

Childhood Obesity: a BIG problem

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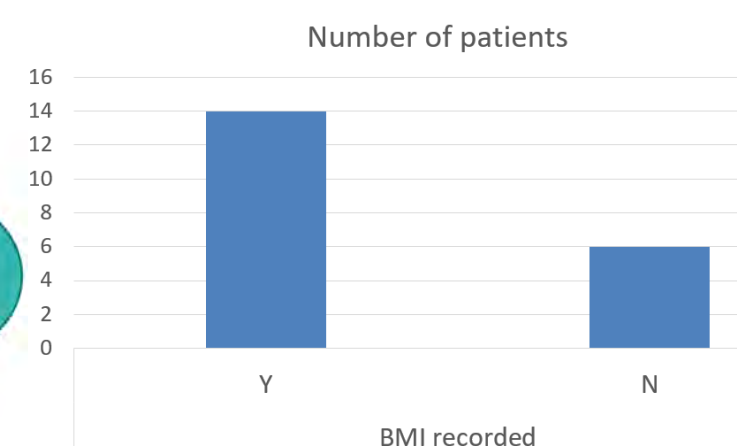
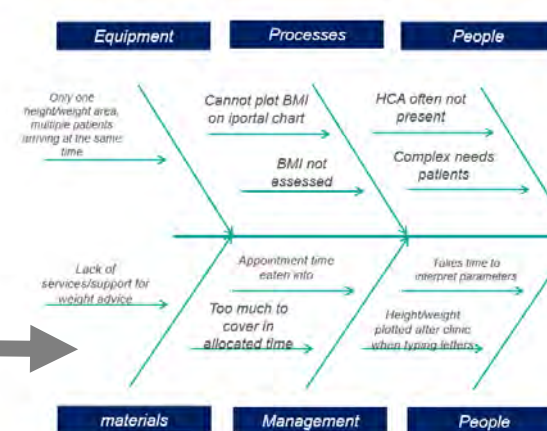
Childhood obesity - BMI $\geq 98^{\text{th}}$ centile on a growth chart, corrected for age and sex

UK public health issue – common in community paediatric clinics

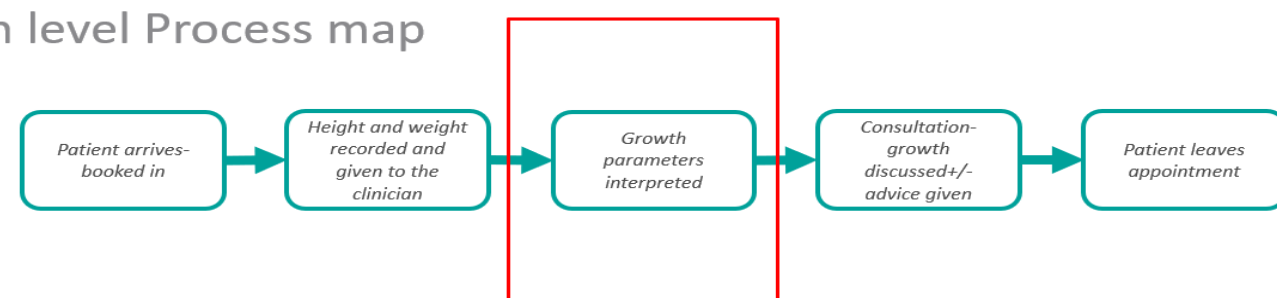
Inconsistent growth assessment within community paediatric clinics, means obesity is poorly recognised and health advice is missed. Frustratingly, patient care is compromised, as their risk of lifelong, health conditions is increased.



Fishbone diagram



High level Process map



Aim

90% of community paediatric patients to have their body mass index measured and recorded on their clinic letters by February 2023.

Chosen measure

Number of patients whose body mass index was interpreted [centile] and recorded on their clinic letter

Inclusions

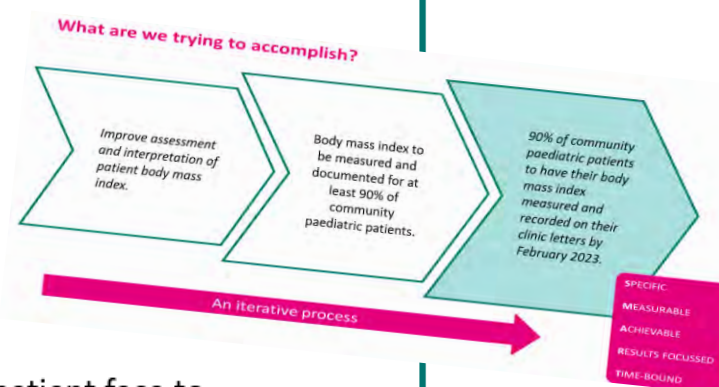
All new community paediatric face to face clinician appointments aged 2-18 years

