

# Collaboration is Key:

## Pediatrician – Community Partnerships to Foster Healthy Active Living

An Evaluation of the American Academy of Pediatrics Healthy Active Living Grants Program



American Academy of Pediatrics  
Institute for Healthy  
Childhood Weight



A program of the American Academy of Pediatrics

## Program Snapshot

### Reach:



Over \$400,000 in total grant awards



21 total grants awarded to 16 AAP chapters and 17 residency programs

### Rationale:



**Early obesity prevention:** Children begin establishing their eating, activity, and sleep patterns during the first 5 years of life making this a critical window to shape healthy habits



**Community Pediatrics:** Pediatricians in authentic partnerships with community-based organizations can implement sustainable changes to improve the lives of children and families

### Goals:



**Build capacity** within AAP chapters and pediatric residency programs to collaborate with the community in addressing healthy active living



**Activate and train** pediatricians and residents on how to engage in obesity prevention at the community level



**Share** accurate and consistent messages about healthy active living with families and communities



The American Academy of Pediatrics (AAP) Community Pediatrics Training Initiative and the AAP Institute for Healthy Childhood Weight established a grant program to support pediatric residency programs and AAP chapters in building organizational capacity, including partnerships with community-based organizations, to develop and implement sustainable strategies to support healthy active living for children and families. Four grant cycles were conducted, spanning 6 years (2009-2015).



Pediatric Residency Programs



Community-based Organizations



AAP Chapters

2009–2015

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## Sustainable Benefits

In 2015, interviews were conducted with leaders from 15 pediatric residency programs and AAP chapters, representing 12 grants, with the following key findings:



8 of 12 grants led to **subsequent funding**



75% of grants led to the development of **sustained community-based trainings or resources**



6 organization-level **policy changes established protected time** for community pediatrics or solidified leadership roles for faculty/residents



90% of residency programs **reported increased resident skills or engagement** in community pediatrics and enhanced knowledge of healthy active living



1/4 of grantees achieved **policy, systems and environmental changes** in community or healthcare settings



Project leaders often **credited the grant program as a catalyst for change** in institutional culture including:

- > Departmental recognition of faculty involved in community-based work
- > Organizational importance placed on community pediatrics as a discipline or obesity prevention as a focus
- > Broader engagement of faculty or staff in activities related to community pediatrics or obesity prevention
- > Shift in cultural norms to focus on physician wellness



Half of grantees reported **sustainable improvements in anticipatory guidance** related to healthy eating and physical activity



## Essential Partnerships

100%



of grantees developed collaborative relationships that are likely to continue

78%



of residency programs reported sustained partnership gains with their AAP chapter

92%



of project teams continued relationship development with their partnered community-based organization



## Leadership Development

The majority of grantees increased **leadership or key staff capacity** associated with both community pediatrics and healthy active living related to:



- > Increased project management skills
- > Developed leadership skills
- > Increased understanding of local community and target population assets and needs

70%



of faculty leaders described **growth in resident leaders, related to:**

- > leadership development
- > community health and advocacy skills
- > healthy active living content knowledge

**Healthy Active Living Chapter Grants: Healthy Beverage Consumption (2009)**

**Grantees:**

Kansas Chapter\*  
 Maine Chapter\*  
 New Jersey Chapter  
 New York Chapter 1\*  
 Oregon Pediatric Society

**Residency Training Obesity Prevention Grants (2010)**

**Grantees:**

Duke University\*  
 Icahn School of Medicine at Mount Sinai  
 New York-Presbyterian/Weill Cornell Medical Center  
 Orlando Health  
 University of Florida Gainesville

**Healthy Active Living Grants: Promoting Physical Activity (2012)**

**Grantees:**

East Tennessee State University\* & Tennessee Chapter  
 Levine Children's Hospital at Carolinas Medical Center & North Carolina Pediatric Society  
 Stanford Lucile Packard Children's Hospital\* & California Chapter 1  
 University of Minnesota\*, Mayo Clinic\* & Minnesota Chapter\*  
 University of Oklahoma Health Sciences Center & Oklahoma Chapter  
 University of Washington Seattle Children's Hospital\* & Washington Chapter

**Healthy Active Living Grants: Supporting Healthy Habits (2014)**

**Grantees:**

Icahn School of Medicine at Mount Sinai\* & New York Chapter 3\*  
 Our Lady of the Lake\* & Louisiana Chapter  
 Nassau University & New York Chapter 2  
 University of Illinois at Peoria\* & Illinois Chapter  
 University of Texas Southwestern\* & Texas Pediatric Society

