



The Mission

A new, two-hour training, provided through a partnership with Children's Mercy-Kansas City and the Health Care Foundation of Greater Kansas City is available for pediatric primary care providers. The training will cover:

- Diagnosis and referral of eligible children to medical nutritional and behavioral health care. Eligible children have obesity, are age five or older, and are insured by MO HealthNet.
- Coordination of care with registered dietitians and family-based behavioral therapists
- Resources available to families
- Best practices for communicating with families about weight
- CME/CEU is available*

Learn More

For more information, please email Dr. Sarah Hampl at shampl@cmh.edu or call 816-234-9250.

To participate in the training, please email Emily DeWit at eldewit@cmh.edu or contact her at the Center for Children's Healthy Lifestyles & Nutrition at 816-234-9255.

*This activity has been planned and implemented in accordance with the Accreditation Requirements and Policies of the Kansas Medical Society through the joint providership of Kansas Chapter, American Academy of Pediatrics and Children's Mercy Hospital.



NEW TREATMENT OPTIONS FOR CHILDHOOD OBESITY

Nutrition and Family-Based Behavioral Therapy



OurRole

Families look to you, their pediatric medical provider, as the number one source of guidance on weight management...

You see your patients only a few days a year, but they listen to what you say. They are surrounded by unhealthy choices every day that make it hard to maintain or reach a healthy weight. Referring patients with obesity to evidence-based medical nutrition and family-based behavioral therapy can give them the skills they need for healthy eating and active living to achieve a healthier weight.



AS MANY AS ONE IN FIVE OF YOUR PEDIATRIC PATIENTS COULD BENEFIT FROM MEDICAL NUTRITION THERAPY AND FAMILY-BASED BEHAVIORAL THERAPY.



Childhood obesity is a problem that needs multiple health disciplines to work together because there are so many aspects of a child's life that affect their weight. We should be leading the charge against this by being an advocate for the family and helping them set goals that work for them to lead a healthier lifestyle.

- Julie Ann Benard, MD

The U.S. Preventive Services Task Force has determined that medical nutrition therapy and family-based behavioral therapy are effective treatments for childhood obesity. These therapies are expected to be reimbursed by MO HealthNet.



You play a critical role in identifying appropriate children for this treatment and coordinating their care with nutrition and behavioral specialists. Here are some of the benefits to treating childhood obesity:

- Early treatment can prevent comorbidities like type 2 diabetes.
- It is effective, value-based care and can save \$20,000 in direct medical costs through adulthood.¹
- Therapies can improve health outcomes for the whole family.

Treatment expected to be reimbursed by MO HealthNet

1. AAP (2014) Lifetime Direct Medical Costs of Childhood Obesity.