

# Take Care Of Yourself (TCOY) Tremont!

## A Collaborative Community Adolescent Health and Wellness Program Targeting Childhood Obesity



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### BACKGROUND

According to the CDC, childhood obesity disproportionately affects the Bronx community. The prevalence of obesity in the US 2017–2020 was 20% with higher rates in Hispanic and Black populations, and in children from lower income groups. Poverty levels in the Bronx are more than double the national average.

In January 2023, AAP released its first guidelines on the management of Obesity, which includes Intensive Health Behavior and Lifestyle Treatments (IHBLT). IHBLT programs include nutrition, physical activity, and behavior change lessons over 3–12 mo. The guideline also recommends reaching out to the community for existing programs or creating partnerships.

In response, CHN Tremont reached out to St. Barnabas Wellness Center to collaborate in creating an IHBLT based on their existing "Health Living Initiative."



### OBJECTIVE

To create a collaborative IHBLT program tailored for CHN's Tremont adolescent patients with obesity modeled on St. Barnabas' existing "Health Living Initiative" program.

*"There is promise in community-based interventions that involve the health clinic and community to achieve the long term goal of reducing both child BMI, the prevalence of OW/OB in childhood, and remission of obesity in children"*

### METHODS

#### Patient selection

- Patients of Dr. Lee or Nelson Valenzuela aged 13–17 with BMI >95<sup>th</sup>ile
- Participants' parents were also patients at CHN Tremont (incidental but helpful)
- All participants identified as Black or Hispanic

#### Setting

July– Aug 2023 at CHN Tremont and St. Barnabas Wellness Center (10–15min walk from CHN Tremont)

#### Interventions

- 1-on-1 personal training sessions (2 per week)
- Culinary nutrition classes (1.5 h per week)
- Medical nutrition therapy (with RDN)
- Gym Membership (participant & family)
- Healthbucks for use at Farmstand on 1st floor

