

Amplify & Accelerate

Actions and Accomplishments

February 2019 Update

Aligning Missouri Efforts A Comprehensive Approach for Prevention and Treatment of Childhood Obesity

Missouri partners continue to make impressive gains to advance our comprehensive approach for children's health and well-being. With the focus on increasing the proportion of children at a healthy weight, this newsletter details our progress during the last year and opportunities for involvement in the coming year.

2018 at a glance,

- The **Missouri Department of Elementary and Secondary Education** successfully competed and received a 5 year **CDC Cooperative Agreement** that supports advances in school health and wellness.
- The Mo HealthNet Division (State Medicaid Agency) **published proposed rules 9/4/18 to expand coverage** for family based behavioral health treatment and medical nutrition therapy for children and adults referred with an obesity diagnosis.
- Seven pilot **trainings reached** medical providers, dietitians and behavioral specialists, to enhance treatment capacity.
- The **Missouri Department of Health and Senior Services** also successfully competed and received a 5-year CDC Cooperative Agreement for State Physical Activity and Nutrition Program efforts.
- The **Healthy Weight Advisory Committee** became operational as part of the Missouri Council on Activity and Nutrition (MOCAN). This group carries out Policy Action 5 and oversees efforts to

Focus Areas for Priority Actions



“improve collaborative actions by providing expertise and advice to advance and monitor sustainable, evidence-based strategies for increasing the number of children at a healthy weight in Missouri.”

Policy Actions to Improve Children's Health

1. Update child care licensing rules on feeding practices, nutrition, physical activity and screen time. Assure training and support services for child care providers to meet new standards.
2. Establish an Office of Student Wellness to maintain expectations for health and physical education curricula. Modify school accreditation by including a voluntary health and wellness component. Provide support to schools to implement best practices and school wellness policies.
3. Reimburse licensed professionals with specialized training to provide family-centered evidence-based multicomponent weight reduction programs through Medicaid.
4. Establish Centers of Excellence to provide and improve access to evidence-based weight management services, build community-based capacity for treatment and prevention, and evolve prevention and treatment approaches.
5. Establish a commission to oversee implementation, study effectiveness and provide a forum for education and future actions.

*2014 Subcommittee Recommendations to
Mo Children Services Commission*

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CHILD CARE: Building on insights and gains made in past years, work continues to address priority child care health and wellness practices and standards. The Missouri Department of Health and Senior Services (DHSS) and University of Missouri-Extension with funding from the newly awarded CDC Cooperative Agreement have forged a contract with the University of North Carolina to train trainers of child care providers to increase the number of early childhood educators that are meeting nutrition standards. DHSS, in partnership with the MOCAN Child Care Workgroup, will also focus on best approaches to embed nutrition and physical activity into state systems and increase the number of child care facilities that are able to adopt these standards. Coaching services will begin in 2019 through local extension offices and local public health agencies to assist child care providers integrate nutrition and physical activity standards into their facilities' practices. For more information on actions related to child care you may contact: Barbara Keen, barbarakeen@health.mo.gov.

SCHOOLS: What a difference the addition of a full-time leadership position has made at the Missouri Department of Elementary and Secondary Education (DESE). Laura Beckmann started in 2017 as the Director of Health, Physical Education and School Wellness. Since that time, the following has been accomplished:

- DESE in partnership with DHSS is one of 17 state education agencies awarded a 5-year Healthy School Grant in 2018 to support the implementation and evaluation of evidence-based strategies and activities to:
 - Prevent obesity and reduce the risk of children and adolescents developing chronic disease in adulthood.
 - Manage chronic health conditions prevalent in student populations including poor health, asthma, food allergies, seizure disorders, diabetes, other diseases, and disabilities or conditions.

CDC provides technical assistance, specialized resources and financial supports, including salary for another FTE position in DESE. Laura Beckmann has assumed this new position,

Acting Director of Missouri Healthy Schools, and works collaboratively with Mr. David Buono, serving as the Acting Director of Health and Physical Education, Laura's previous position.

- A workshop was held in August 2018 to train a cadre of trainers to implement actions to advance school health and wellness.
- In 2019, Missouri will participate on a national advisory board and in four training initiatives to further support the work.
- DESE also was awarded a 5-year grant to conduct student health surveillance through the School Health Profiles and Youth Risk Behavior Survey (YRBS).

For more information on actions related to healthy schools, you can contact Laura Beckmann at laura.beckmann@dese.mo.gov. More details on the Health, Physical Education and School Wellness unit within the Department can be found on their website: <https://dese.mo.gov/college-career-readiness/curriculum/health-physical-education-school-wellness>

TREATMENT: The Missouri HealthNet Division (MHD), which operates the state's Medicaid program, published proposed rules to expand coverage for obesity treatment for both children and adults in the September 4, 2018 issue of the Missouri Register (Vol 43, No. 17, page 2557). MHD is reviewing comments received on the proposed rules and preparing final rules to be published in 2019. These rules spell out provisions to reimburse qualified, licensed behavioral health providers (licensed psychologists, licensed professional counselors, and licensed clinical social workers) for delivery of family-based behavioral treatment (FBT). They will also reimburse licensed registered dietitians to provide medical nutrition therapy (MNT). Treatment services are covered for adults and children ages 5 and older with an obesity diagnosis that are referred by their medical provider.

