

# Kaiser Permanente's Approach to the Obesity Epidemic

**A Population-Based Care Approach**

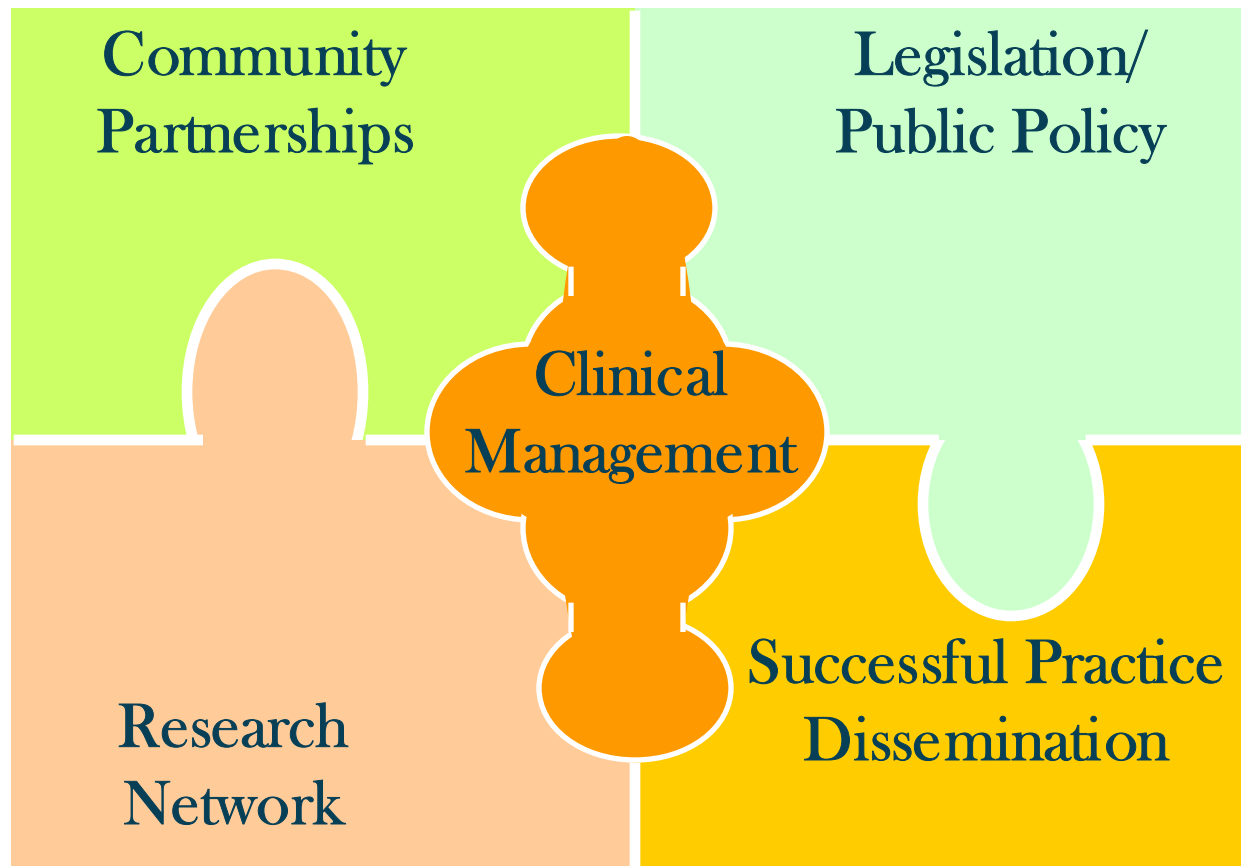
**APHA 2007  
November 6, 2007**

**Trina Histon, PhD**

- Describe Kaiser Permanente's Weight Management Initiative
- Describe Kaiser Permanente's clinical approach to addressing the obesity epidemic
- Briefly review tools to promote weight management in the clinical setting

# Kaiser Permanente's Strategic Approach

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## KP Northwest

- Costs in obese compared to normal weight members over 8 year time frame:
  - Primary care visits: 39% higher
  - Inpatient days: 49% higher
  - Pharmacy costs: 100% higher
    - 13X increase in DM meds; 3 X increase in CV meds
- Weight gains of 20 lbs or greater are associated with increased annual medical care costs of more \$500 over the following three years.

