

The Affordable Care Act: Implications for Childhood Obesity

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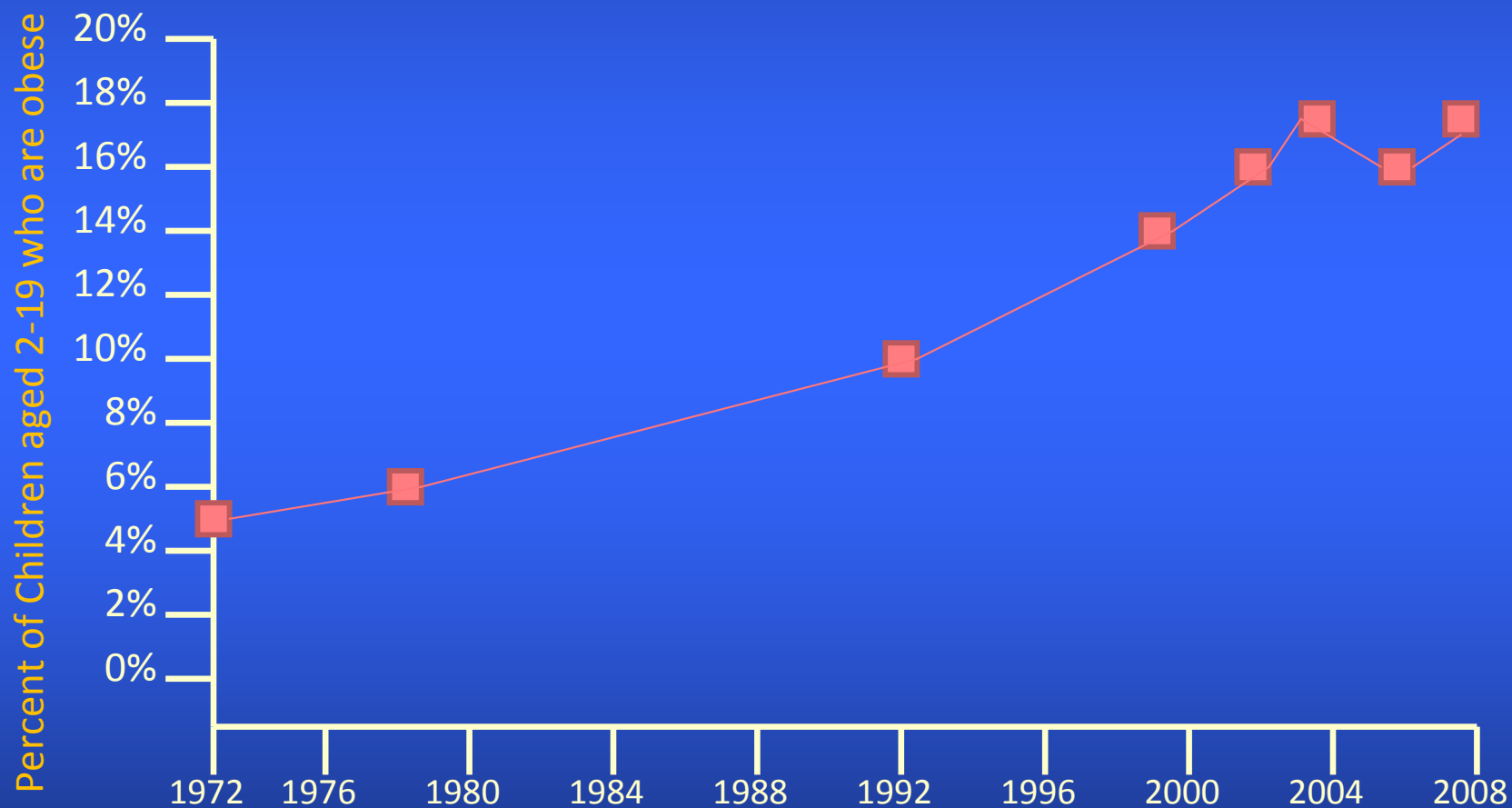
Chicago, Illinois

SOCIETY OF BEHAVIORAL MEDICINE, 2011

Childhood Obesity: Magnitude of the Problem

- w One in every three children (31.7%) , 2- 19 years of age is overweight or obese.
- w Overweight and obesity in children and youth has tripled since early sixties.
- w Racial and ethnic minority children and those from low-income communities bear an excess burden of obesity and its co-morbidities.
- w Overweight children and youth are likely to become overweight adults.