Exclusions

Telephone appointments
Follow up appointments
Patients too distressed to have their growth taken
Patients <2 years [BMI not appropriate in this age group]

Sampling method & frequency

Retrospective data collection (weekly) - number of new patient face to appointments and the number who had their BMI recorded in their clinic letter

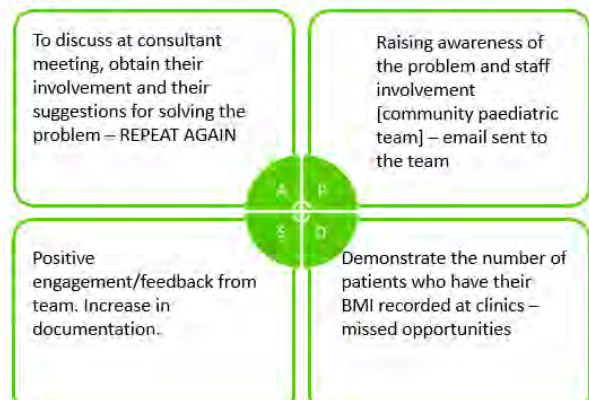


Change ideas

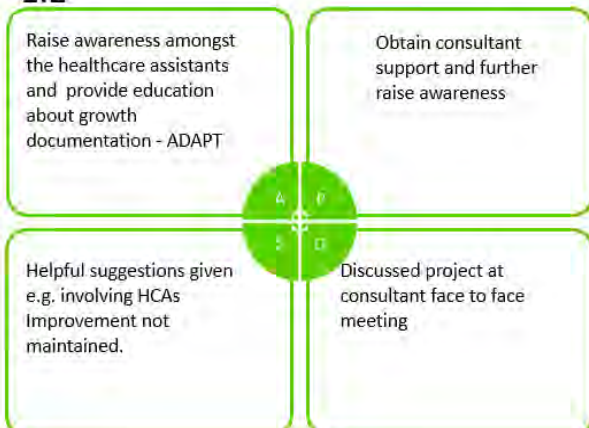
- Education of health care assistants who measure patients
- Education of clinicians who interpret the growth
- Use of the RCPCH growth chart app
- BMI chart to be available in clinics
- Healthy weight advice sheet
- Patient weight tickets
- Traffic light sticker system for patient weight tickets
- Patients to arrive earlier to appointment, for measuring