## Main Components

- Identify the population with special condition
- Evidence-based guidelines to treat patients
- Risk stratification with matching interventions
- Process Measures, Outcomes, Evaluation, and Quality Improvement

# Identifying The Population

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## **BMI Screening**

Early Identification - at risk of becoming obese (BMI > 25)

Intervention - already obese (BMI >30)

## **BMI Screening**

Identification - at risk members and families can benefit from additional screening, counseling, and early treatment before significant health complications occur.

**BMI Screening allows us to understand our population and the effectiveness of our interventions.**

**The USPHTF recommends BMI Screening.**

# Adult BMI Measurement: KP Region

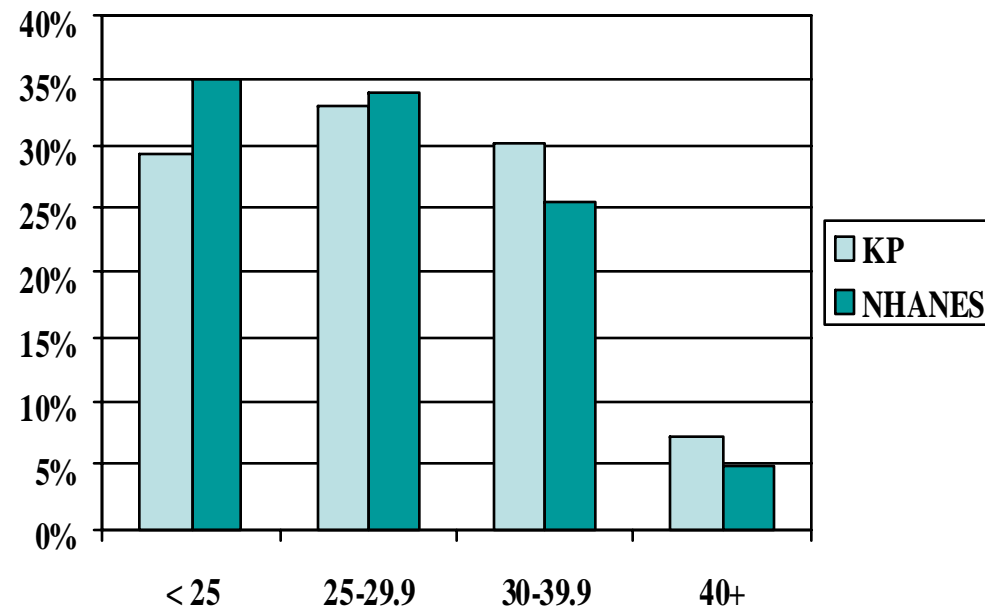
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**BMI measured in 70.5% of Adult Members**

**70% Overweight/Obese**

**38% Obese**

**7% Extreme Obesity**



KP 2004; NHANES Reference: JAMA 2004; Hedley AA

- NHLBI Guidelines for Screening, Evaluation and Treatment of overweight and obesity.
- HealthPartners conducted a systematic evidence-based review co-funded by Kaiser Permanente (completed in 2004). (Published in the October issue of JADA)
- Electronic Medical Records – Evidence-Based Content



