



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

## Cross-cutting **ADVANCES**

**Empowering  
the primary  
practitioner**

**Innovations in  
education and  
quality  
improvement**

**Creating family-  
centered resources**

**Spreading  
knowledge &  
advancing the  
field**

**Leveraging  
national capacity to  
foster community-  
level change**

**Welcome** to the American Academy of Pediatrics Institute for Healthy Childhood Weight (Institute) 2018 Year-in-Review! With your help and support, we have accomplished so much this past year, making great strides to solidify the Institute as a leading voice in the obesity prevention and treatment field through our clinical quality improvement projects, national conference presentations, and social media presence.

The Institute and its broad portfolio of work continues to serve as a model for other initiatives within the AAP and across national partners. This year we focused on helping our members change practice and build better linkages with their communities and spreading knowledge.

Over the course of the inception of the Institute to present day, we have worked diligently to establish our presence, and as a result, have moved the needle on our strategic focus of obesity prevention and treatment through innovation and strategic partnership.

We have been able to engage members and add value by being responsive to their clinical and educational needs. We have also solidified our presence as a leading voice in the field.

In 2018, we continued to advance the field by focusing on innovations in quality improvement, exploring the latest literature and the impact for future guidelines, as well as partner on numerous research projects to advance obesity treatment.

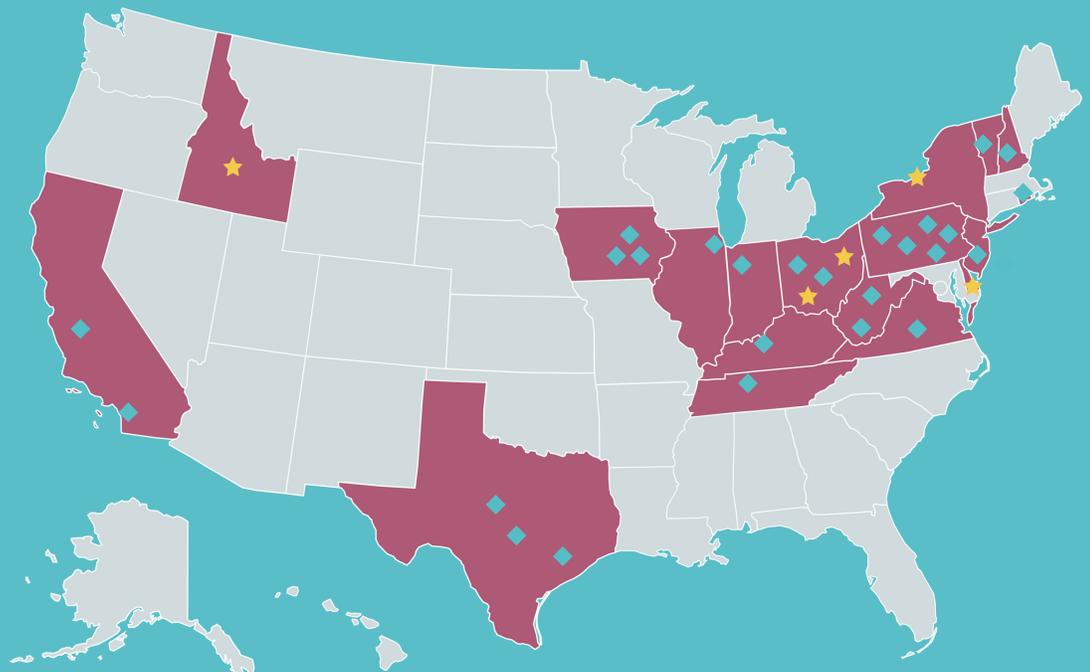
We sincerely thank our members and supporters that make our work possible. The work that you do will make a difference for generations to come, and we're happy to have you on this journey!



**SANDY HASSINK, MD, FAAP  
MEDICAL DIRECTOR**

## **National REACH**

We have worked in a number of regions across the United States to implement quality improvement projects and strengthen community connections.



◆ Quality Improvement Projects  
★ Community-based Initiatives

# 2018 BY THE NUMBERS

Throughout the past year our quality improvement, education, research, and community projects have made an impact, showcased below.

## Reach Through Our QI Efforts

# 2925

## Maintenance of Certification Credits Awarded



18 States



37 Pediatric Practices



280 Providers



## Patient & Evidence Informed Resources



5

Infographics



3

Educational Videos



2

Available Languages



6

Articles in Peer-reviewed Journals



1

Oral Conference Presentation



6

Academic Poster Presentations

# 1035

CME Credits Awarded



# 700%

Twitter Presence Increase



# 14,000+

Articles reviewed to inform Clinical Practice Guideline



# Fostering Meaningful IMPROVEMENTS

Our quality improvement portfolio continues to grow, giving us the ability to support primary care pediatric practices with improved obesity prevention and treatment. Improvements were seen in:

- Weight-for-length for children under 2 years old assessment
- BMI for children 2 and over assessment
- Assessment of healthy, active living behaviors
- Provision of behavioral counseling
- Performing obesity-related history
- Obesity-specific physical exam and review of systems
- Assessment of patient-readiness and planned follow-up

## The Power of PARTNERSHIP

Key national partnerships have allowed us to test innovative solutions to complex community issues, especially around severe obesity and treatment options. Partnerships have been an effective strategy for us to be able to:

- Create alignment between regional affiliates/member
- Promote a common purpose
- Provide single source technical assistance
- Leverage national expertise
- Share learning and foster collaboration across regions
- Support data collection and evaluation

### Leadership

Sandra Hassink, MD, FAAP, Medical Director  
Stephen Cook, MD, MPH, FAAP, FTOS, Associate Director  
Ihuoma Eneli, MD, MS, FAAP, Associate Director  
Victoria Rogers, MD, FAAP, Associate Director

### Staff

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



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## 1 App Developed

Healthy Growth



# 265K

Potential patients impacted through our QI work



# 17

Continuing Medical Education Modules



The Institute gratefully acknowledges the generous support from its funders.

Founding Sponsor



**Nestlé**

Project Funders

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Washington University in St Louis

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