1.1



1.2

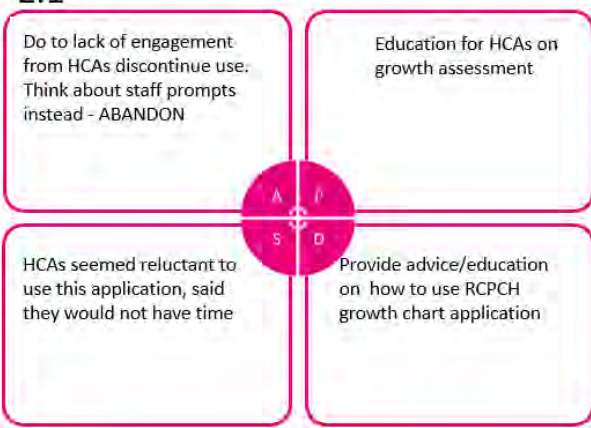


1.3



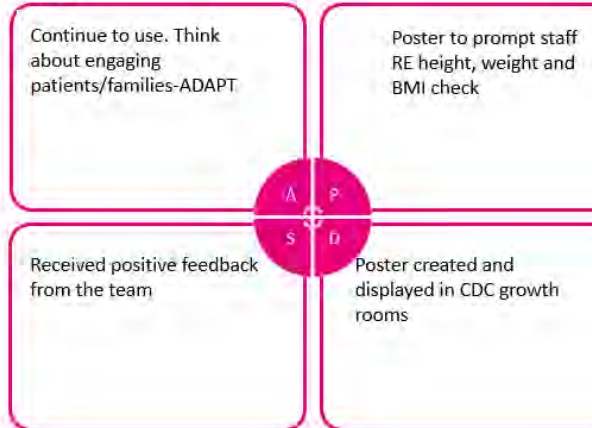
1.1-1.3 - Team Engagement

2.1

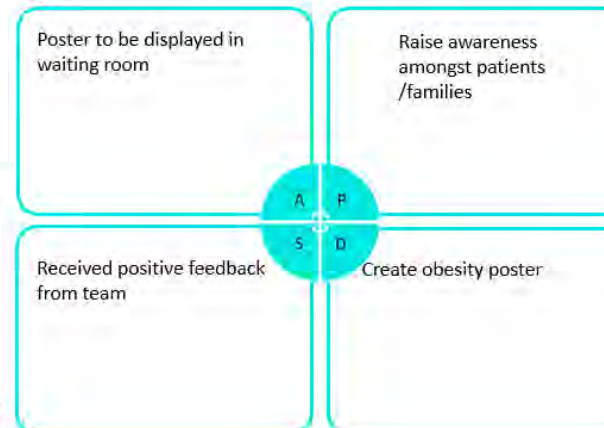


2.1-2.2- Growth chart app/poster prompt

2.2



3



3 - Obesity poster

Childhood Obesity

1 in 3 children entering secondary schools are overweight or obese

Future Risks

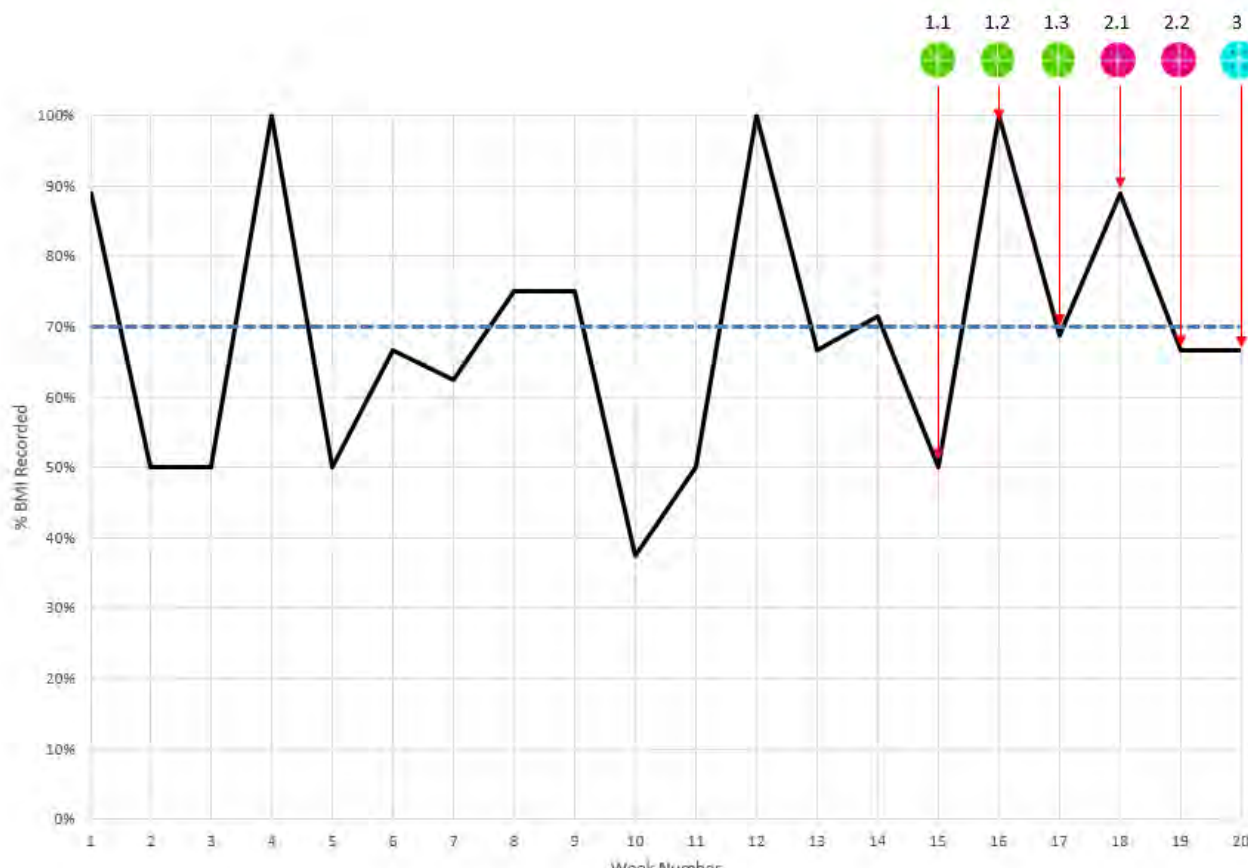
- Heart Disease
- Diabetes
- Stroke
- High Blood Pressure
- Poor Mental Health

Signs

- Stress and over-eating
- Gaining weight quickly
- Easily breathless with activity
- Inactive Lifestyle

What can you do?

Balanced Diet, Regular Exercise, Child-sized Portions, Keeping on Track, Being a Role Model



Learning

- BMI recording did initially improve, but this change was not sustained. It is difficult to encourage others to commit to change.
- Use small data sets to collect just enough evidence to highlight the problem and to assess changes after each PDSA cycle.
- Engage others from the outset – sharing my work with my team, I was able to obtain feedback and suggestions, to help me understand the problem and identify areas for change.
- Patient involvement – for collaborative change, patients also need to be involved in the process, to enable change to be sustained.