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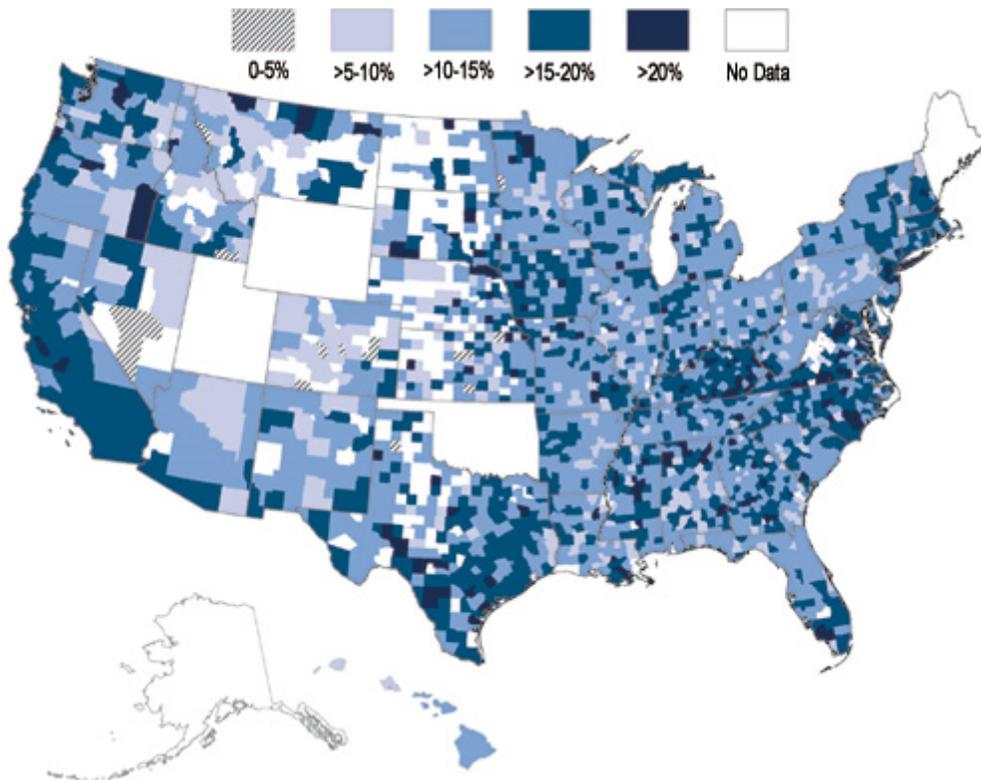
Dear Doctor:

We're pleased to provide you with a **Pediatric Obesity Toolkit**. Please review the information we have enclosed and implement the resources into your practice. With your help, we can work towards a healthy future for our children!

### Background

Pediatric obesity is a national dilemma, with 1 in 5 of American children obese or overweight<sup>1</sup>. This problem is worsening over time. In California, 17% of children ages 2 to 4 years were obese in 2008<sup>2</sup>. Among (low-income) pre-school aged children California has one of the highest levels of obesity prevalence in the nation.

Obesity Prevalence in (low-income) Preschool-Aged Children 1998–2008<sup>3</sup>



Overall, 23% of California youths ages 5 to 19 are overweight; in the Central Valley 22% of youths ages 5 to 19 are overweight<sup>4</sup>. Up to 80% of these will become overweight adults<sup>5</sup>.

(over)

## What can we do?

1. Screening all patients allows for identification of overweight and obese individuals. To assist you in accomplishing this goal we have included a short explanation of how to properly measure BMI and calculate BMI percentage, along with a BMI Wheel for easier calculation. Also, once you have made a diagnosis of obesity remember to include on the PM160 you send to us that BMI percentile was assessed, by utilizing ICD-9 Code **V85.5**.
2. Nutrition and exercise counseling can play a crucial role for these patients. Included is a short Tip Sheet you may review with your patients, or encourage patients to review on their own.
3. Along with the Tip Sheet is a Prescription Pad that can be used to tailor a regimen for healthier eating and physical activity. Because patients trust their doctor's wisdom and guidance, we hope a "prescription" from you will help lead your patients to success. Please remember to document the counseling you do for nutrition on the PM160 by using **V65.3** and use **V65.41** for counseling regarding physical activity. Since there are only two slots for ICD-9 Diagnosis Codes under the "Diagnosis Codes" section, please record additional codes under the "Comment/Problems" section. A sample PM160 is included in this toolkit for your reference.
4. Finally, since many individuals and groups are making efforts to decrease the prevalence of obesity in our community, we have compiled a Resource List of local programs where patients can be referred. It is organized by both *City* and *Services* offered (i.e., Nutrition, Behavior, Physical Activity, and Medical).

If you have any questions regarding our Pediatric Obesity Toolkit, or for additional resources, please contact HPSJ, Monday through Friday 8:00 am until 5:00 pm at (209) 942-6340 or 1-800-932-PLAN (7526).

Thank you,

Health Plan of San Joaquin

### **Enclosures:**

CHDP BMI Job Aid  
BMI Wheel  
Resource List  
Prescription Pad  
Healthy Weight Tip Sheet  
Sample PM160

### **References:**

1. <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm> (accessed: 9/30/09)
2. <http://www.cdc.gov/mmwr/PDF/wk/mm5828.pdf> (accessed: 9/30/09)
3. [http://www.cdc.gov/obesity/images/US\\_Cty\\_3yr\\_2008p\\_s\\_k2.jpg](http://www.cdc.gov/obesity/images/US_Cty_3yr_2008p_s_k2.jpg) (accessed: 9/30/09)
4. <http://www.healthiersanjoaquin.org/pdfs/San%20Joaquin%20County%202008-FINAL.pdf> (accessed: 10/1/09)
5. <http://www.cdph.ca.gov/programs/Documents/COPP.pdf> (accessed: 9/30/09)