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

- **Asset-based**
  - All families/communities have strengths that can facilitate success

- **Belief that families want to be healthy**
  - Need tools, skills, support, and resources to make changes

- **Community-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

<table>
<thead>
<tr>
<th>No focus on weight</th>
<th>Focus on balanced growth</th>
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<tbody>
<tr>
<td>No diets</td>
<td>Focus on eating healthy foods</td>
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<tr>
<td>No “exercise”</td>
<td>Focus on fun physical activity and play</td>
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<tr>
<td>No deprivation</td>
<td>Focus on habits that fit the individual family and that the child and family enjoy</td>
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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?
Habits Determine Health

Snacks

Drinks
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