Funding from the Health Forward Foundation (formerly Health Care Foundation of Greater Kansas City) continues supports for a pilot that enhances training opportunities to prepare the workforce to deliver these treatment services. Currently, there is

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no Missouri system for training and certifying therapists in delivering proven FBT therapy for treating obesity.

Children's Mercy, in collaboration with Washington University, is conducting this pilot training for select health care provider groups with a priority for those serving patients covered by Medicaid. The numbers of trainings or educational sessions and those reach include:

1. Medical providers (9 sessions, 107 trained),
2. Licensed dietitians, (2 trainings, 54 trained)
3. Behavioral interventionists, (1 training, 7 trained)

Please contact Emily DeWit, eldewit@cmh.edu Children's Mercy if you are interested in the next training dates and registering for one of the sessions.

A health care advisory group (HCAG) is providing input on best approaches for this training pilot and will create a plan for statewide replication in 2019.

The HCAG reviewed an analysis of Medicaid 2016 claims for children at its January meeting. This data indicates low rates for obesity as a diagnosis in Missouri Medicaid claims data when compared to national prevalence data. This diagnosis is under-reported on claims submitted. This baseline for the pilot project underscores the current challenge for medical providers to report a disease for which there are limited treatment options. It reinforces the need to enhance capacity to recognize the impact of this disease and assure viable, needed and reimbursable treatment options to address this health concern.

A team of multiple universities submitted a comprehensive proposal to CDC in October 2018 entitled, "Packaging and Spreading Proven Pediatric Weight Management Interventions for Use by Low-Income Families." The grant team, led by Denise Wilfley, PhD, Washington University, was appreciative of grant writing supports provided by the Health Forward Foundation to support compilation of this comprehensive application. If funded, this proposal's time period will be April 2019-2024. The efforts of this grant build on the base of Dr. Wilfley's extensive research and this pilot project and

will result in substantive resources and insights to broadly disseminate a pediatric weight management intervention in urban and rural settings.

HEALTHY WEIGHT ADVISORY COMMITTEE

(HWAC), (working title for Commission on Children's Health and Wellness). The HWAC was formally established within MOCAN to support collaborative implementation of the CSC policy action recommendations. The University of Missouri-Columbia Extension that supports MOCAN established a new position and hired Leah Gagnon in August 2018 to manage MOCAN collaboration activities with a focus on the HWAC.

An overview document has been compiled outlining the objectives and operational procedures for the HWAC. Current work focuses on identifying MOCAN's workgroup priorities that support the CSC recommendations and compiling an action plan to implement plans in an integrated manner. These plans will build on existing efforts, and focus on areas of common interest and where additional resources are needed. HWAC is also working toward broad participation and inclusion of the public voice to inform and implement plans. Contact Donna Mehrle or Leah Gagnon, if interested in participating in the HWAC. mehrled@MISSOURI.EDU, gagnonl@MISSOURI.EDU

CENTERS OF EXCELLENCE: This recommendation focuses on creating regional centers to support prevention and treatment actions at the community level. The University of Missouri at both the Columbia and Kansas City campuses and Washington University have been actively engaged in efforts to date. In 2019, the HWAC will explore which other academic centers have interests and resources currently engaged in this work. They will also determine best approaches to formally establish regional centers, currently referred to as Centers of Excellence in Missouri, and integrate efforts among Missouri's institutions in this domain. These centers would be based at universities with the capacity to support training and evaluation efforts for prevention and treatment activities.

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SHARING OUR STORY: Due to the building momentum on the actions to implement the CSC recommendations, considerable efforts were invested to communicate our work in a consistent and informative manner. Coordinated communication improves understanding and support for obesity prevention and treatment. To address this need, messages and communication supports were created by The Health Communications Research Center at MU's School of Journalism. The Center's work culminated in toolkit resources, a webinar in March 2018 for communication tactics with health care providers, and a session for communication tactics with policy makers at MOCAN's July 2018 quarterly meeting. For those that are sharing our story, you may access these resources on MOCAN's website. Some samples are provided below.

<http://extension.missouri.edu/mocan/childhoodobesity/actions.htm>.

