life events together
- Create support that makes trying new things possible!
“The exercises aren’t just great for losing weight, but they also relax the mind; the program helps me make new friends ... and we treat each other like family. When someone doesn’t come on a particular day, we are already missing each other! These exercise groups are a complete therapy.”

Kids trying something new!

This is a positive experience!

Thank You

Healthy Youth for a Healthy Future