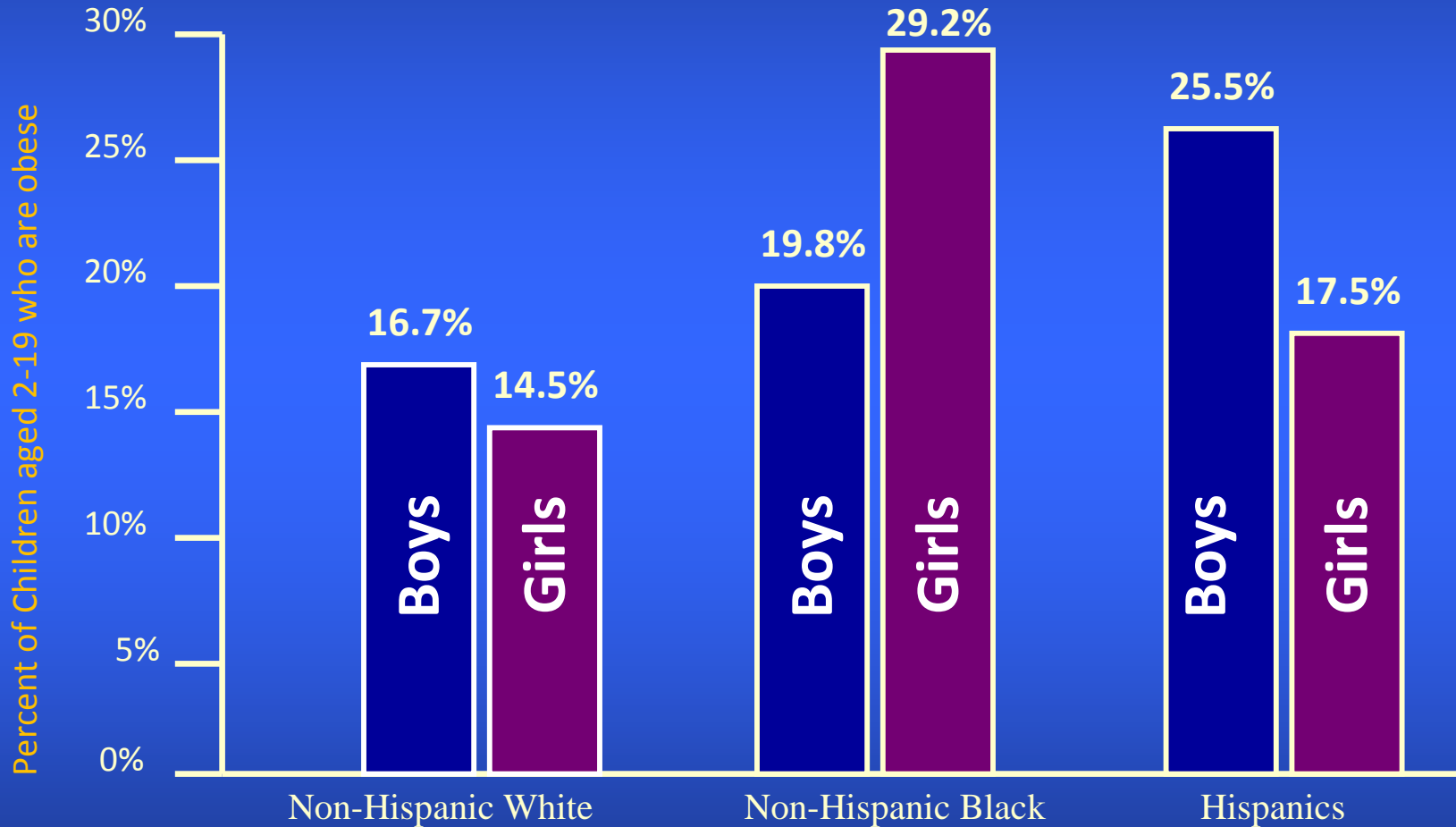
Growth in Childhood Obesity, 1971 to Present



