
DINNER MEETING – You're invited!

HEALTH BEHAVIOR CHANGE

**Learn about counseling strategies and referral
options in your community**

**Motivating Parents and Patients:
Strategies for Health Behavior Change**

Belinda Borelli, PhD

Associate Professor and Clinical Psychologist
Brown Medical School (RI)

Thursday, April 19, 2007
5:30 PM

Children's Memorial Hospital, Bigler Auditorium

Hosted by

- **PPRG**
- Illinois Chapter American Academy of Pediatrics
(ICAAP)
- Clinical Practices Working Group (CPWG), Consortium
to Lower Obesity in Chicago Children (CLOCC)

Agenda

5:30 pm – 6:30 pm: Dinner & Network with representatives from
community organizations (such as the YMCA, Chicago Park
District, etc.) to become familiar with their diet, physical
activity and parenting programs!

6:30 pm – 7:30 pm: Hear Dr. Borelli, an experienced clinician
and researcher talk on strategies to promote health behavior
change (see summary below). Sorry, CME is not available.

7:30 pm – 8:30 pm: Stay for discussion, questions or continue
networking. Pick up materials on practice-based obesity
management strategies.

Presentation Summary: Educational approaches for health
behavior change are often not effective with patients who are not
motivated to change. Motivational Interviewing is a patient-
centered approach that helps patients resolve their ambivalence
about change and builds their intrinsic motivation for change.
This presentation will describe this patient-practitioner
communication technique, as well as brief motivational strategies
that can be easily integrated into clinical practice.

To RSVP, e mail Helen Chee at hchee@childrensmemorial.org or
fax the FAX BACK form to (312) 573-7825.

**PPRG's New Directions: Partnerships for
Research and Quality Improvement**

Through its granting mechanisms, NIH is mandating the
integration and streamlining of health research that will extend
from the laboratory to the community. In response, Northwestern
has established and will maintain a new program, the
Northwestern University Clinical and Translational Sciences
(NU-CATS) Institute. NU-CATS will integrate a broad spectrum
of research across its various colleges and at all 4 affiliate
hospitals (CMH, NMH, ENH, and RIC).

The PPRG will participate in the NU-CATS Community
Engagement and Research section, which includes two new
practice-based research networks (based at NMH and ENH) to
complement PPRG child-focused research and a new
organization to promote research through community
organizations. An NIH award to NU-CATS will allow the PPRG
to pilot a new partnership model with practices. Funds would
support a nurse facilitator to partner with practices on research
and quality improvement projects of mutual interest. Plans to
establish and support an additional nurse facilitator in partnership
with CMH and Children's Community Practice Association
(CCPA) are also being developed.

**New Version of the HIA Software for Growth
and Blood Pressure Interpretation**

*A key step in efforts to deliver primary care most likely to help
in childhood obesity prevention and intervention efforts is the
systematic interpretation of growth.* To accomplish this task,
a software program for growth interpretation and tracking called
the *Health Indicators Analyzer (HIA)*, has been developed and
implemented in a series of projects led by Adolfo Ariza, MD,
over the past 5 years. Based on past projects, revisions to the
HIA are currently underway.

The HA automates interpretations of height, weight and
blood pressure and graphs growth charts and other interpreted
measures (BMI percentile and percentile ideal body weight for
height). It also produces parent handouts that include a printout
of the child's growth information and counseling
recommendations for healthy dietary and physical activity habits
that are specific to child age and growth status. These handouts
are available in English and Spanish.

The new revised version allows longitudinal tracking of
patient information both in handheld computers and in desktop,
laptop or server computers. Handheld or laptop entries can be
synchronized with main computers. HIA printouts can be
obtained from any computer or computer terminals.

Enhancing Tenacity, Teamwork, and Tools program

With funding from the Michael and Susan Dell Foundation, Dr. Ariza is leading the *Enhancing Tenacity, Teamwork, and Tools (TTT) in Pediatric Practice to Prevent and Manage Childhood Obesity* program. The TTT program provides 1) a way to systematically obtain interpretation of weight, height and blood pressure measures, using the HIA software; 2) materials for clinicians on patient management and educational material for parents; 3) suggestions for practice systems changes that includes conforming a practice obesity management team; 4) information on local community organizations that can serve as sites for referral; and 5) training in Motivational Interviewing (MI) for clinicians to improve their counseling skills for health behavior change. MI is a patient-centered communication technique that helps patients resolve their ambivalence about change with regards to their health behavior and builds their motivation for change. The program is being implemented at 8 Chicago practices. We are looking for other practices interested in implementing this program or in testing other practice-based obesity management program models. If your practice is interested, please call/email Dr. Adolfo Ariza at 312-573-7783 or aariza@childrensmemorial.org. Resource materials are available on the PPRG web site: www.childrensmrc.org/pprg/resources.

