



JENNIFER KENT  
DIRECTOR

State of California—Health and Human Services Agency  
Department of Health Care Services



EDMOND G. BROWN JR  
GOVERNOR

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CHDP Information Notice: 17-A

TO: ALL CHILD HEALTH AND DISABILITY PREVENTION (CHDP) PROGRAM DIRECTORS, DEPUTY DIRECTORS, NUTRITIONISTS, HEALTH EDUCATORS AND CALIFORNIA CHILDREN'S SERVICES (CCS) STAFF

SUBJECT: UPDATED CHILD HEALTH AND DISABILITY PREVENTION (CHDP) PROVIDER TOOLKIT, "PROMOTING HEALTHY WEIGHT AT CHDP WELL-CHILD EXAMS"

An updated CHDP Program provider office toolkit, "Promoting Healthy Weight at CHDP Well-Child Exams" is now available on the CHDP Program Training website at: <http://www.dhcs.ca.gov/services/chdp/Pages/HealthyWeightToolkit.aspx>.

This toolkit, developed by the CHDP Program Statewide Nutrition Subcommittee, updates the prior Counseling the Overweight Child training posted in 2009. The toolkit and materials are organized as a ready-to-use package for local CHDP Program staff members to assist providers and staff in addressing issues of healthy eating and physical activity as well as to introduce simple techniques for promoting behavior change in families. The toolkit can be easily customized to meet the needs of the audience. A complete "Promoting Healthy Weight" workshop, including a role-playing skit to illustrate counseling techniques, takes approximately 45 - 60 minutes. The presentation slides may also be used to present a 45 - minute lecture.

The following materials may be viewed and downloaded from the CHDP Program website:

- **PowerPoint Presentation** with complete script for the speaker and tips for presenting the material.
- **User Guide** with detailed suggestions for customizing the presentation, how to time the slide delivery, printing and assembling the training packets.

- **Practice Session Skit** to demonstrate a counseling technique based on Motivational Interviewing and the BJ Fogg Behavior Model.
- **Clinical Practice Resources** including the Kaiser “Little changes. Big rewards.” Poster/My Healthy Lifestyle Goal Tracker and the My Plate Planner.
- **Toolkit Documents** with customizable forms such as folder labels, attendance sheets and an evaluation form.

The CHDP Program nutritionists pilot-tested this toolkit with CHDP Program staff and providers. Evaluations indicate that following the presentation, participants felt confident in their ability to discuss overweight and obesity with families and would recommend the toolkit to other health care providers. Participants also commented favorably on the BJ Fogg counseling technique.

## **Background**

Childhood obesity is a significant health problem that is highly prevalent and strongly associated with the early onset of numerous chronic diseases. In 2005, the American Medical Association (AMA), The Health Resources and Services Administration (HRSA), and The Centers for Disease Control and Prevention (CDC) convened an Expert Committee to revise the 1997 childhood obesity recommendations. The initial recommendations were released on June 6, 2007 in the document, “Expert Committee Recommendations of the Assessment, Prevention and Treatment of Child and Adolescent Overweight and Obesity.”

The Promoting Healthy Weight Toolkit focuses on Step 1 of the 2007 Expert Committee Recommendations (Step 1 – Obesity Prevention at Well Care Visits). Providers have an important role in childhood obesity, which starts with interpreting and communicating the results of the BMI screen regardless of weight status. It may be uncomfortable to provide counseling to overweight children/families, as the topic can be sensitive. Research has shown that physician communication is essential in a patient’s motivation to make necessary lifestyle changes. Evidence-based prevention and treatment messages can be effectively used to initiate lifestyle counseling.

This toolkit complements other provider workshops for nutrition and growth assessment, anticipatory guidance, and referral procedures available on the CHDP Program Training web page:

- Using the World Health Organization (WHO) Growth Charts to Assess Children from Birth to 2 Years.
- Accurate Weighing and Measuring for the CHDP Well-Child Exam.

- Assessing Child Growth Using BMI-for-Age Growth Charts.
- Glucose and Cholesterol Training for Pediatric Obesity.

If you have questions about this or other nutrition and growth assessment toolkits, please contact Carol Hazell at (916) 323-8010 or e-mail at [Carol.Hazell@dhcs.ca.gov](mailto:Carol.Hazell@dhcs.ca.gov).

Sincerely,

**ORIGINAL SIGNED BY PATRICIA McCLELLAND**

Patricia McClelland, Chief  
Systems of Care Division