Source CDC, National Center for Health Statistics, National Health and Nutrition Examination Surveys.

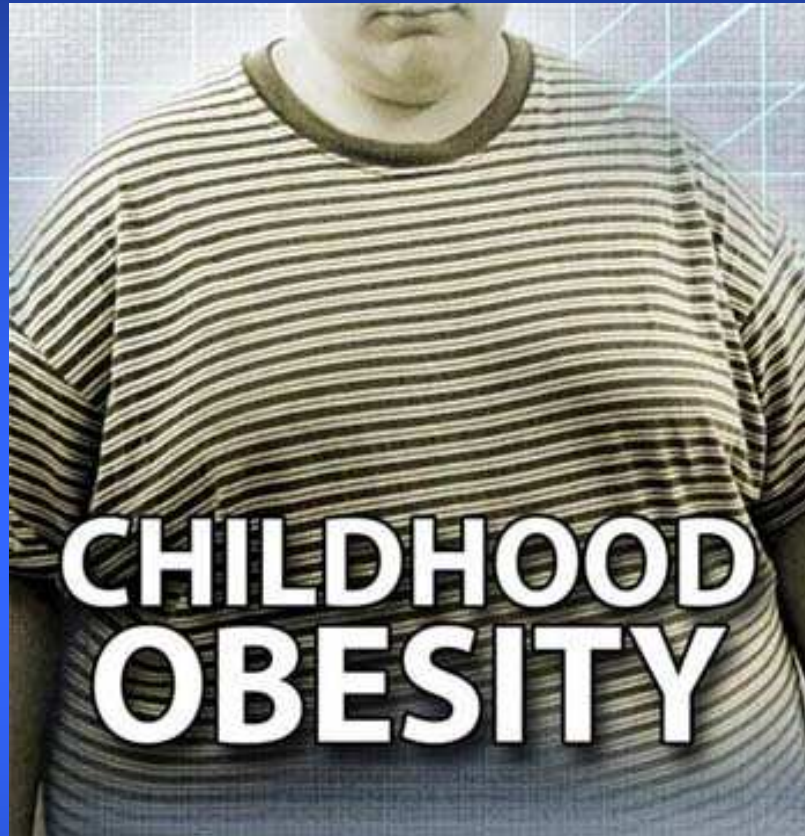
Note: Obesity is defined as BMI greater than or equal to gender and age -specific 95th percentile from the 2000 CDC Growth Charts

Childhood Obesity Rates by Race, Ethnicity and Gender, 2007-08



Source CDC, National Center for Health Statistics, National Health and Nutrition Examination Surveys.

Note: Obesity is defined as BMI greater than or equal to gender and age-specific 95th percentile from the 2000 CDC Growth Charts



What are obese children experiencing ?

Obesity in Children & Youth is Associated With...

