Dissemination of an Evidence-Based Pediatric Weight Management Program for Use by Low-Income Families: A User-Friendly Package of Family-Based Behavioral Treatment

Principal Investigator: Denise Wilfley, PhD

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Weighing In
Family-Based Treatment (FBT) for children with obesity

- Targets reduction in energy intake and increase in energy expenditure in both youth and caregivers
- Recognizes that knowledge alone is not sufficient
- Focuses on successive changes using family support
- Core strategies include: self-monitoring, modeling, stimulus control, goal setting, contingency management
- Shown to impact: weight status, psychosocial health, and health related parameters (e.g., blood pressure, cholesterol, insulin sensitivity)
- More cost effective than treating parent and child separately

Our Current Project
Study Governance

Principal Investigator: Denise E. Wilfley, PhD

Data & Safety Monitoring Board

Collaborative Advisory Board
Co-Is: Representatives from select statewide organizations; Patient representatives; Community organizations; Providers; Interdisciplinary researchers; Payer Advisory Board Chair; KC and Joplin Community Advisory Board Chairs

Payer Advisory Board

Data Coordinating Center
Director, Co-I: Amanda Staiano, PhD

Clinical Coordinating Center
Director, Co-I: Sarah Hampl, MD

Training and Fidelity Core
Director, PI: Denise Wilfley, PhD

Clinical Site 1
Kansas City, MO
(Site PI: Sarah Hampl, MD)

Clinical Site 2
Joplin, MO
(Site PI: Paul Petry, DO)

KC Clinic & Community Advisory Boards
Patient representatives; Community leaders; Representatives from community organizations; Providers

Joplin Clinic & Community Advisory Boards
Patient representatives; Community leaders; Representatives from community organizations; Providers
Two pediatric primary care systems

- **Rural** Joplin- Freeman Health System (50%)
- **Urban** Kansas City- Children’s Mercy (50%)
**Study Aims**

**Package**
*Years 1-2*
- Package FBT interventionist and patient materials in a user-friendly, culturally relevant digital format
- Use advisory board and focus group input representing a broad range of stakeholders to inform all phases of the project

**Pilot**
*Years 3-4*
- Conduct a multi-site pilot implementation study in urban and rural primary care clinics
- Evaluate patient and organizational-level outcomes (e.g., cost)

**Disseminate**
*Year 5*
- Optimize the packaged FBT materials by incorporating lessons learned
- Work with community and state-level partners to implement and disseminate
Overview of Outcome Measures

- Measures are organized by the RE-AIM Framework
- Participant-level measures
  - Reach
  - Effectiveness
- Organizational-level measures
  - Adoption
  - Implementation
  - Maintenance
Ongoing dialogue and input from our community partners to create iterative feedback process and collaboration with stakeholders.
KC area Community Advisory Board

- We are looking for individuals interested in advising us on:
  - Increasing awareness and participation of eligible families in the intervention
  - Aligning community resources with clinic efforts to best support families’ needs
  - Identifying important questions to inform a strong dissemination plan
  - Discussing the pilot trial findings
  - Communication techniques that would be most effective for the target audiences
  - Shaping our messages and strategies across the study period
Interested?

Please contact Sarah Hampl, MD (shampl@cmh.edu) or Emily DeWit (eldewit@cmh.edu)
Thank you!