



San Diego County Childhood Obesity Initiative Healthcare Domain Minutes December 16, 2016

Attendees: Anastasiia Zhelokhovtseva, Cheri Fidler, Dan Fesperman, Drisana Moss, Giana Reuter, Kim Elkins, Lisa Stellwagen, and Nina Ghatan

- I. Welcome and introductions led by Cheri Fidler
- II. Rady Children's Obesity Clinic
 - a. Rady's obesity clinic receives referrals for children at the 95 percentile and above.
 - b. Many of the children are pre-diabetic and need environmental changes to support them with weight loss.
 - c. The 5-2-1-0 questionnaire has been developed and is getting added to Epic; they plan to officially launch it in 2017.
 - d. Motivational interviewing is become a universal approach to assessing a family's readiness to change.
 - e. [ChangeTalk](#) offers a free app to help individuals practice motivational interviewing on the topics of childhood obesity and breastfeeding.
 - f. **Recommendation was made to brainstorm ways the workgroup and other workgroups can support the children that attend the clinic, such as meeting with the schools the students attend and starting a conversation.**
- III. Human Milk Bank in San Diego
 - a. UCSD is planning to open a milk bank and breastfeeding center in San Diego to promote breastfeeding and collect the surplus for hospitals throughout Southern California.
 - b. The project will be in partnership with the Blood Bank, which will help collect donations of breastmilk.
 - c. There are currently 26 milk banks nationwide; the San Jose milk bank (only other one in California) will pasteurize the breastmilk.
 - d. Premature babies will have priority for breastmilk and the goal would be to ensure all premature babies have this opportunity.
 - e. They are currently in the process of developing a milk donation app and phase 1 will help mothers identify drop off sites for breastmilk.
 - f. They eventually plan to expand to include allergy and obesity prevention tips and messaging.
- IV. New AAP Screentime Recommendations
 - a. AAP has modified the screentime recommendations for children over the age of two, by defining interactive (such as Facetime) vs. inactive (watching tv) screentime.
 - b. Dr. Victoria Rogers who developed 5210, sits on the AAP and she would probably be willing to call in to talk to the workgroup about the changes more in depth if the workgroup is interested.
- V. CCIW Update
 - a. Cheri provided a brief overview of the project.
 - b. We currently have \$25,000 in funding from ACE over the next two years.
 - c. UCSD has secured funding for the evaluation component of this project and now we just need to identify a site that is able to participate without compensation.
 - d. ACE will start training 2-1-1 staff on motivational interviewing in January.
 - e. This could potentially become a project of Rady Children's Obesity Clinic.