Dyslipidemia (Elevated levels of blood cholesterol)

Hypertension (Elevated blood pressure)

Left Ventricular Hypertrophy (Enlarged left ventricle)

Insulin resistance > Cardiometabolic risk factor clustering

Type 2 Diabetes Mellitus

Sleep Apnea

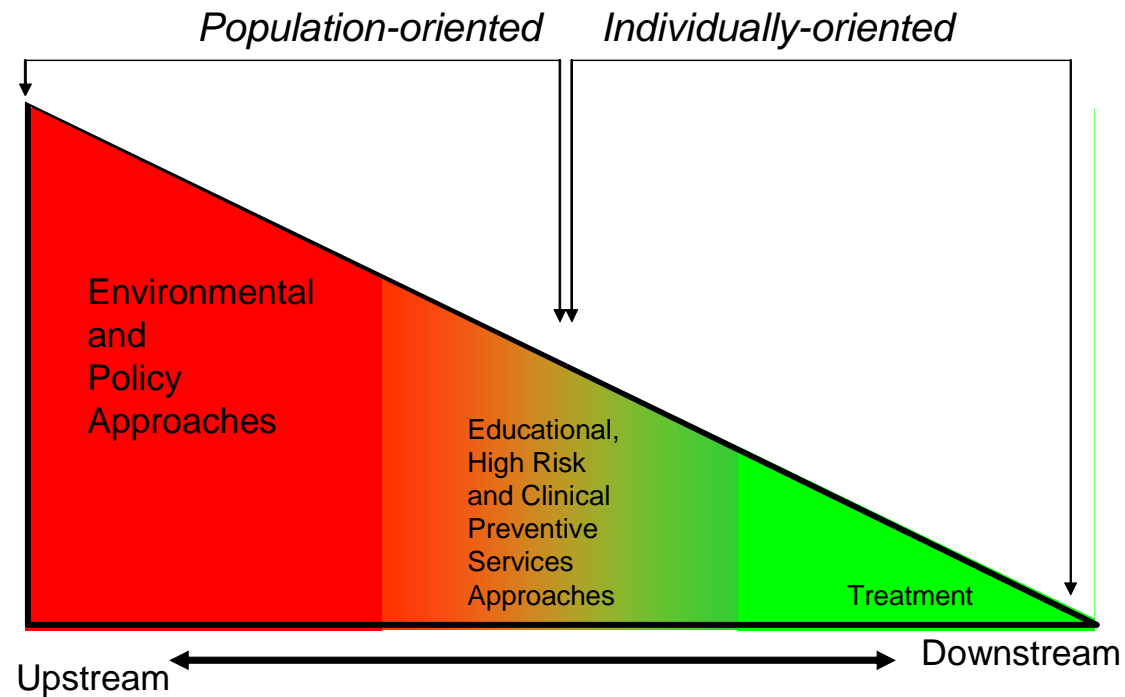
Orthopedic Problems

Psychosocial problems (low self esteem, depression)

Urgent need for both individual &
population-based/public health
approaches to prevention and
management of childhood obesity

Prevention -to -treatment continuum

Daniels, Arnett, Eckel, Gidding, Hayman, Kumanyika, et al. (2005) Circulation., 111:1999-2012



Healthy Lifestyle Behaviors and Therapeutic Lifestyle Change: Cornerstone of Prevention and Management of Childhood Obesity

