



Children's National.

Structural Racism and the Obesity Epidemic in Black Youth

Eleanor Mackey, Ph.D. & Elizabeth Getzoff Testa, Ph.D.

Overview

Intro: who, where, and interests (clinical, research, policy, etc.)

Childhood OBESITY

Raising Kids in a "Cultural Blind Spot" from **David Katz**

AHA's **Laurie Whitel** on Heart Disease Prevention in Children

Development and Validation of the Childhood Obesity Prevention Self-Efficacy Survey

The Relationship between Dietary Patterns, BMI, and Household Food Security in Young Urban Children

Evaluation of a Primary Care Intervention on BMI

Maternal vs. Young Children's Determination of Child Fullness

Effects of a Cognitive-Behavioral Therapy-Based Immersion Program



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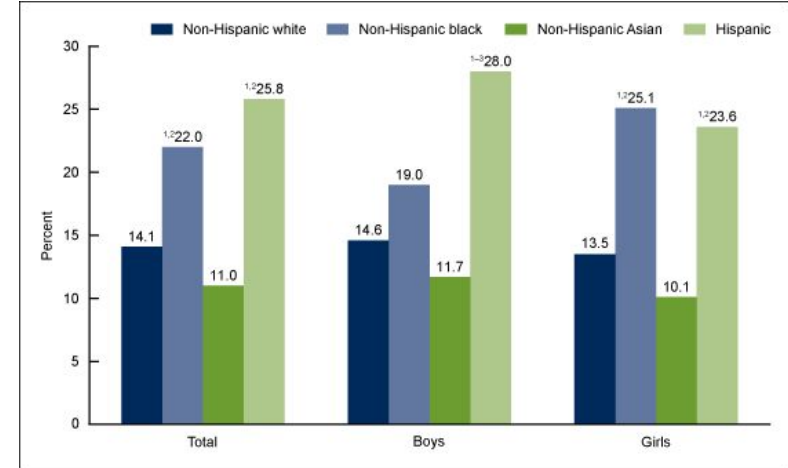
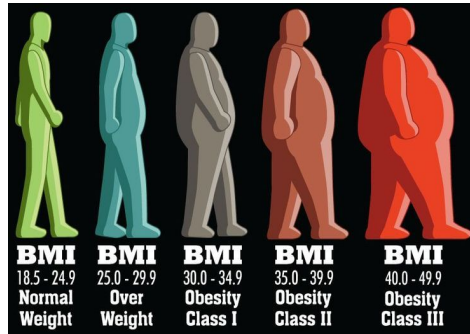
www.liebertpub.com/chi



Obesity Epidemic

The most common disease of childhood

- Estimated at 11.2 million
- By 2030, 33% of children and 50% of adolescents affected
- Severe obesity is the fastest growing category