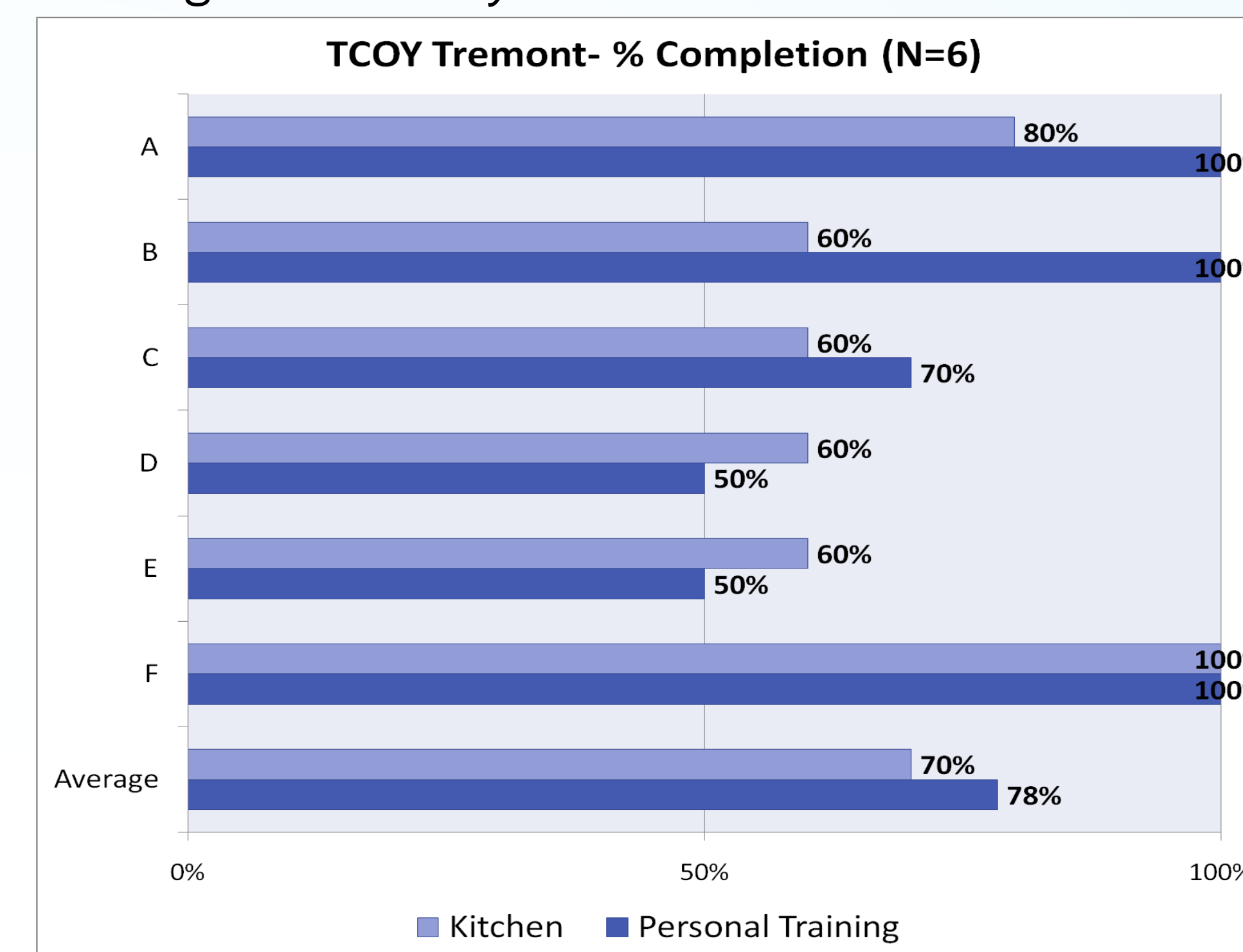
#### Design

- **Initial Orientation**
  - Consents, measurements
  - Introductions: gym, kitchen, farm, staff and trainers, farm stand, schedule
- **Weekly Check-ins**
  - Participants and family
  - Tremont Leadership, Gym, kitchen, and VP of Ambulatory Care
- **Exit Interview**
  - SECA Scale Measurements, Surveys, \$50 incentive for completing
- **3m, 6m, 9m post-program check-ins**