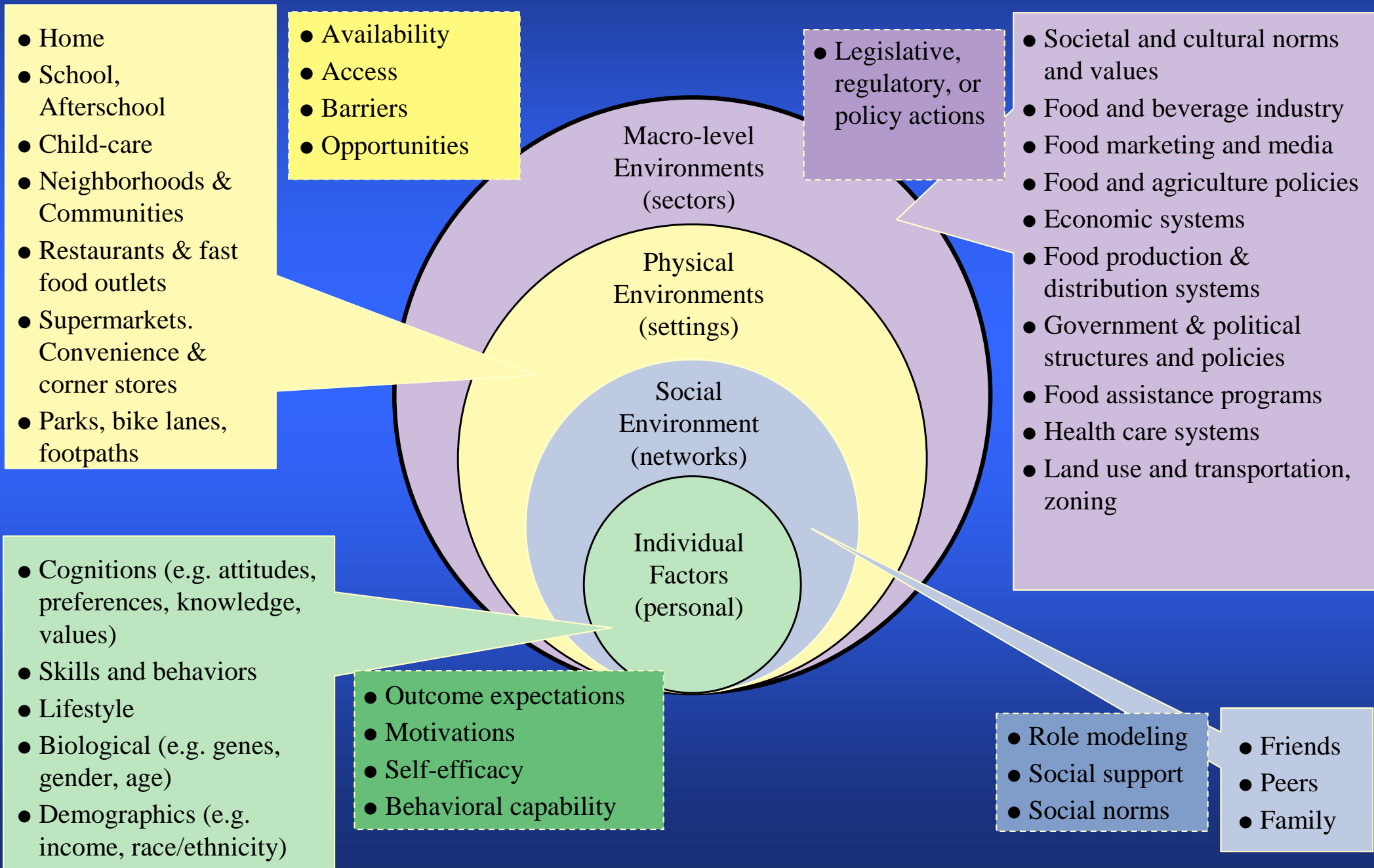
w Physical Activity:

- 60 minutes or more per day of moderate-to -vigorous physical activity (MVPA)
- Vigorous activity on at least 3 days of week
- Muscle strengthening & Bone strengthening activities on at least 3 days per week
- Sedentary Activity: Less than 2 hours per day

w Dietary Intake: Appropriate for age and growth and developmental processes with consideration of levels of physical activity

- 2008 Physical Activity Guidelines for Americans: Chapter 3, October, 2008. www.health.gov/paguidelines; Barlow et al., *Pediatrics*, 2007

An Ecological Framework : Multiple Influences on Children's & Teens Physical Activity and Eating Behaviors



Prescription for Change: Patient Protection & Affordable Care Act (PPACA-Public Law No. 111-148)

