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Children's Mercy A Part of Nationwide Taskforce To Focus On A Fitter Future
Children's Mercy is one of 15 children's hospitals identifying best practices of hospital-based clinical pediatric weight management programs

Kansas City, Mo – September 1, 2011 – Children's Mercy Hospitals and Clinics is one of 15 children's hospitals nationwide taking a comprehensive look at how children's hospitals are impacted by childhood obesity and how the hospitals are addressing the situation.

Today, [*Pediatrics*](#), the journal of the American Academy of Pediatrics, released a supplement of articles to its September 2011 issue, [*Pediatric Obesity: Practical Applications and Strategies from Primary to Tertiary Care*](#) representing the findings at Children's Mercy and the other pediatric institutions.

The supplement features eight articles, including *Patient Engagement and Attrition in Pediatric Obesity Clinics and Programs: Results and Recommendations*, co-authored by [Sarah Hampl, MD](#), Medical Director of the [Children's Mercy Weight Management Program](#). Dr. Hampl also co-authored *Perspectives on Obesity Programs at Children's Hospitals: Insights From Senior Program Administrators*. [Meredith Dreyer, PhD](#), clinical psychologist in the Children's Mercy with Section of Developmental and Behavioral Sciences and Weight Management Program co-authored *Developing Criteria for Pediatric/Adolescent Bariatric Surgery Programs*, and Karen Stephens, MS, RD, Senior Clinical Nutrition Specialist with the Children's Mercy Nutrition Department and Weight Management Program, co-authored *Payment for Obesity Services: Examples and Recommendations for Stage 3 Comprehensive Multidisciplinary Intervention Programs for Children and Adolescents*.

Children's Mercy pairs research with community education. It offers the [Promoting Health in Teens and Kids program \(PHIT Kids\)](#), a 24-week, family-based education program that has already demonstrated results in helping kids and parents lose weight and improve overall health. The program was honored by the National Initiative for Children's Healthcare Quality and boasts measureable results with both parents and children showing significant decreases in their Body Mass Index (BMI), triglyceride levels, and sugared beverage consumption, while increasing their HDL-cholesterol (good cholesterol), daily physical activity and meals eaten at home. Based on the success of PHIT Kids, a similar program has been developed for younger children, Zoom to Health.

The Weight Management Services team at Children's Mercy have also been working closely with community organizations and schools to make healthier food and physical activity options available to kids in school and childcare settings through the [Weighing In](#) childhood obesity collaborative. This program also seeks to inventory community capacity to support these and other childhood obesity prevention strategies.

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Children's Mercy also was one of only 17 health systems nationwide chosen to be part of the American Hospital Association's Youth Obesity Learning Collaborative funded by the Centers for Disease Control to develop best practices and national guidelines aimed at preventing and reducing youth obesity. These efforts are just the beginning of a long-term commitment to developing solutions to the child obesity epidemic. The hospital has partnered with University of Kansas to establish the Center for Children's Healthy Lifestyles and Nutrition, where the two institutions will partner with others to lead research initiatives addressing childhood obesity.

Other articles in the [Pediatrics](#) supplement include the role of children's hospitals in addressing obesity, the identification and treatment of obesity as a standard of care, a survey of pediatric obesity-management programs, and support for childhood obesity prevention and treatment. The articles were written in collaboration with the National Association of Children's Hospitals and Related Institutions (NACHRI) and clinicians and public health experts at 15 children's hospitals.

The 15 hospitals that collaborated on the supplement comprised NACHRI's childhood obesity workgroup, Focus on a Fitter Future. The hospitals in the group include Arkansas Children's Hospital, Children's Hospital Los Angeles, Mattel Children's Hospital UCLA, Children's Hospital Colorado, Alfred I. DuPont Hospital for Children, Mt. Washington Pediatric Center, Helen DeVos Children's Hospital, Children's Mercy Hospitals and Clinics, Duke Children's Hospital and Health Center, Nationwide Children's Hospital, Doernbecher Children's Hospital, Children's Medical Center Dallas, University of Virginia Children's Hospital, Seattle Children's Hospital and Children's Hospital of Wisconsin.

About Children's Mercy Hospitals and Clinics

Children's Mercy Hospitals and Clinics, located in Kansas City, Mo., is one of the nation's top pediatric medical centers. The 314-bed hospital provides care for children from birth through the age of 18, and has been recognized by the American Nurses Credentialing Center with Magnet designation for excellence in nursing services, and ranked by *U.S. News & World Report* as one of "America's Best Children's Hospitals." Its faculty of 600 pediatricians and researchers across more than 40 subspecialties are actively involved in clinical care, pediatric research, and educating the next generation of pediatric subspecialists. For more information about Children's Mercy and its research, visit childrensmercy.org or download our mobile phone app *CMH4YOU* for all phone types. For breaking news and videos, follow us on [Twitter](#), [YouTube](#) and [Facebook](#).

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