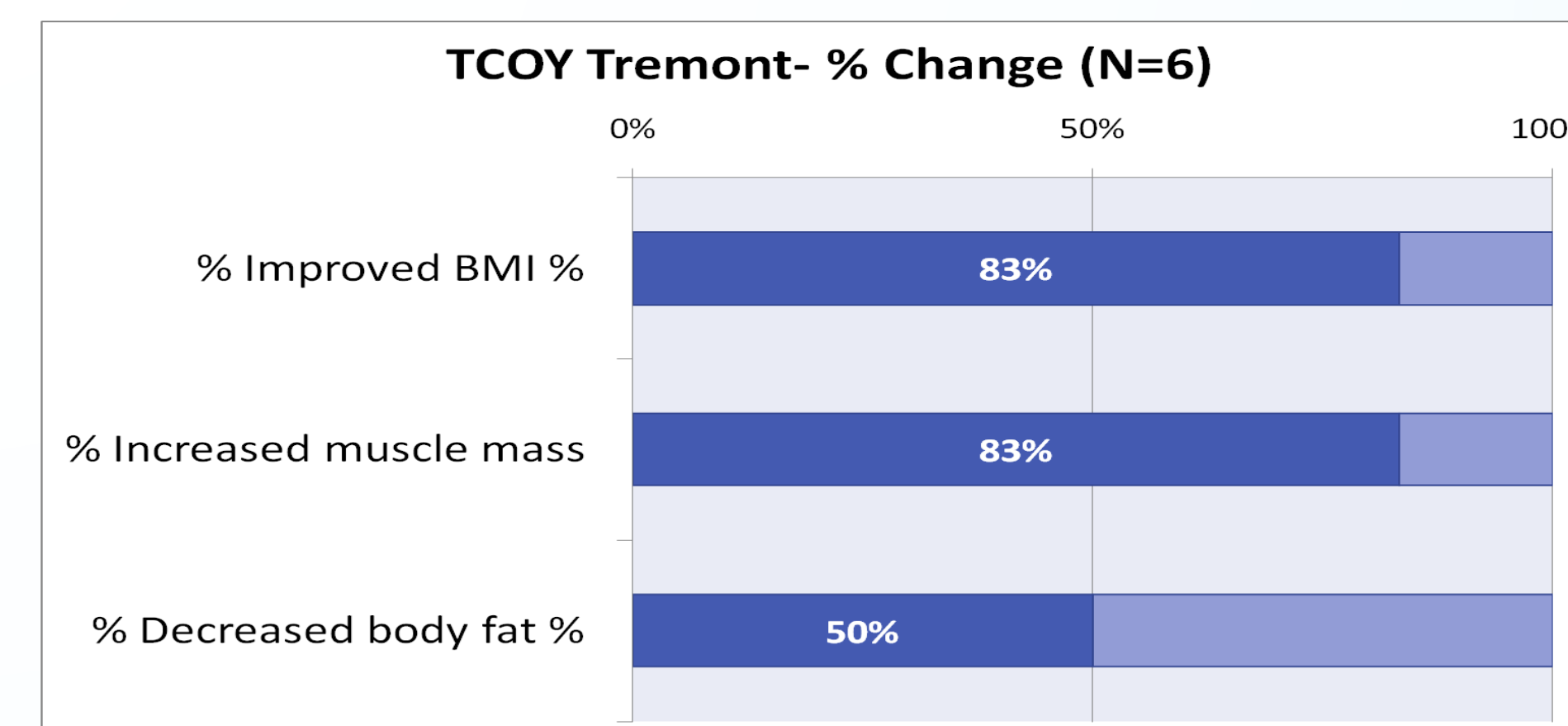


### RESULTS

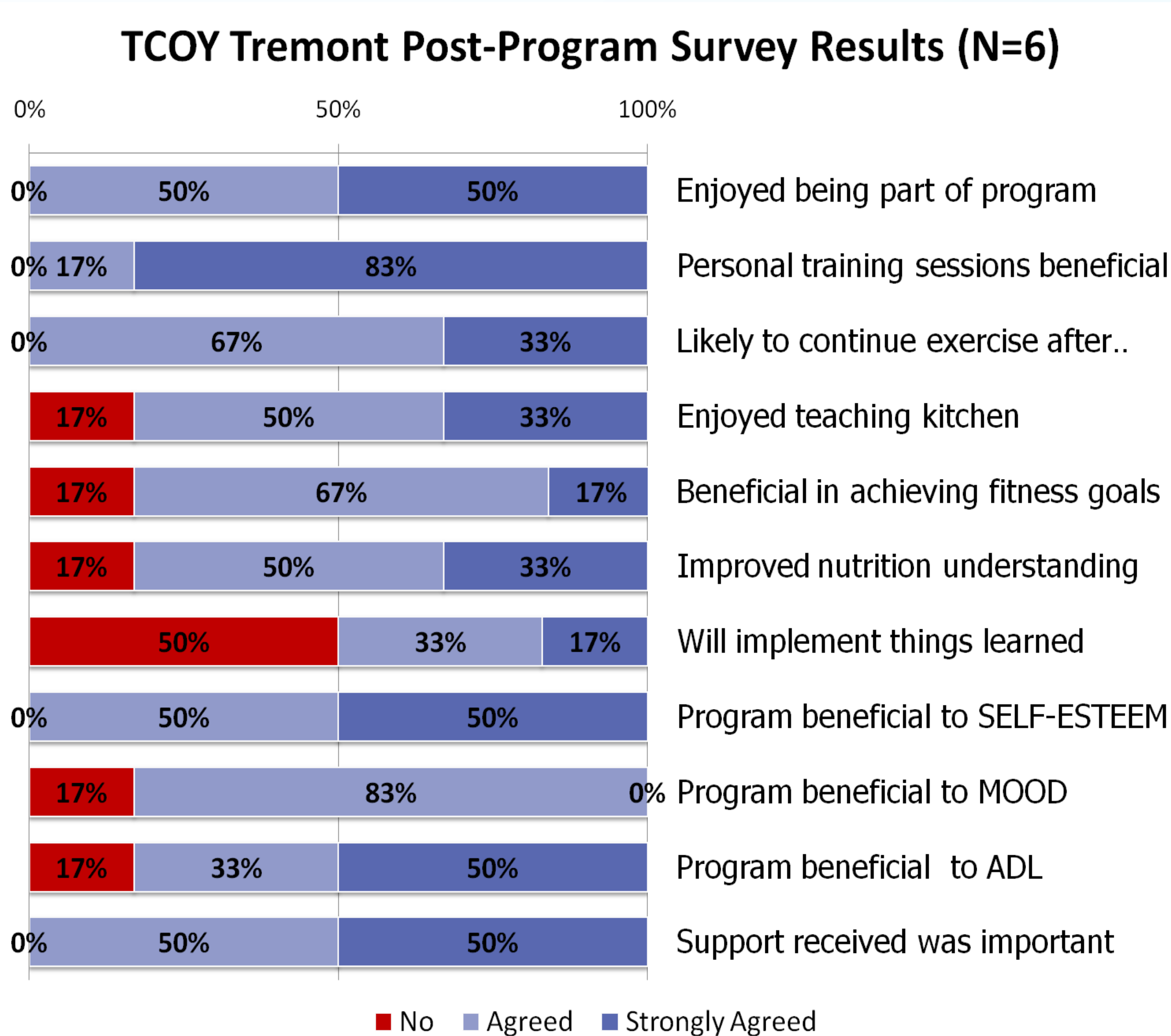
All participants completed at least 50% of all training and culinary nutrition classes.



5 out of 6 of the participants improved in BMI and muscle mass. 3 of 6 had decreased body fat.



Survey results demonstrated participants enjoyed the program, and found it beneficial to several aspects of their well-being.



### CONCLUSION /LESSONS

CHN Tremont and St. Barnabas were able to create a community-based intervention involving health clinic and community with measurable improvements towards reducing obesity in participants. We have applied for official IHBLT status under AAP standards.

We would like to continue partnership of SB Wellness Center and CHN Tremont by searching for sustainable funding for gym access and teaching kitchen classes. We would like to improve participation and retention by involving a program coordinator volunteer to assist in scheduling and data collection, and a peer mentor to improve orientation organization. A dedicated Teaching Kitchen programming for TCOY patients would be helpful, and we would like to search for other possible partnerships for similar programs for adults with conditions that can be treated with lifestyle interventions.

**Participant D (16y)** : "I feel motivated to become a cop and to be able to complete the physical training exam."

**Participant A's mom (13y)** : she was impressed that her son who normally stays home and plays video games all day was motivated to go to the gym on his own.

**Participant C's mom (13y)**: "The trainers treat him with respect and push him to his limit. He likes the conversations that he has with the male trainers—it's good for him to be around positive male role models due to issues in the family."