2018 Presentations of our story

- Denise Wilfley, PhD, Washington University and Sumar Muzaffar, MD, MHD Medical Director were invited and presented at the National Association of Chronic Disease Directors webinar series on weight management in April 2018. See

the posting online:

<https://www.chronicdisease.org/blogpost/1628146/299939/CDC-DNPAO-and-NACDD-Announce-Final-Two-Webinars-on-Childhood-Obesity?hhSearchTerms=%22Weight+and+management+and+webinar+and+series%22&terms>

- A panel of Children's Mercy, Washington University, MoHealthNet, and University of Missouri-Columbia representatives presented at the Region VII-HRSA *Factors of Health-Addressing the Systems Influencing Childhood Obesity Conference* June 28, 2018. The panel reviewed this project outlining steps that have been taken to increase supports to translate evidence-based treatment into practice and integrate prevention and treatment efforts.
- Presentations on the new proposed rule and weight management issues have also been provided at the Missouri Chapter of the American Academy of Pediatrics conference in Columbia on September 14, 2018, Clinical Advances in Pediatrics in KC conference on September 26, 2018, KC Southwest Clinical Society conference on October 4, 2018 and to the Children's Mercy Pediatric Care Network.

Help share the story-social media post options.

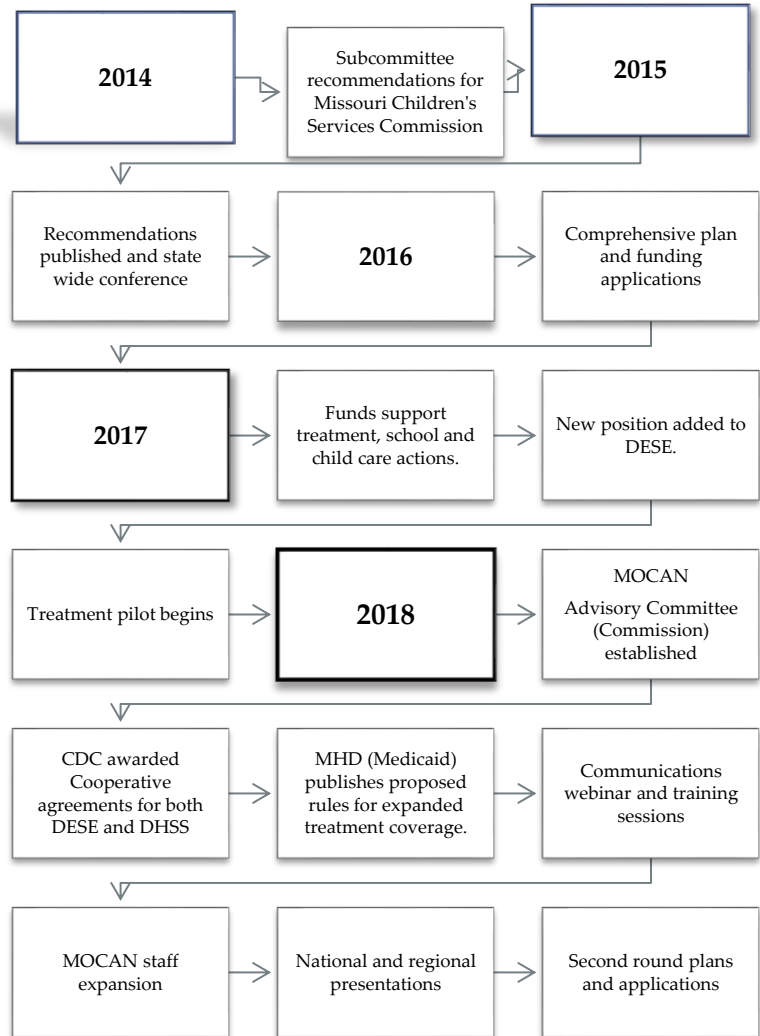
- If body mass indices were lowered by five percent, Missouri could save eight percent in health care costs.¹
- According to the National Conference of State Legislators, taxpayers fund about half of the costs of obesity, around \$60 billion/year, through Medicaid and Medicare.²
- Rural children are 25 percent more likely than their urban peers to be overweight.³
- Rural children are more likely to be bullied than urban children and being overweight is one of the leading factors for bullying.⁴
- While prevention is key, we can't leave behind children who are already overweight. There are new, effective treatments for childhood obesity.
 - Family-based behavioral therapy and medical nutrition therapy have been found by the US Preventive Services Task Force to be effective.
 - MO HealthNet plans to start reimbursing for these treatments in 2019.
- Family-based treatment has the added benefit of improving health outcomes for adults as well as children.



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Journey Milestones



¹ <http://extension.missouri.edu/mocan/OC2015/ChildhoodObesityReportCSC.pdf>

² <http://www.ncsl.org/research/health/childhood-obesity-legislation-2013.aspx>

³ Lutfiyya, M. N., Lipsky, M. S., Wisdom-Behounek, J. and Inpanbutr-Martinkus, M. (2007), Is Rural Residency a Risk Factor for Overweight and Obesity for U.S. Children? *Obesity*, 15: 2348–2356. doi:10.1038/oby.2007.278

⁴ Missouri Department of Health and Senior Services Office of Primary Care and Rural Health. (2017). Childhood bullying in rural Missouri. Jefferson City, MO. Accessed January 22, 2018 from <http://health.mo.gov/living/families/ruralhealth/pdf/bullying-rural-missouri.pdf>