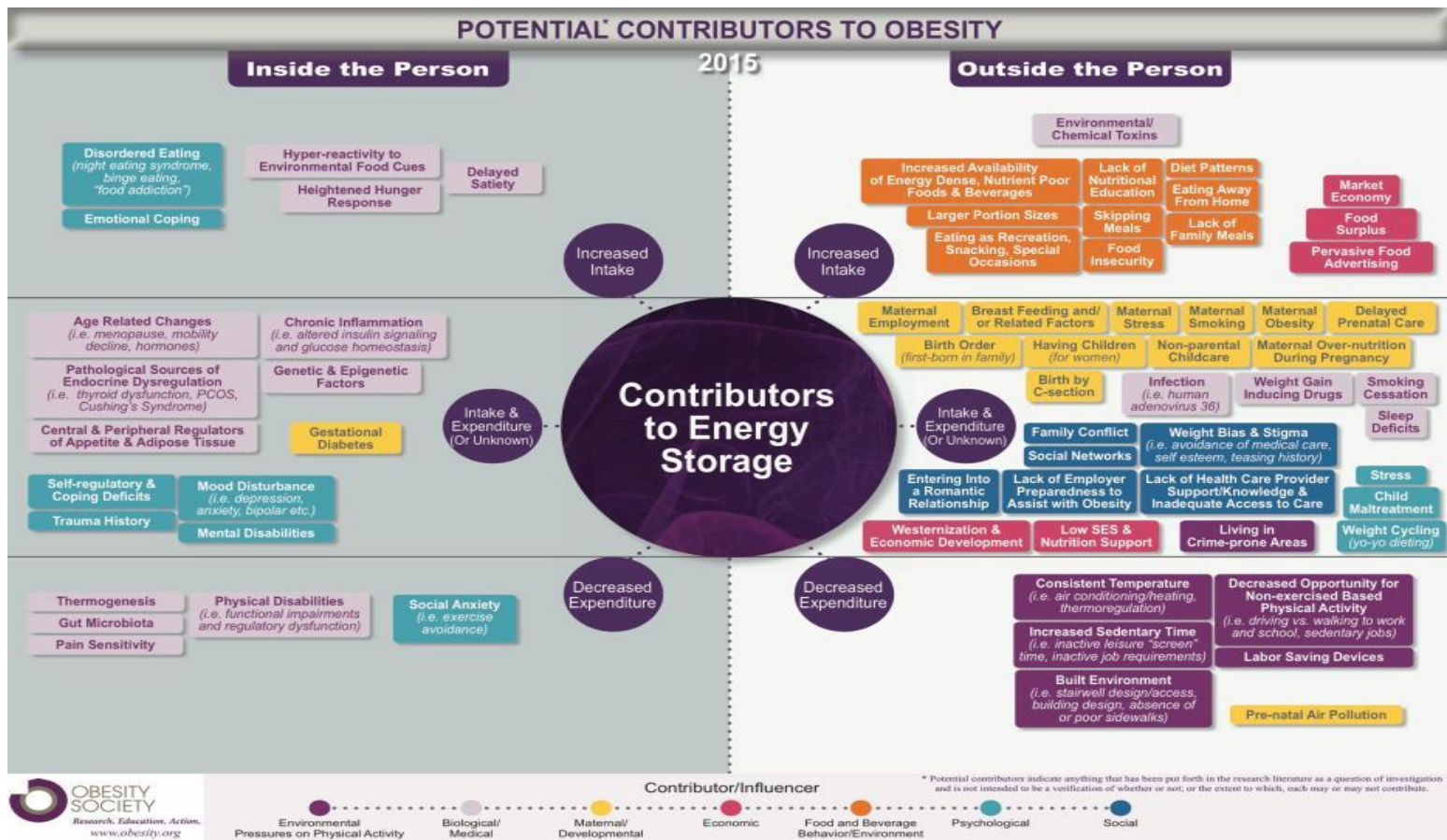


CDC Data Brief No 288, Oct 2017

Wang, Beydoun, Min et al. (2020). Has the prevalence of overweight, obesity and central obesity levelled off in the United States? Trends, patterns, disparities, and future projections for the obesity epidemic. International J of Epidemiology, 49(3).