- Provisions included (March 23, 2010) address childhood obesity prevention & management :
 - Childhood Obesity Demonstration Project
 - Nutrition Labeling
 - Community Transformation Grants
- Broader Measures Relevant to Childhood Obesity
 - Prevention & Public Health
 - Primary Care & Public Health
 - Community-based Care
 - Maternal & Child Health
 - Research: Doing “what works” in obesity prevention
 - Data provisions that help with tracking & providing improved outcomes to measure obesity prevention

Prescription for Change: Affordable Care Act (PPACA-Public Law No. 111-148)

- **Childhood Obesity Demonstration Project- (Section : 4306):** grants established through CHIP Reauthorization Act; PPACA adjusted the demonstration time period through FY 2014. Designed for multi-level collaboration (community-based entities /schools/ health clinics/parent outreach) in developing comprehensive and systematic models for reducing childhood obesity. (Legislation will be needed to continue and expand this initiative).
- **Improved Nutrition Labeling in Fast Food Restaurants (Section :4205):** requires chain restaurants to provide clear labeling of calorie counts for standard menus, display a succinct statement on recommended calories per day, and information on macro-nutrients, sodium , sugar content/composition of foods. (Extended to Vending Machines..)

Prescription for Change: Affordable Care Act (PPACA-Public Law No. 111-148)

- **Community Transformation Grants (Section: 4201):** to be awarded to state and local governmental agencies and community-based organizations for the implementation, evaluation and dissemination of evidence-based activities that promote individual and community health and prevent the incidence of chronic disease (including those associated with obesity).

Prescription for Change: Affordable Care Act (PPACA-Public Law No. 111-148)

Primary Care, Prevention & Health Promotion Expansion

(Sections 5207,5209,5210,5315,5501, 4002): Provisions that promote primary care, disease prevention & wellness by strengthening public health workforce structure . Provides incentive payments for primary care services by multidisciplinary health professionals .

- **Clinical & Community Preventive Services (Sec 4003):** Creates a Community Preventive Services Task Force to collaborate with Clinical Services Task Force and determine effectiveness & appropriateness of community preventive interventions
- **Nurse Managed Health Care Clinics: Expanding Access to Care & Nursing Education (Section: 5208)**
- **School-Based Health Centers (Section: 4101):** Designed to provide primary health care services including referrals to and follow-up for specialty care services

Prescription for Change

- w **First Lady Michelle Obama's Let's Move ! Campaign**
 - Empower parents to make healthy family lifestyle choices
 - Provide Parents with a Rx for Healthier Living
 - Improve the food and physical activity environments of schools
 - Eradicate Food Deserts
 - Expand & Modernize the Presidents Physical Fitness Challenge
 - Create collaborative partnerships to combat childhood obesity and promote the health of our future

Implications:
Research, Practice, Policy &
Advocacy

*A Call to Action: SBM**

- w A broader examination of potential policy, program, & practice strategies across social ecological levels
- w Team approaches to science that include multiple disciplines & perspectives
- w Expansion of methods & metrics used to demonstrate the value of childhood obesity prevention & treatment interventions
- w Optimize use of research & practice partnerships to ensure that childhood obesity interventions are contextually relevant & practical
- w Assess the potential of intervention strategies to reduce health disparities

– Estabrooks, Fisher & Hayman, *Annals of Behavioral Medicine*, 2008; Fitzgibbon, Hayman, & Haire-Joshu, www.sbm.org/policy/childhood_obesity.asp, 2008

Resources

w sbm.org

w aap.org

w americanheart.org

w cdc.gov/nccdphp/dnpa

w cdc.gov/nccdphp/dash

w actionforhealthykids.org

w rwjf.org

w pcna.net

- Contact information: laura.hayman@umb.edu

Better Health for All Children



Thank You!



Center for Empowering Kids to Become Healthy Adults



*Collaborative effort: UMASS Boston and Children's Hospital
Boston*

*Interdisciplinary research , training and community outreach
facility with goals of promoting healthy lifestyles &
preventing and managing obesity*

School & After-school programs

Exergaming (technology-mediated physical activity)