

# **Adapting School Partnerships to Address Prediabetes During the COVID-19 Pandemic ECHO**

**SESSION 2**  
**November 4, 2020**



# Discussion Reflection



# Faculty Presentation



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# Questions?



# Adapting School Partnerships during COVID-19: the iAmHealthy Project

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In the Learning Collaborative: *Adapting School Partnerships to  
Address Prediabetes During the COVID-19 Pandemic*



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# Acknowledgements

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- Co-Presenters
- iAmHealthy team
  - Families
  - School personnel
  - Co-Investigators
  - Graduate Students
- National Institutes of Health
  - R01 NR016255

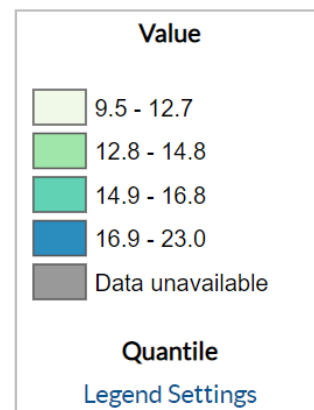
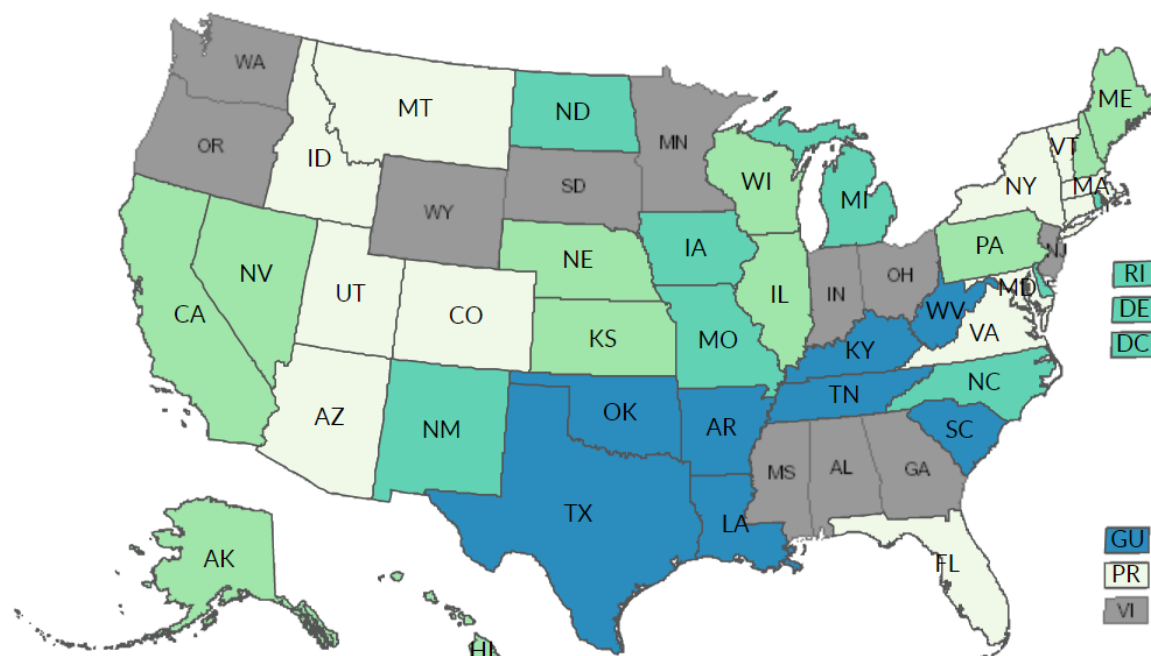


# Pediatric Obesity: US

2017

Percent of students in grades 9-12 who have obesity †

View by: Total



# Advice for EVERYONE:

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- Limit sugar sweetened beverages
- 5 or more of fruits and vegetables
- 60 minutes of activity
- 2 or fewer hours of screen time (7)
- No TV in bedrooms
- Eat breakfast daily
- Limit eating out
- Encourage family meals

\*\*drinking water not here!