Tip of the Iceberg

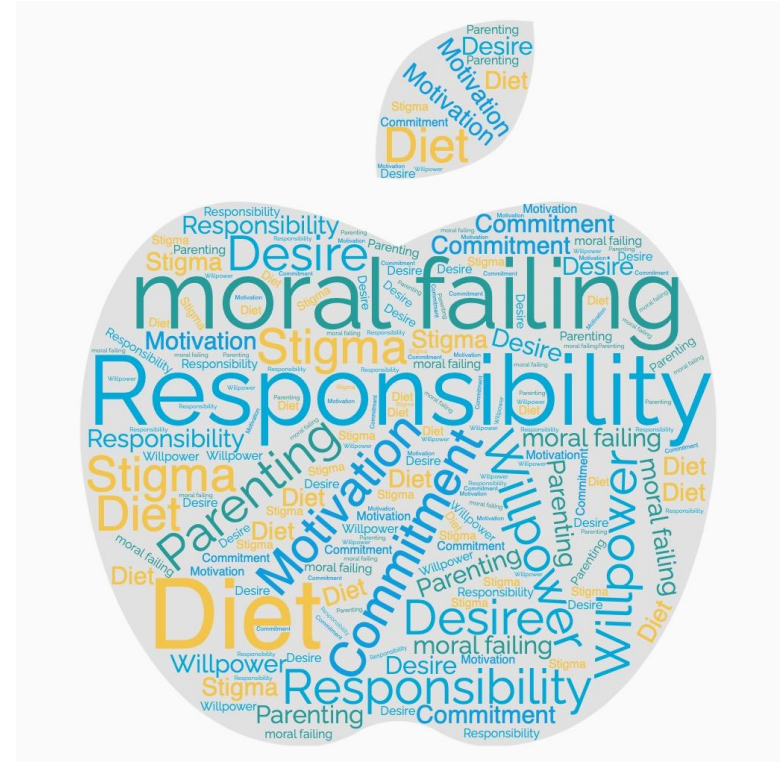
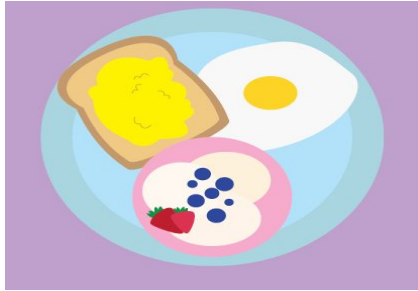


Traditional Pediatric Obesity Treatment Recs

Table 2. Expert Committee Recommendations for Staged Obesity Treatment

| | |
|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Stage 1 Prevention Plus | <ul style="list-style-type: none">• Focus on healthy lifestyle habits to improve BMI• Motivational interviewing and frequent follow-up• Advance to Stage 2 if no improvement after 3-6 months |
| Stage 2 Structured Weight Management | <ul style="list-style-type: none">• Increased support and structure to achieve healthy lifestyle habits• Specific goals with reinforcement of targeted behavior• Monthly follow-up |
| Stage 3 Comprehensive Multidisciplinary Intervention | <ul style="list-style-type: none">• Increased intervention intensity with maximal support for behavioral changes• Multidisciplinary approach including health provider, behavioral counselor, registered dietician and exercise specialist• Weekly visits initially |
| Stage 4 Tertiary Care Intervention | <ul style="list-style-type: none">• Designed for those with severe obesity who fail to improve following successful intervention of initial stages• Includes consideration of pharmacologic interventions, restriction diets and weight control surgery |

Focus on the Individual



Case 1

4 yo Black identifying male on medical assistance

Anthropometrics:

- Height: 114 cm (45 in)
- Weight: 40 kg (88lb)
- BMI: 31

OSA (CPAP noncompliant), acanthosis, ASD

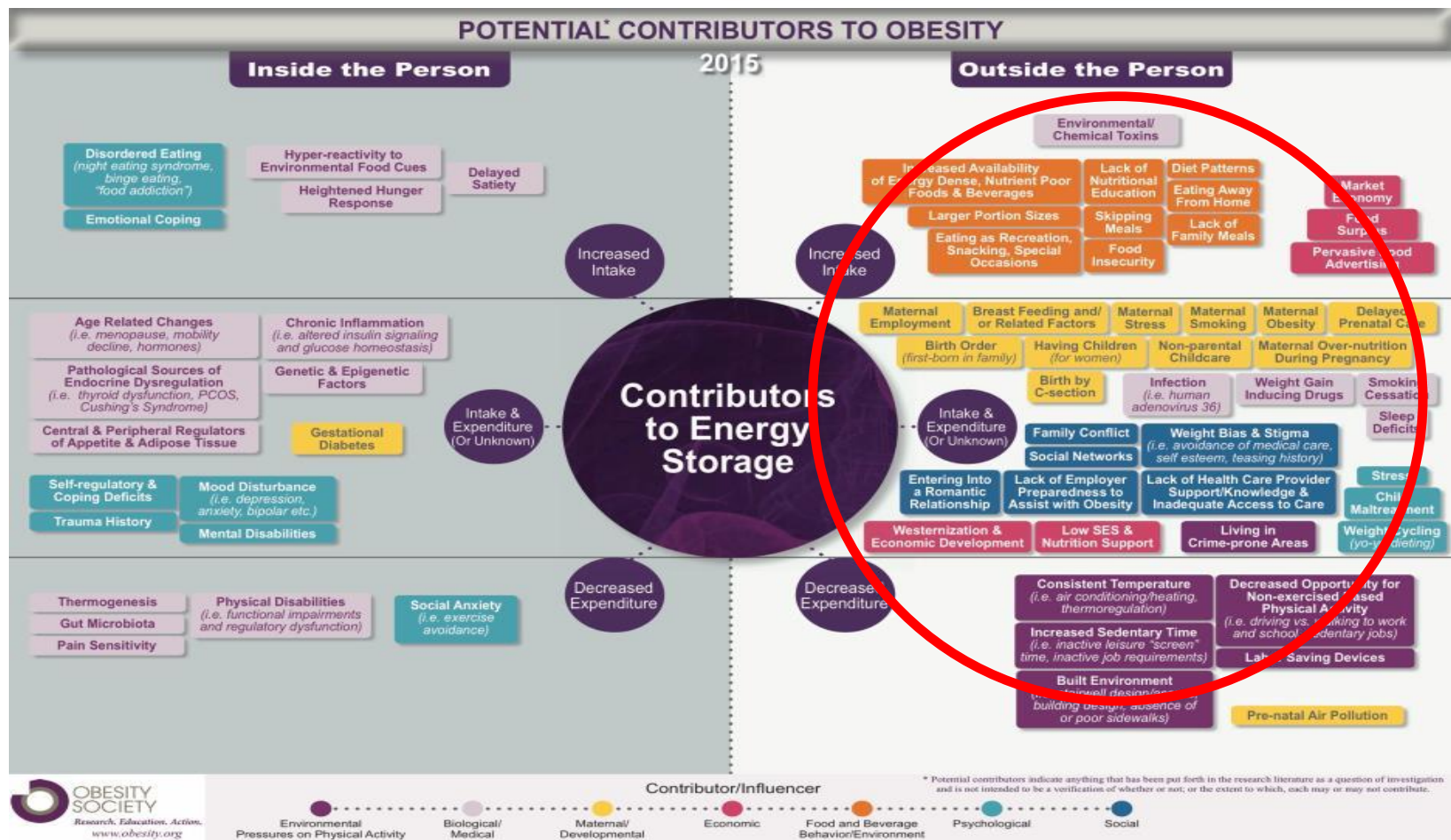
Mom describes her child as a picky eater who does not eat a lot - typical foods: oatmeal, Chef Boyardee, mac & cheese cups, almond milk (lactose intolerance).