Mono and Chronic Fatigue Syndrome in Adolescents

This study examines the occurrence of fatigue symptoms and chronic fatigue syndrome following mono in teenagers. Study enrollment has been completed and follow-up data collection continues. Analyses will ascertain rates of post-infectious fatigue and describe its correlates and characteristics. Renee Taylor, PhD, University of Illinois at Chicago, leads this study.

Parents and Children Together: Studying the Origins of Healthy, Happy Children

Oppositional defiant disorder (ODD) is the most common psychiatric problem among young children. A diagnosis of depression that meets DSM IV diagnostic criteria is uncommon in preschoolers, but depressive symptoms are not. Little is known about onset of depressive symptoms in young children or the development of ODD/depression. This study is examining a series of variables including family (conflict, stressors), maternal (depression), child (temperament, school academic competence, social skills problems, attentional problems), and interactions (mother-child interaction, temperament) that may be precursors to the development of ODD and depression.

Participating children are 4 years of age at study onset and have been recruited at 21 PPRG practices and 15 schools. We anticipate enrolling 800 children and will continue enrolling through February 2007. The project is in the 3rd of 5 years. It is funded by the National Institute of Mental Health and led by John Lavigne, PhD.

Improving Medication Use for ADHD in Primary Care

We are in the 4th year of this 5-year NIH-funded study that is examining whether the use of stimulant medication by community pediatricians can be improved through an

intervention to approximate that recommended in treatment guidelines. Intervention group clinicians have been trained to apply specific algorithms to ADHD management and maintain patient evaluations in a computerized tracking system.

Twenty-four pediatric practices are participating in the study and we have screened over 440 children for ADHD in the process. Project staff members are housed with the PPRG and can be reached at 1-800-747-8631.

Healthy Families Promote Healthy Children

Five practices participate in the *Healthy Families Promote Healthy Children (HFPHC)* study, funded by the Robert Wood Johnson Foundation and led by Helen Binns, MD, MPH. HFPHC applied a practice-directed intervention to foster the identification of tobacco use among pregnant women and parents and to encourage counseling on tobacco prevention and cessation. Post-intervention data collection will be completed within the next month.

At practices involved in this study, many families had someone in their household who smoked. Preliminary analysis of baseline data found that 17% of parents surveyed reported that they smoked and an additional 17% of parents reported there being another smoker in the home. Among pregnant women surveyed, 8% smoked and 10% had quit smoking after finding out they were pregnant; 44% of pregnant women lived in a household where another person smoked.

Recent Publications

Dilley KJ, Martin LA, Sullivan C, Seshadri R, Binns HJ; for the Pediatric Practice Research Group. Identification of overweight status is associated with higher rates of screening for comorbidities of overweight in pediatric primary care practice. *Pediatrics* 2007;119:e148-e155. ---Medical record reviews at 13 PPRG practices determined that recording a diagnosis of overweight concerns in a medical record is associated with increased evaluations for comorbid conditions associated with childhood obesity.

Binns HJ, Lanier D, Pace WD, et al; for the Primary Care Network Survey (PRINS) Participants. Describing primary care encounters: The Primary Care Network Survey and The National Ambulatory Medical Care Survey. *Ann Fam Med* 2007;5:39-47. ---Twenty practice-based research networks, including 31 PPRG clinicians, helped define the content of visits in practice-based research networks. The paper is available online at <http://www.annfammed.org/cgi/content/full/5/1/39>.

Sherry Z. Lyons

It is with much sadness that we inform you that our dear colleague, Sherry Z. Lyons, passed away unexpectedly on November 14, 2006. Sherry was the administrative director for the PPRG, our budget guru, and was an expert at hiring and shepherding the steady stream of research assistants that work on various PPRG studies. She provided core support for all aspects of research, from planning and implementation to report writing. She most enjoyed her visits to practice sites and contacts with clinicians and practice staff members. We greatly appreciate her years of work and dedication. Sherry will be missed dearly and will always be in our thoughts.