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# Stages of Treatment

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- Prevention

- Treatment

- Stage 1 = Prevention Plus
- Stage 2 = Structured Weight Management
- Stage 3 = Comprehensive, Multidisciplinary Intervention
- Stage 4 = Tertiary Care Intervention

USPSTF: Stage 3 – 26 hours, whole family, physical activity + nutrition + behavior modification



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# Key components of successful programs

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- Tracking

- Goal setting
- Physical Activity tracking
- Dietary tracking (24 hour dietary recalls)

- Treatment

- Stage 1 = Prevention Plus
- Stage 2 = Structured Weight Management
- Stage 3 = Comprehensive, Multidisciplinary Intervention
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# Expert Committee Guidelines: Treatment Programs. But, how to treat rural?



# School Based Rural Obesity Work





# Previous Telehealth Interventions

- Nutrition, Exercise, Behavioral
- Parent, Child, Family
- Rural



- **Red Foods** = Over 7 grams of fat and/or 12 grams of sugar per serving
- **Yellow Foods** = Less than 7 grams of fat AND 12 grams of sugar per serving
- **Green Foods** = Fruits and vegetables (with no calories added)





**Table 5. Intervention Timeline (25 contact hours total per USPSTF guidelines).**

	Weeks 1-8	Weeks 9-12	Weeks 13-16	Weeks 17-20	Weeks 21-24	Weeks 25-28	Weeks 29-32
<b>iAmHealthy Intervention</b>	8 weekly sessions	1 session	1 session	1 session	1 session	1 session	1 session
	11 hours of homework help via remote technology						

<https://www.iamhealthyschools.org>

HOME ABOUT PARENTS SCHOOLS MEET THE TEAM RESOURCES CONTACT US

The mission of iAmHealthy Schools is to help families live healthier lives!

### What is iAmHealthy?

iAmHealthy is a school-based program that helps families learn about healthy lifestyles!



# iAmHealthy

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- Other changes from previous versions:

- 8 weekly and 6 monthly

- 11 hours of individualized “health coaching”

- 25 total = USPSTF guidelines

- 2<sup>nd</sup> – 4<sup>th</sup> grade

- Operational changes: e-consent, Redcap, website

# iAmHealthy

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- COVID changes
  1. Height/weight protocol development, video
  2. Shipping equipment
  3. Developing protocols for schools that are in person, virtual, or hybrid
  4. Additional pay for participants
    1. Survey (CEFIS)
    2. Qualitative interviews



# Partnering with Schools

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- iAmHealthy
  - Flyers to state (principal, gym teacher, nurse)
  - Website
  - List serves
  - Try to minimize “red tape”
  - Try to make it convenient
    - Training is remote
    - Move at their own pace
    - Work around their schedules
  - Leave them with the intervention materials

# Partnering with Schools

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- Previous projects and additional ideas
  - How can you help them?
    - Wellness committees
    - Wellness plans
    - School based BMI screenings
    - Other wellness initiatives you can help with?
  - Right now – our data indicate schools/teachers are concerned about student wellbeing and mental health and coping during the pandemic. Can you tie into that?

# Summary

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- Pediatric obesity and related health behaviors are something you can address at the school level
- Treatment programs, like iAmHealthy, are more effective when they are:
  - 26 hours
  - Involve the whole family
  - Are based upon tracking and other behavioral principles
- Other, less intensive, options are positive steps
- It is possible to partner with schools in the time of COVID-19

# Questions?



# Today's Case Presentations

**Case 1:** Allison Hester, Arkansas Children's Hospital

**Case 2:** Robyn Paulsen, Organization Iowa Specialty Hospitals and Clinics



# Announcements

- Evaluation poll
- CE link

# Next module: November 18th 1-2:30 pm ET



**MEND**

**Jessica Wallace**