

Pediatric Healthy Lifestyle Center (PHLC)

A Family-Centered,
Community-Based
Approach

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Pediatric Healthy Lifestyle Center History

- Founded in 2003
 - Part-time pilot
- Full-time specialty practice 2006
 - Department of Pediatrics



Pediatric Healthy Lifestyle Center Vision

“Promoting Health and Fostering Healthy Lifestyles for Santa Clara County’s Children and their Families”

Pediatric Healthy Lifestyle Center Mission

“To provide high-quality, family-centered, community-linked preventive care, lifestyle management and medical interventions for children and youth at risk for Type II diabetes and other lifestyle related conditions”

Pediatric Healthy Lifestyle Center Clinical Team

- Four Pediatricians (1.6 FTE)
- One Nurse Practitioner (0.1 FTE)
- Two Registered Dietitians (1.3 FTE)
- One Medical Assistant (1.0 FTE)
- One Office Manager/HSR (1.0 FTE)
- Licensed Clinical Social Workers at VMC clinics

Pediatric Healthy Lifestyle Center Serves

- Pediatric patients referred from their primary care providers who are:
 - Under 2 years of age and have elevated weight for height or a history of rapid weight gain
 - Over 2 years of age who are overweight or obese or have lifestyle-related medical illnesses
- Primarily low-income
- Majority Latino and Spanish Speaking

Evidence-Based Messages

- Treatment is based on “The Committee Recommendations Regarding the Prevention, Assessment and Treatment of Child and Adolescent Overweight and Obesity” published in Pediatrics in 2007
- Families are guided by our “**10 Healthy Steps**” derived from the committee recommendations

PHLC Philosophy/Approach

ABC's

- **A**sset-based
 - All families/communities have strengths that can facilitate success
- **B**elief that families want to be healthy
 - Need tools, skills, support, and resources to make changes
- **C**ommunity-linked
 - Relationships with community resources are vital to treatment/intervention

PHLC is **Family Focused**

- Focus on changes for the entire family
- Take pressure off child and reduce conflict and anxiety in the home
- Child does share age-appropriate responsibility

The PHLC Approach

No focus on weight	Focus on balanced growth
No diets	Focus on eating healthy foods
No “exercise”	Focus on fun physical activity and play
No deprivation	Focus on habits that fit the individual family and that the child and family enjoy

Building Capacity in the Community to Implement Healthy Lifestyles

- We have developed a pilot curriculum designed to facilitate **lifestyle** skill development in the community
- This curriculum focuses on home childcare providers
- Establish **healthy lifestyle habits** early (primary prevention model)

Building Capacity in the Community to Implement Healthy Lifestyles

- Curriculum presents evidence-based recommendations for the prevention and treatment of obesity (*WHAT*)
- Practical approaches to implementing the recommendations (*HOW*)

Curriculum

Content and Concepts

- De-emphasize weight and body shape
- Make the connection that habits determine health
- Acknowledge that our environment is changing making it difficult to be healthy
- Lifestyle recommendations are for all children and families (not a diet)

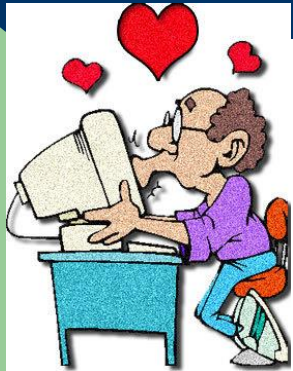
Who's Healthier?

¿Quién es más saludable?





TV Video Games



Computer

Habits Determine Health
Hábitos Determina la Salud

Snacks
Bocadillos



Drinks
bebidas



Education: Back to Basic

- In the way we think about health
- In the way we educate our community
- Think simple and logical steps
- Think step by step coaching

How to Make the Changes

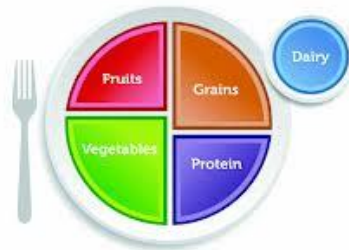
Cómo hacer los Cambios

1



**HOME
FOOD
ENVIRONMENT**

2



**MENU
PLANNING**

3



**MEAL
ROUTINE**

4



**MAKE
MEALS
PLEASANT**

5



**RELAX
AND
PLAY TIME**

Pediatric Healthy Lifestyle Center

- General questions or about the referral process
- Please call: 408-957-8601
- Email: Karina.perez@hhs.sccgov.org