

FirstHealth of the Carolinas

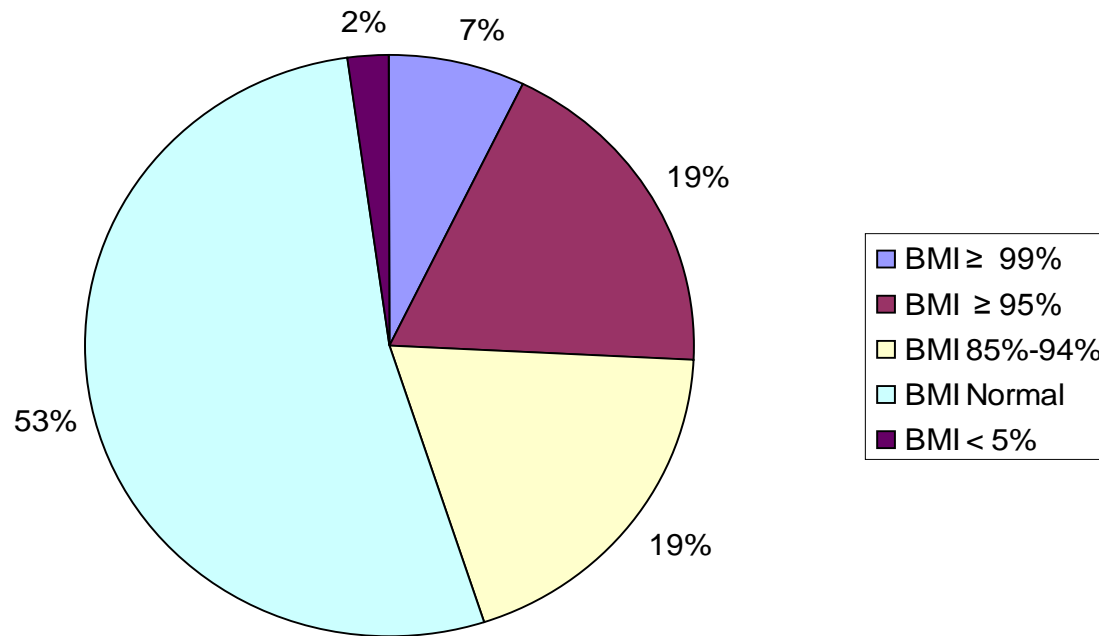
*Montgomery County Board of Education
April 8, 2013*