Has meltdowns when he does not get the food he wants

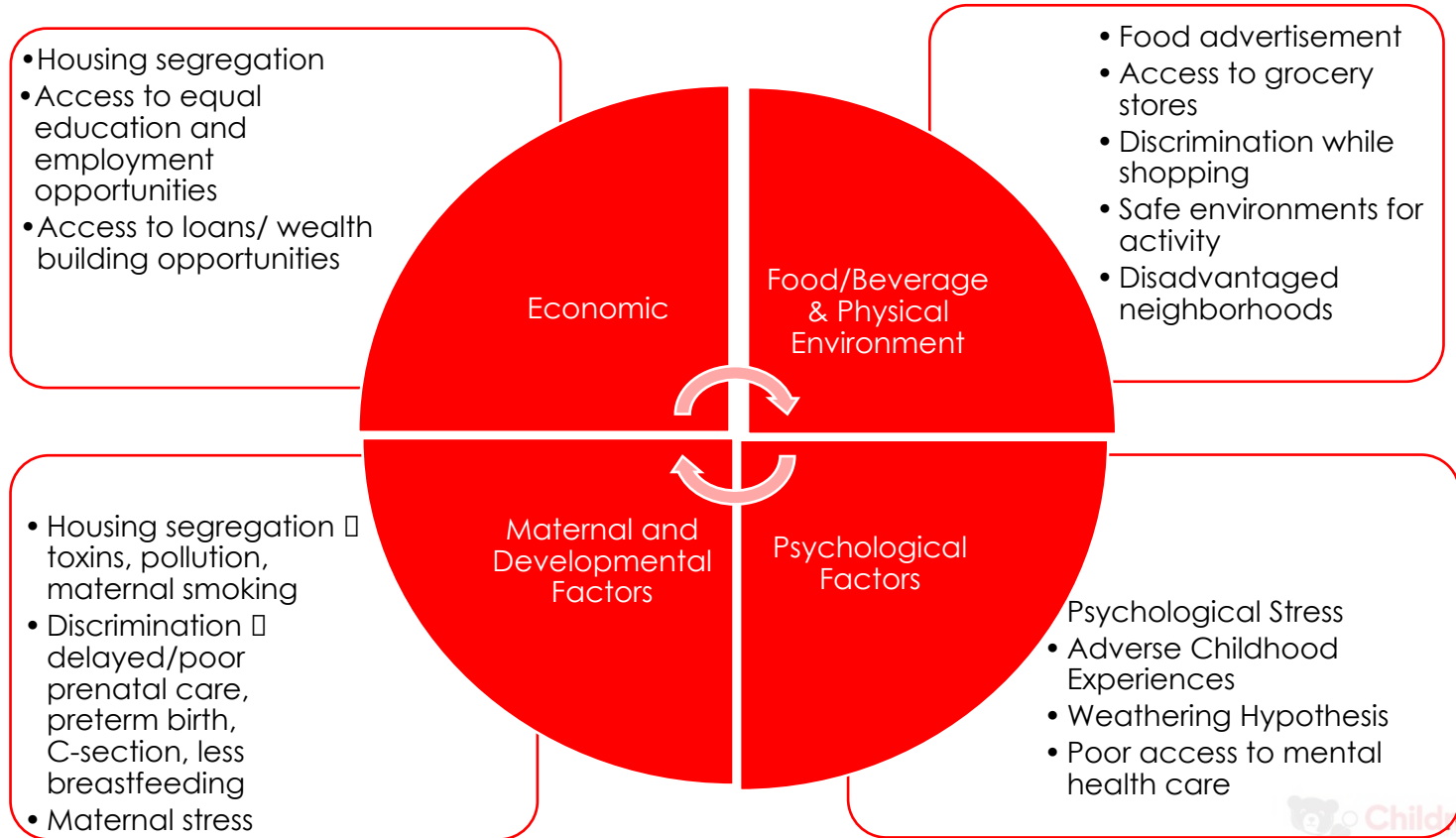
Not very active – starts breathing heavily with little movement; legs bow out when he stands

