

# 2020 YEAR IN REVIEW

## AAP Institute for Healthy Childhood Weight

Welcome to the AAP Institute for Healthy Childhood Weight (Institute) 2020 Year in review! In the midst of a global pandemic, the Institute has been responsive to the changing needs of pediatricians and other pediatric providers, while pursuing our mission to translate research into practice in pediatric obesity prevention, assessment, management and treatment.

We are proud of our role supporting primary care providers through quality improvement collaboratives focused on obesity prevention, assessment, treatment and clinic-community linkages, contributing to the care of patients nationwide. Of course, all of this is made possible because of our dedicated leadership and growing number of staff that work diligently to solidify the Institute as the catalyst for moving the dial on childhood obesity. True to our mission, we have worked to create opportunities to engage members in developing and advancing their knowledge and skills for prevention and treatment. This work includes interactive, self-paced learning and learning collaboratives with MOC credits, with no additional cost to members, contributions to policy, and providing front line COVID interim guidance for healthy lifestyles and for children with obesity.

We are proud to continue our work as a trusted partner in research, policy, and education in the field of pediatric obesity.

Sincerely,

*Sandra Hassink, MD, FAAP*

Medical Director

AAP Institute for Healthy Childhood Weight



*Engage  
Families*



*Catalyze  
Communities*



*Optimize  
Healthcare*



American Academy of Pediatrics  
Institute for Healthy  
Childhood Weight  
WHERE LIFELONG RESULTS BEGIN



**151.9k**

Potential patients impacted through our project work

## Quality Improvement Projects

The Institute continues to support primary care providers through quality improvement collaboratives focused on obesity assessment, prevention, treatment, and clinic-community linkages.



**975**

MOC credits Awarded

**540**

CME credits Awarded

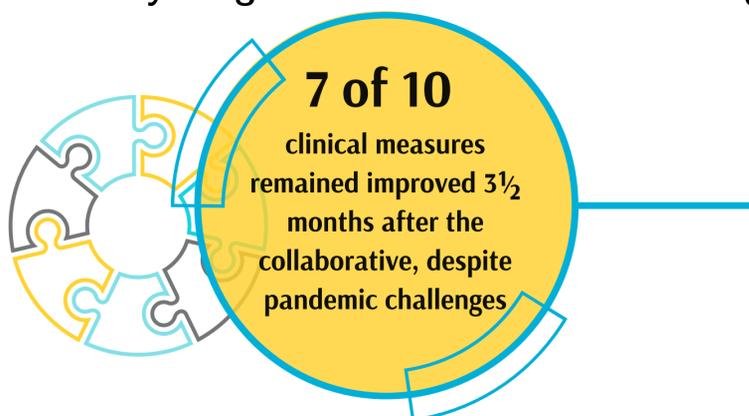
## Optimize Infant and Toddler Feeding for Obesity Prevention

The Optimize Infant and Toddler Feeding for Obesity Prevention Project (Optimize Feeding) is an innovative pilot quality improvement project that aims to improve the quality of primary care, to foster healthy behaviors and healthy weight in children from birth to age two.



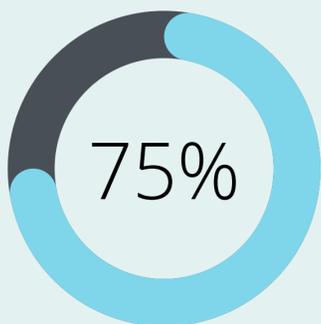
**16**

Pilot Teams

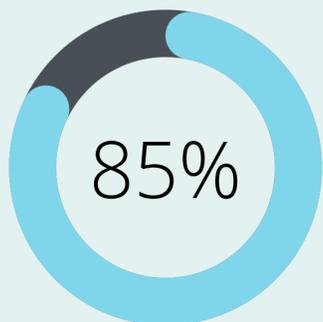


## Childhood Obesity in Primary Care 5 (COPC5)

The COPC project remains a successful, signature quality improvement model for the Institute, with its characteristic 19-week, virtual, team-based structure and primary focus of improving comprehensive obesity-related risk assessments during well visits for children  $\geq 2$  years. Remarkably, a fifth cohort of 11 diverse practice teams completed COPC in 2020 and made substantial improvements to care, despite a 3-month project pause and ongoing challenges, due to the pandemic.



of providers said that the pandemic significantly hindered their improvement work



of providers were highly satisfied with having participated

**520**

CME credits Awarded

**575**

MOC credits Awarded



**148**

CME credits Awarded

**54**

MOC credits Awarded

## Enhanced Standard of Care (eSOC)

The Institute is in the middle of a multi-year ECHO project focused on treatment of obesity in the context of primary care. There are pediatrics sites participating from three geographic regions: Baton Rouge, LA, St. Louis, MO and Rochester, NY.