Gina Smith, MSN, FNP-C

*Beth Walker, President, Montgomery Memorial
Hospital*

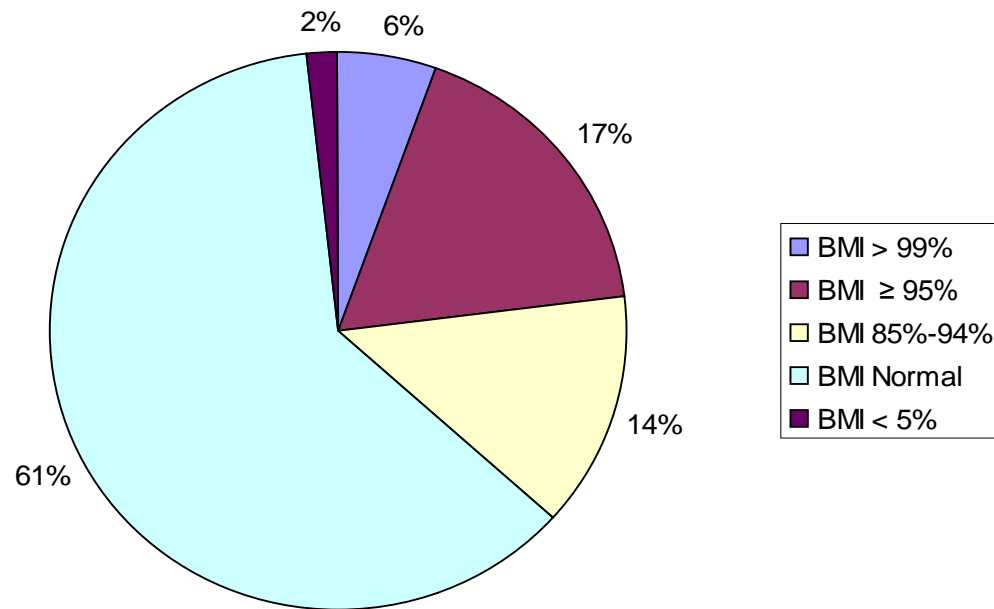
Childhood Obesity

Montgomery County School BMI
2011-12



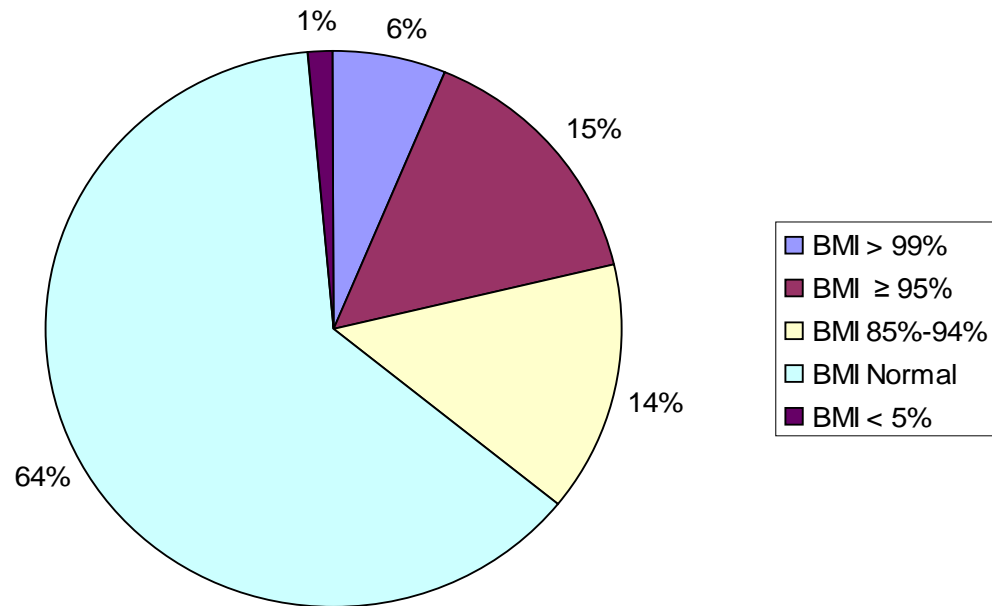
Childhood Obesity

East Middle School
SHC 2012-13 BMI



Childhood Obesity

West Middle School
SHC 2012-13 BMI



Health Risks of Obesity

- Pulmonary
 - Sleep disorders – sleep apnea
 - Asthma
- Neurologic – headaches
- Orthopedic – strains, sprains, fractures, etc.



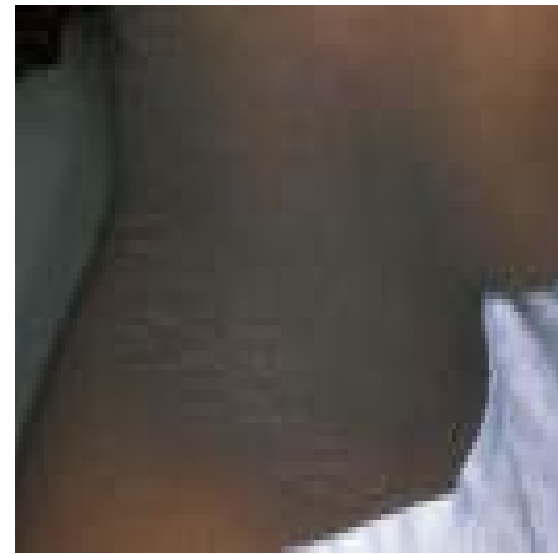
Health Risks of Obesity

- Cardiovascular
- High blood pressure
- High cholesterol
- Fatty deposits
- Dysfunction of left ventricle
- Systemic inflammation



Health Risks of Obesity

- Gall bladder disease
- Non-alcoholic fatty liver disease
- Gastro-esophageal reflux (GERD)
- Insulin resistance/Type II Diabetes
- Acanthosis nigricans
- Menstrual abnormalities
- Polycystic ovary syndrome