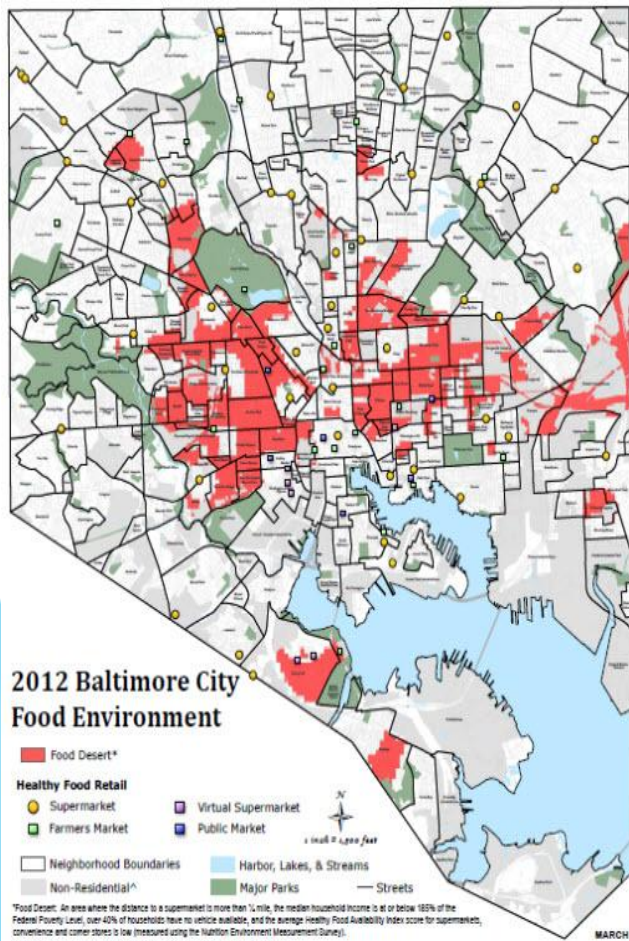
Family believes he will “grow out of it – he’s big boned”

Outside of the Person Contributors



Structural Racism and Obesity





Stephanie Rawlings-Blake
Mayor
Office of the Mayor



**JOHNS HOPKINS
BLOOMBERG
SCHOOL OF PUBLIC HEALTH**

**JOHNS HOPKINS
Center for a Livable Future**

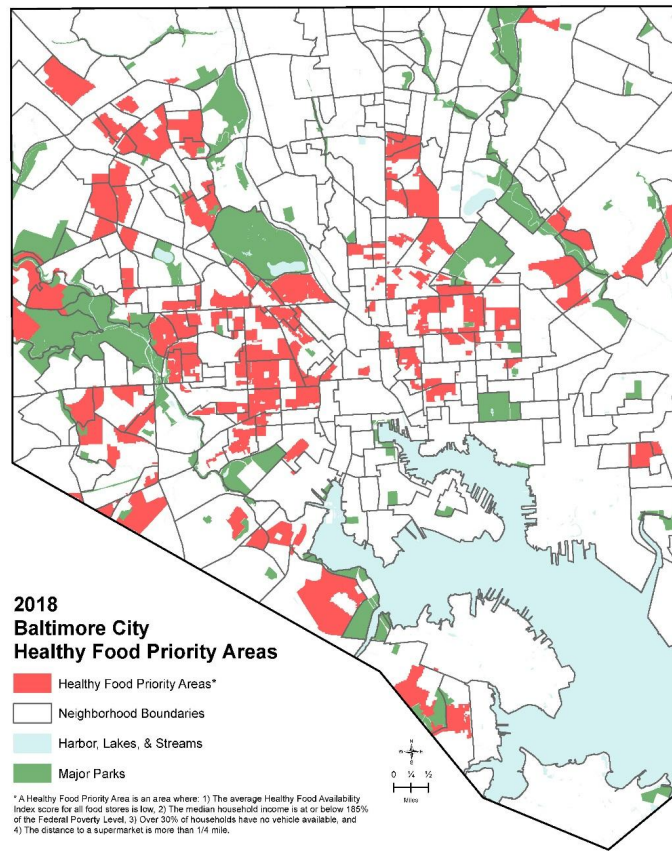
**JOHNS HOPKINS
CENTER for a LIVABLE FUTURE**



COMMUNITY HEALTH
DEPARTMENT

**BALTIMORE
CITY HEALTH
DEPARTMENT**

**Baltimore
Development Corporation**



Assess for Social Determinants of Health

WE CARE Survey

DECLINED ☐







Place patient sticker here, or write in:

Name: _____

DOB: _____

Visit date: _____

We want to make sure that you know about the community resources that are available to you and your family. Many of these resources are free of charge. Please answer each question and hand it to your child's doctor at the beginning of the visit. Thank you!

| | | |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|  | <p>Do you need childcare for your child?</p> <p>YES <input type="checkbox"/> If YES, would you like help finding it? _____</p> <p>NO <input type="checkbox"/></p> | <p>Yes No Maybe Later</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> |
|  | <p>Do you have a full-time job?</p> <p>YES <input type="checkbox"/> If NO, would you like help finding employment? _____</p> <p>NO <input type="checkbox"/></p> | <p>Yes No Maybe Later</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> |
|  | <p>Do you think you are at risk of becoming homeless?</p> <p>YES <input type="checkbox"/> If YES, would you like help with this? _____</p> <p>NO <input type="checkbox"/></p> | <p>Yes No Maybe Later</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> |
|  | <p>Do you always have enough food for your family?</p> <p>YES <input type="checkbox"/> If NO, would you like help with this? _____</p> <p>NO <input type="checkbox"/></p> | <p>Yes No Maybe Later</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> |
|  | <p>Do you have a high school degree?</p> <p>YES <input type="checkbox"/> If NO, would you like help to get a GED? _____</p> <p>NO <input type="checkbox"/></p> | <p>Yes No Maybe Later</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> |
|  | <p>Do you have trouble paying your heating/cooling, water or electricity bill?</p> <p>YES <input type="checkbox"/> If YES, would you like help with this? _____</p> <p>NO <input type="checkbox"/></p> | <p>Yes No Maybe Later</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> |

*****FOR PROVIDER/STAFF USE ONLY*****

If a parent has needs and wants help, please give the appropriate WE CARE information sheet(s) from your practice's *Family Resource Book*. 1 screener per family. Store copy in patient EMR or chart.

Please check off below if you provided WE CARE information sheet(s) and/or referral(s) for the following needs:

☐ Childcare ☐ Housing ☐ Education
☐ Employment ☐ Food ☐ Utilities

Referral provided by: ☐ Provider ☐ MA ☐ Nurse ☐ Other

Developed by Arvin Garg, MD, MPH



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Learn

Anti-racism Daily emails have learning and action items

Learn about anti-oppression

<https://black-butterfly-academy.teachable.com/>

Implicit bias training and awareness

Action

Policy and structural changes

- Built environment
- Housing desegregation
- Focus on health of marginalized communities
- Black maternal health
- Improved access to food
- Improved access to quality health/mental health care

Be an advocate

- Momnibus Bill
- Know your own community

Local action

Social Care Network - national resource to find supports <https://www.findhelp.org/>

American Academy of Family Physicians - EveryONE Project
<https://www.aafp.org/family-physician/patient-care/the-everyone-project/neighborhood-navigator.html>

Involvement of Black communities in policy making
Trauma Informed Care Taskforce
<https://health.baltimorecity.gov/trauma-informed-care>

Community organizations that are doing the work <https://www.buildiaf.org/>

Urban farming

Action to take

Institutional support for and destigmatization of obesity treatment across debts

Access to all treatments (e.g., bariatric surgery)

Implicit bias training and awareness

Acknowledgement of racism's role in obesity

Addressing racial trauma

Delivery of interventions in accessible spaces

Now how would treat? What would we change? What policies or research do we did to add?

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Acknowledgments

Co-first author: E. Thomaseo Burton, Ph.D. (Le Bonheur Children's Hospital)

Senior author: Amy R. Beck, Ph.D. (Children's Mercy Hospital)

Co-authors: Adelle Cadieux, Psy.D. (Helen DeVos Children's Hospital), Elizabeth Getzoff, Ph.D. (Mt. Washington Pediatric Hospital), Melissa Santos, Ph.D. (Connecticut Children's Hospital), Wendy Ward, Ph.D. (University of Arkansas Medical Center)



Thank You!



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