

# Healthy Weight Clinic

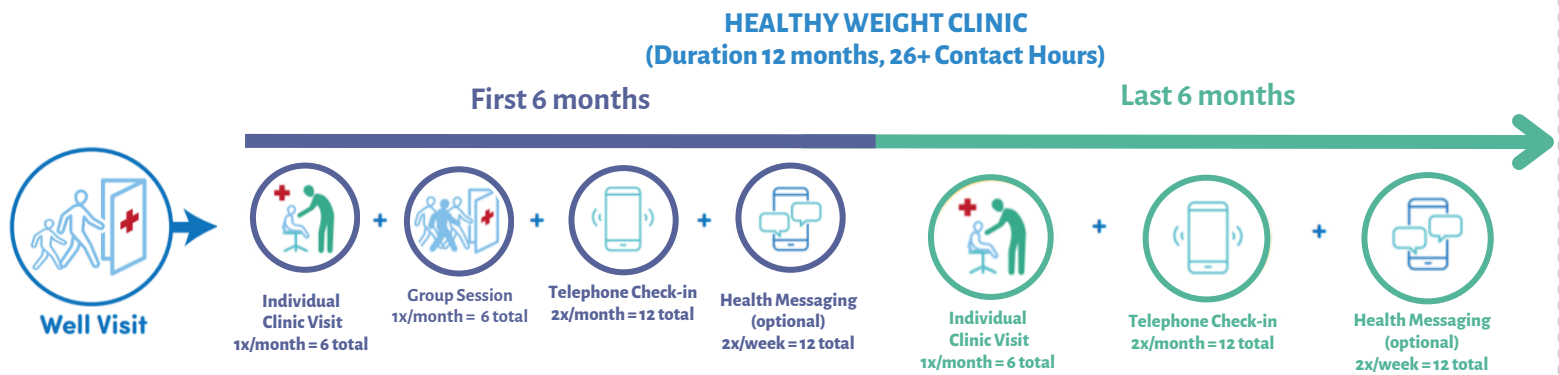
Developed in partnership by [Mass General Hospital \(MGH\)](#) and the [AAP Institute for Healthy Childhood Weight \(IHCW\)](#), with funding from the [Centers for Disease Control and Prevention \(CDC\)](#).

## THE PROGRAM

The Healthy Weight Clinic (HWC) is a [CDC-recognized Family Healthy Weight Program](#) that delivers [Intensive Health Behavior Lifestyle Treatment \(IHBLT\)](#) for children and adolescents with overweight or obesity consistent with [AAP guidelines](#).

### The HWC:

- is delivered in a clinical setting (primary or tertiary care) for children aged 2-18 with a BMI  $\geq$ 85th percentile
- consists of individual visits with a multidisciplinary clinical care team, telephone check-ins and group sessions with other families, over 12 months
- has been successfully deployed in variety of clinic settings, including federally qualified health centers, in urban, rural and suburban areas, with diverse patient and family populations, and via in-person and hybrid approaches



*Group visits are received positively by most families.  
They value the information provided.*  
— A Community Health Worker

*So, those resources they have, they really help.  
Following the program every week and sticking with  
it, that actually helped a lot.*  
— Mother of 13-year old

## HWC IMPACT

- Improved quality of life for patients and families<sup>1</sup>
- Effective reduction of BMI, parental stress, and binge eating symptoms<sup>1,2,3</sup>
- Can be cost-effective in clinical settings
- National implementation expected to save \$14.6 million in health care costs over 10 years\*
- Shown to be revenue generating in FQHCs and community health centers\*\*