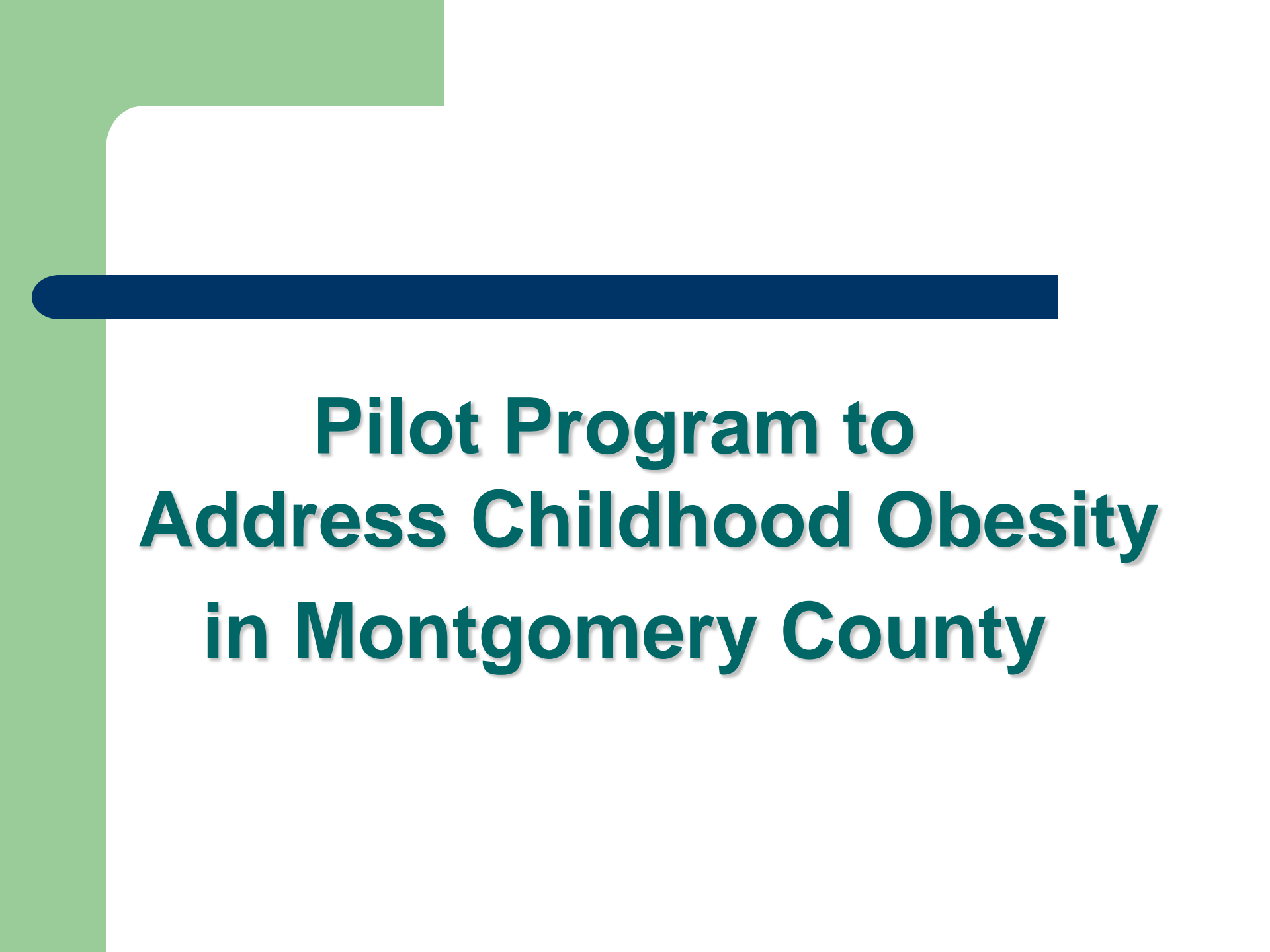


Health Risks of Obesity



- Actual and perceived overweight is an important risk factor for suicidal behaviors in youth
- Risk factor for suicidality even after controlling for alcohol and illicit drug use

(Swahn, M., Reynolds, M., Tice, M., et. al, Journal of Adolescent Health, 2009.)



Pilot Program to Address Childhood Obesity in Montgomery County

Pilot Program

- Base curriculum from WakeMed ENERGIZE! program
- Target middle school students with BMI greater than 85th percentile and with a high readiness for change score
- 6-weeks; meet two times per week (12 sessions)
- Sessions 1.5 hours (mix education/physical activity)
- Integrate parents into at least 3 education sessions
- Propose to pilot 4 sessions (2 at each school)

Program Core Principals

- Offers youth opportunity for physical activity and education
- Youth exercise every session for 30 – 45 minutes with exercise professional
- Youth earn points for incentives throughout program
- Incorporates parental education

Program Logistics

- Offer after school environment
- Begin class with 45-minutes of physical activity
- Second half of class is nutrition and behavior modification education
- Parents need some level of participation – recommend attend 3 mandatory education sessions
- Need transportation home for youth

Partners Needed

- Diabetes Self-Management (educators)
- Fitness instructors (1 for every 10)
- School Health Centers (referrals and assistance with education)
- Middle School facilities to host program with space for physical activity portion (equipment for physical activity)
- School system - transportation
- Financial support partner

Incentive Prizes

- Children

- Water bottles
- Pedometers
- T-shirts
- Gym bags
- Ipod
- Fitness equipment

- Parents

- Gas Cards
- Cook book

SHC Demographics

Insurance Type	SHCs
Medicaid	50%
NC Health Choice	16%
Uninsured	11%
Private/Tricare	23%

77% economically disadvantaged

Kids in Crisis

- Medical needs – medicine, medical equipment, specialty care
- Ophthalmology – eye exams and glasses, eye prosthesis
- Dental care – definitive care of dental caries/urgent or emergent dental needs
- Hearing aids
- Mental health counseling
- Other...

It takes a village....



FirstHealth Montgomery Memorial Hospital – *Beth Walker, CEO, MMH*



A Day at the Races...
Montgomery Foundation Kentucky Derby Day

Saturday, May 4

5:00 p.m.

The James H. Garner Center, Troy



Fundraiser Beneficiary

- FirstHealth Montgomery County School Health Centers, East & West
- Pilot childhood obesity after school program
- Kids in Crisis



Questions???

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Thank You!!!