

California's Obesity Prevention Project

Building a strong interface between community and health care interventions to prevent and reduce obesity among low-income Californians

Background

The California Department of Health Care Services and Institute for Population Health Improvement at the University of California Davis Health System are partnering to conduct an obesity prevention project to reduce the risk and prevalence of overweight and obesity and reduce projected health care costs among Medi-Cal members who are eligible for the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). This project is funded by the United States Department of Agriculture SNAP-Ed and guided by the California Department of Social Services.

Project

The project will include formative research, the development and implementation of a pilot program in health care and community settings, and a formal impact evaluation. The project commenced in August 2015.

Year 1 – Formative Research

- Identify effective, evidence-based interventions that apply to health care and community settings and can be implemented widely with Medi-Cal members. This will include a comprehensive review of the literature.
- Conduct a minimum of 25 key informant interviews with representatives from Medi-Cal Managed Care Plans and provider groups, as well as state, local health department, and community leaders to identify effective obesity prevention approaches.
- Conduct 3 focus groups and 10 video ethnographies with SNAP-Ed eligible Medi-Cal members in northern, central, and southern California to identify obesity prevention approaches that would best meet their needs.
- Begin identifying potential pilot communities by assessing community capacity; programmatic, policy, systems, and environmental change readiness and practice; leadership; types of, and collaboration with, public, nonprofit and private partners; nutrition and physical activity profiles; and prevalence of obesity and overweight.

Year 2 – Program Development

- Analyze results of the key informant interviews and focus groups and produce reports of the findings and recommendations.
- Complete identification of potential pilot communities.
- Develop logic model, program evaluation, and intervention plans.
- Develop and assemble pilot program and evaluation components.
- Develop draft evaluation instruments and methods to secure health data.

Year 3 – Program Implementation

- Finalize study instruments, methodology, and all study logistics.
- Collect baseline data.
- Commence a quasi-experimental study with intervention and comparison communities; interventions will be conducted for 12 months.

Years 4 & 5 – Program Evaluation, Analysis, and Recommendations

- Collect data at 3, 6, 9, 12, and 15 months.
- Analyze data and produce a report of the findings and recommendations.

Team

Desiree Backman, DrPH, MS, RD

Desiree.Backman@dhcs.ca.gov

Senior Scientist, UC Davis Health System,
Institute for Population Health Improvement

Chief Prevention Officer, California Department of
Health Care Services

Neal D. Kohatsu, MD, MPH

Neal.Kohatsu@dhcs.ca.gov

Medical Director, California Department of Health
Care Services

Rachel Abbott

Rachel.Abbott@dhcs.ca.gov

Research Assistant, UC Davis Health System,
Institute for Population Health Improvement &
California Department of Health Care Services

Zhiwei Yu, MPH

Zhiwei.Yu@dhcs.ca.gov

Quality Scientist, UC Davis Health System, Institute
for Population Health Improvement & California
Department of Health Care Services

Mark Koga

Mark.Koga@dhcs.ca.gov

Program Manager, UC Davis Health System,
Institute for Population Health Improvement &
California Department of Health Care Services

Patricia Lee, PhD

Patricia.Lee@dhcs.ca.gov

Research Scientist, California Department of Health
Care Services

Citra Downey

Citra.Downey@dhcs.ca.gov

Contract Analyst, California Department of Health
Care Services

Jennifer Byrne

Jennifer.Byrne@dhcs.ca.gov

Associate Governmental Program Analyst, California
Department of Health Care Services