1. Taveras EM, Marshall R, Sharifi M, et al. Comparative Effectiveness of Clinical-Community Childhood Obesity Interventions: A Randomized Clinical Trial. *JAMA Pediatr.* 2017;171(8):e171325. doi:10.1001/jamapediatrics.2017.1325  
2. Sierra Velez D, Simone M, Castro I, Perkins M, Luo M, Taveras EM, Fiechtner L. Effects of a Pediatric Weight Management Intervention on Parental Stress. *Child Obes.* 2022 Apr;18(3):160-167. doi: 10.1089/chi.2021.0146. Epub 2021 Oct 7. PMID: 34619054; PMCID: PMC9206479.  
3. Harshman SG, Castro I, Perkins M, Luo M, Barrett Mueller K, Cena H, Portale S, Raspini B, Taveras E, Fiechtner L. Pediatric weight management interventions improve prevalence of overeating behaviors. *Int J Obes (Lond).* 2022 Mar;46(3):630-636. doi: 10.1038/s41366-021-00989-x. Epub 2021 Dec 3. PMID: 34862470; PMCID: PMC8883500.

\* Submitted for publication in *Obesity: A Research Journal*

\*\* Based on national Medicaid reimbursement rates for PCPs, NPs, RDs and other care team members delivering reimbursable obesity treatment specific services



# UNIQUE VALUE OF THE HWC

## For Families:

The HWC program allows for “1-stop shopping” for all obesity treatment and healthcare needs.

Families enrolled in the HWC receive individual visits for tailored care plus group sessions, which offer peer support and education.

In addition, because HWC is in a clinic setting, families also have access to:

- medical management of any obesity-related comorbid conditions (sleep apnea, hypertension, diabetes, mental health-related conditions, etc.)
- obesity pharmacotherapy
- referral to bariatric surgery; and/or
- management of other chronic conditions the child or adolescent may be experiencing (e.g., asthma, ADHD, etc.)

## For Clinicians & Healthcare Organizations:

Incorporating the HWC allows for healthcare settings to offer treatment consistent with the latest evidence and the AAP Clinical Practice Recommendations.

Adding the HWC, enables clinics to:

- integrate evidence-based IHBLT, the foundational aspect of obesity treatment, into their services
- support the whole child treatment approach for children and adolescents living with overweight and obesity
- bill for services which supports sustainable, evidence-based obesity treatment
- utilize an implementation package to support adoption and integration into their settings
- obtain CME/CEU and MOC Part 2 & Part 4 credits for their clinical team

## WHAT DO YOU NEED TO IMPLEMENT HWC?

- A clinic setting with a staff person to act as a champion
- Buy-in from clinic leadership and relevant community partners
- A multidisciplinary clinic team, including a medical provider, a staff person or medical provider skilled in nutritional assessment and counseling, and a staff person with ability to connect families to and educate on relevant community resources
- Willingness to engage as a team in an ongoing learning collaborative and training for the first 12 months of implementation
- Operational capacity to schedule individual visits with patients and families specifically for obesity treatment
- Infrastructure to support in-person or virtual group sessions with multiple children/adolescents and parents (i.e., room to hold session in-person and/or platform to hold virtual sessions)



## HWC IMPLEMENTATION PACKAGE & PRICING

There is an implementation package to help you launch and maintain the HWC in your clinic or in partnership with a clinic in your community. For standard access to the HWC Implementation Package, there is a fee of \$5,000\*, which includes access to a suite of resources, training and technical assistance. Highlights include:

- ✓ **Key HWC Resources:** Group visit curriculum, individual visit clinical flow, clinical decision supports, community resource guide templates, tracking/documentation templates, patient education resources in English & Spanish (handouts, goal sheets, educational videos, etc.), text and social media messaging library.
- ✓ **Key Strategies to Support Implementation:** training modules, technical assistance, office hours and a structured and dynamic quality improvement learning collaborative (healthcare providers can earn MOC and CME or CEU credits).
- ✓ **Key topics addressed via the HWC group curriculum:** Healthy foods, creating a healthy home, healthy drinks, portion sizes and healthy options, behaviors and emotions around eating, physical activity, bullying and teasing, feeling good about yourself, sleep and screen time, label reading meal patterns and snacks.



*The virtual learning collaborative really allowed our team to connect with and learn from other sites!*

– FQHC Pediatrician

For more information, please watch this [video](#) and visit the [HWC website](#). Interested in bringing the HWC to your community? Please contact us at [hwc@aap.org](mailto:hwc@aap.org).

# HWC