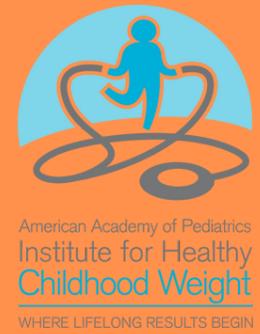


2021 YEAR IN REVIEW



What a year it has been - in the midst of a global pandemic, the Institute has continued to support members in quality improvement, policy development, COVID guidance, and professional education. Our work highlights the importance of obesity prevention, assessment, treatment and clinic-community linkages.

Especially exciting, has been our continued work promoting early obesity prevention in the Optimize Infant & Toddler Feeding for Obesity Prevention quality improvement project, partnering with our research colleagues in implementing ECHO projects to translate research into practice and working with the AAP to develop and launch new Clinical Practice Guidelines for Obesity Treatment. All the Institute's numerous activities are made possible because of our dedicated leadership and staff who are committed to supporting pediatricians and pediatric care providers working on the many facets of obesity care.

We are proud to continue our work as a trusted partner in implementation, research, education, and advocacy in the field of pediatric obesity.

Sincerely,

Sandra Hassink, MD, FAAP

Medical Director

AAP Institute for Healthy Childhood Weight



EDUCATION BY THE NUMBERS

Virtual learning through self-paced education modules and learning cohorts continue to be valuable to our members. Through this work, the Institute has been able to award Maintenance of Certification (MOC) and/or Continuing Medical Education (CME) across the spectrum of pediatric health care providers, including nurses and other allied health professionals.



SHARING INFORMATION & RESOURCES

By leveraging our social media presence, peer-reviewed articles, and growing podcast audience we have increased the visibility of obesity literature, new research, and available resources.



Audience Reach
2,223,081

45+ Articles



TOP 3 EPISODES

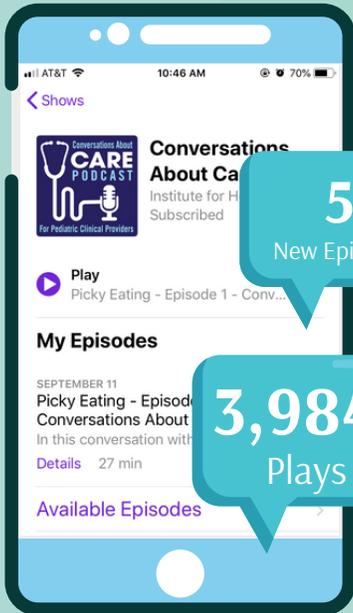
Weight Bias and Stigma
featuring Dr. Stephen Cook



Impact of Screen Time
featuring Dr. Amy Christison



Healthy Food Exploration
featuring Sally Sampson



5
New Episodes

3,984+
Plays

Available On:



HEALTHY BEVERAGE GUIDE KEY HIGHLIGHTS

- Quick reference guide for age-specific recommendations
- Recommendations cover birth to age 18



EATABLE ALPHABET GRANTS

- 100% of survey respondents said the Eatable Alphabet Activity Cards were easy to integrate into clinical care
- 96% of grantees said the Eatable Alphabet Activity Cards helped in the delivery of age-appropriate nutrition counseling



72
Grantees

VIRTUAL QUALITY IMPROVEMENT

Quality improvement remains a key tenant of the Institute's strategic priorities, as the primary mechanism for translating policy into practice. Our portfolio highlights our ability to plan, implement, innovate and see sustainable change through relatively short projects.



EARLY FEEDING & NUTRITION

In the summer of 2021, the Institute wrapped up round 2 of the Optimize Feeding quality improvement project. In spite of the pandemic, teams showed improvement in assessment and counseling for healthy lifestyle behaviors.

Teams showed improvement on counseling on topics, such as responsive feeding, parenting strategies, food environment, active play and media exposure and use.

PATIENT REACH
200,400
(ESTIMATED)



HEALTHY WEIGHT CLINIC

In partnership with Massachusetts General Hospital, the Institute has supported the adoption of an evidence-based pediatric weight management intervention into four pilot health centers. Key supports include technical assistance, resource support, training, and workflow considerations.

**EXPLORING WAYS TO TREAT
OBESITY IN PRIMARY CARE &
ADDRESS HEALTH
INEQUITIES!**

ENHANCED STANDARD OF CARE

The Institute has partnered with the AAP ECHO hub to support primary care sites in 3 regions in the delivery of obesity treatment in primary care for children 6 -15 years of age. Participating providers meet monthly for ongoing learning and collaboration. This study will inform future integration of evidence-based obesity treatment into primary care.



120+
Providers
Trained

LEVERAGING HEALTH INFORMATION TECHNOLOGY

Early Nutrition

Overarching Goal

Enhance early nutrition & obesity prevention screening & guidance during the first 2 years of life

Current Action

Identifying and recommending age-specific, validated health behavior screening questions

Future Directions

Publish a manuscript and the development of a pragmatic screening tool for primary care

Obesity Treatment

Overarching Goal

Create EHR independent HIT tool to support supplementation of the obesity clinical practice guideline

Current Action

Funded innovation grants to identify best HIT ideas and partners

Future Directions

Develop EHR vendor neutral application to support translation of clinical guidance

RESULTS AND EVENTS



**Advancing
the Field &
Sharing Our
Results**

5

Articles in Peer-
Reviewed
Journals



1

Presentation



5th Annual

Innovations in Obesity Prevention, Assessment, and Treatment Forum

The Innovations Forum highlights innovative and promising practices and programs that address obesity prevention and/or treatment.

- 607 attendees
- Panel 1: Obesity Quality Improvement Results
- Panel 2: Current Patterns to Inform Care
- Panel 3: Interventions in Primary Care

ACKNOWLEDGEMENTS

The Institute's accomplishments over the last year, would not have been possible without the generous support from our funders and partners. Having the ability to align our vision and mission with those of other national stakeholders has allowed us to expand our impact across various providers, practices, and networks.

LEADERSHIP

Sandra Hassink, MD, FAAP, Medical Director
Ihuoma Eneli, MD, MS, FAAP, Associate Director
Victoria Rogers, MD, FAAP, Associate Director

STAFF

Jeanne Lindros, MPH, Director
Jan Liebhart, MS, Evaluation Manager
Jeremiah Salmon, MPH, Clinical Initiatives Manager
Savanna Torres, Child and Community Health Specialist
Mala Thapar, MPH, Manager, Obesity Initiatives
Stephanie Womack, MA, Program Manager

345 Park Boulevard | Itasca, IL 60143 | Main: (630) 626-6000



aap.org/healthyweight



@AAPHealthyWt