**53**

Unique Participants



# Responding to COVID-19:

## Return to Sports Guidance



The Institute partnered with the Council on Sports Medicine and Fitness, the National Athletic Trainers' Association, and the American Medical Society for Sports Medicine to develop several resources for pediatricians and parents, to provide guidance on safely returning to sports during the COVID-19 pandemic. Provider resources included the Return to Sports Interim Guidance and a webinar series. Parent resources included the Safety Checklist for Sports Participation during the COVID-19 pandemic, Cloth Face Coverings in Youth Sports, and Understanding Risk Related to COVID-19 and Youth Sports.

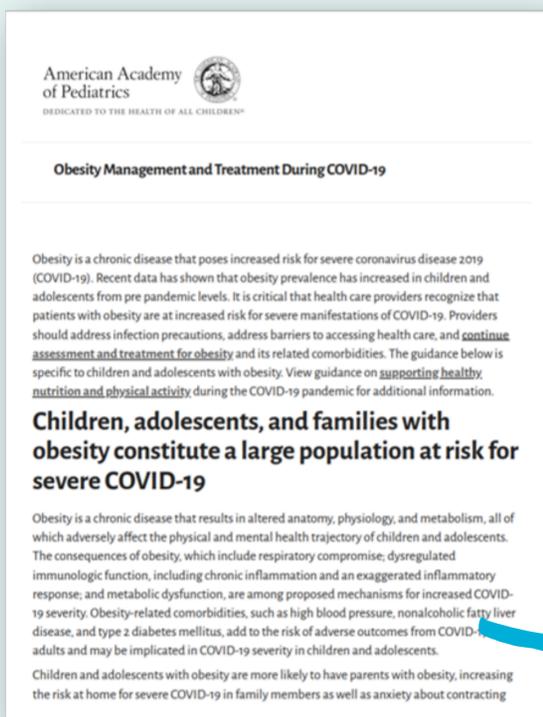
## Nutrition & Physical Activity Guidance



The Section on Obesity and Institute collaborated to develop guidance to help pediatricians recognize the new barriers to a healthy lifestyle that resulted from the COVID-19 pandemic, as well as the need to continue to address previous challenges to a healthy lifestyle faced by children, adolescents, and families

**2,500+**  
views within first month of release

## Obesity Treatment & Management



In addition to encouraging ongoing prevention efforts, there was also guidance developed for pediatricians as they counsel children, adolescents, and their families about COVID-19 precautions, with emphasis on the importance of continuing individualized treatment for obesity and its related comorbidities during the pandemic.

**almost 3,000**  
views upon release



## Top 3 Podcast Episodes for 2020

### Physical Activity

featuring Blaise A. Nemeth, MD, MS, FAAP



### Telehealth for Obesity Care

featuring Drs Sarah Armstrong, MD, FAAP, Sarah Hampl, MD, FAAP and Victoria Rogers MD, FAAP



### Sugary Drinks

featuring Dr Natalie Digate Muth MD, RDN, MPH, FAAP



## Conversations About Care Podcast

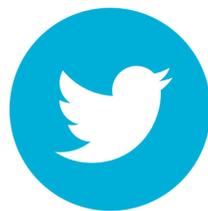
Dr Hassink welcomed 9 guests to the Conversations About Care podcast to discuss various topics related to obesity prevention and care. During 2020, there was specific effort to have conversations that focused on COVID-19 and resources for pediatricians. We continue to see growth in podcast followship and active listeners.



3, 649 Listens

## Social Media Presence

The Institute continues to foster its community on social platforms, such as Twitter, to share valuable and timely articles, resources, and educational opportunities to support pediatric providers in obesity care.



108 tweets



63.5k impressions



1,281 profile visits

### Leadership

Sandra Hassink, MD, FAAP, Medical Director  
Ihuoma Eneli, MD, MS, FAAP, Associate Director  
Victoria Rogers, MD, FAAP, Associate Director



### Staff

Jeanne Lindros, MPH, Director  
Alison Baker, Vice President, Child and Community Health  
Jan Liebhart, MS, Evaluation Manager  
Jeremiah Salmon, MPH, Manager Clinical Initiatives  
Mala Thapar, MPH, Manager Obesity Initiatives  
Savanna Torres, Child and Community Health Specialist  
Stephanie Womack, MA, Program Manager

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[aap.org/healthyweight](http://aap.org/healthyweight)  @AAPHealthyWt

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