# Risk Stratification By Intervention

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## ***BMI Risk Strata***

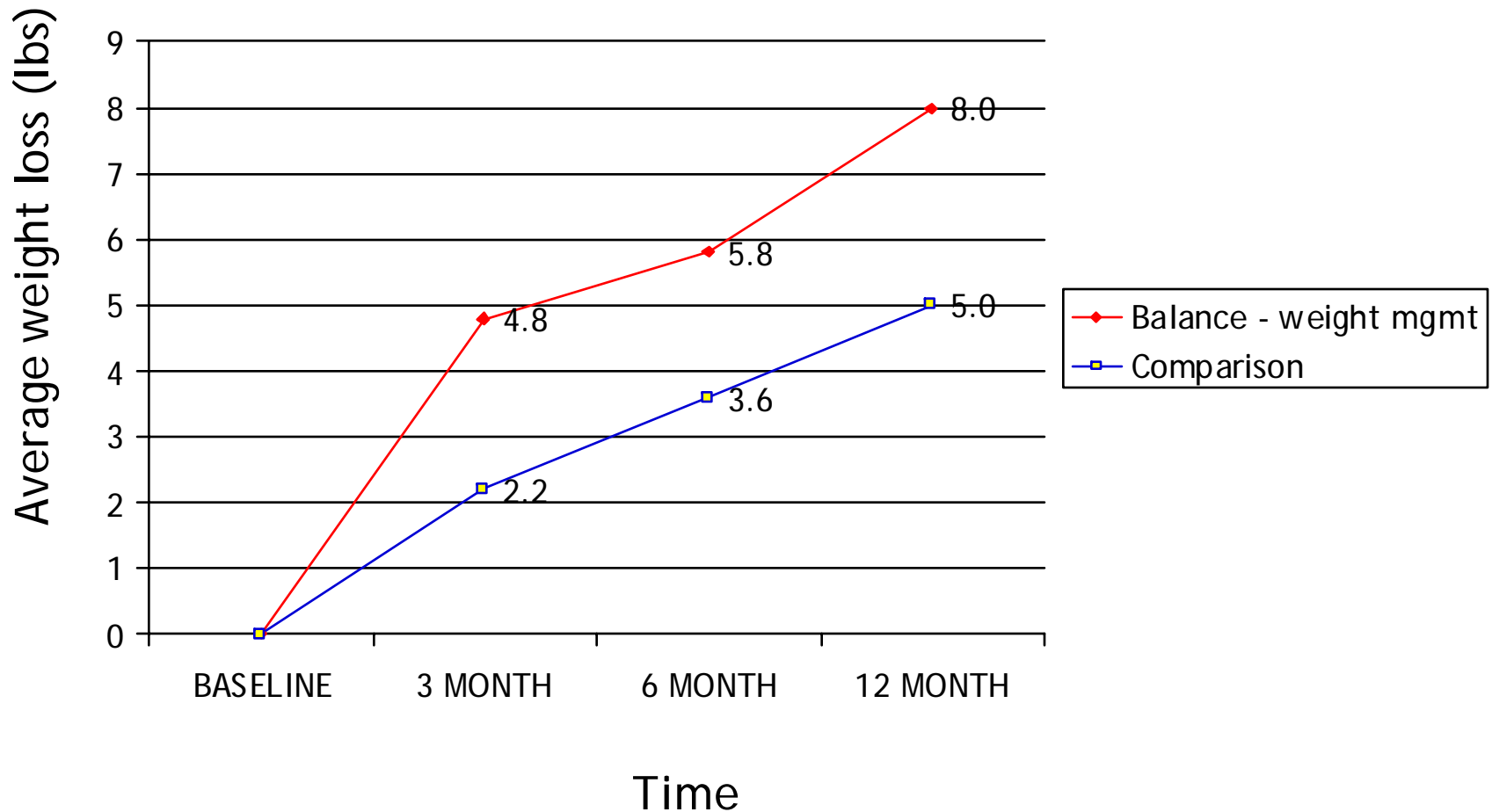
## ***Proposed Interventions***

Normal	BMI 18 - 24.9	Maintain, don't gain Prevention, 10,000 steps ®
Overweight	BMI 25 - 29.9	Balance®, 10,000 Steps®, Weight Watchers ® Local KP Program, Nourish®, Relax®
Obese I	BMI 30 - 34.9	Balance®, 10,000 Steps®, Weight Watchers® Local KP Program, Nourish®, Relax®
Obese II	BMI 35 - 35.9	Bariatric Surgery, Local KP programs
Obese III	BMI > 40	Bariatric Surgery

# Balance® RCT Data

## Average weight loss (lbs) at 3 – 6 – 12 months

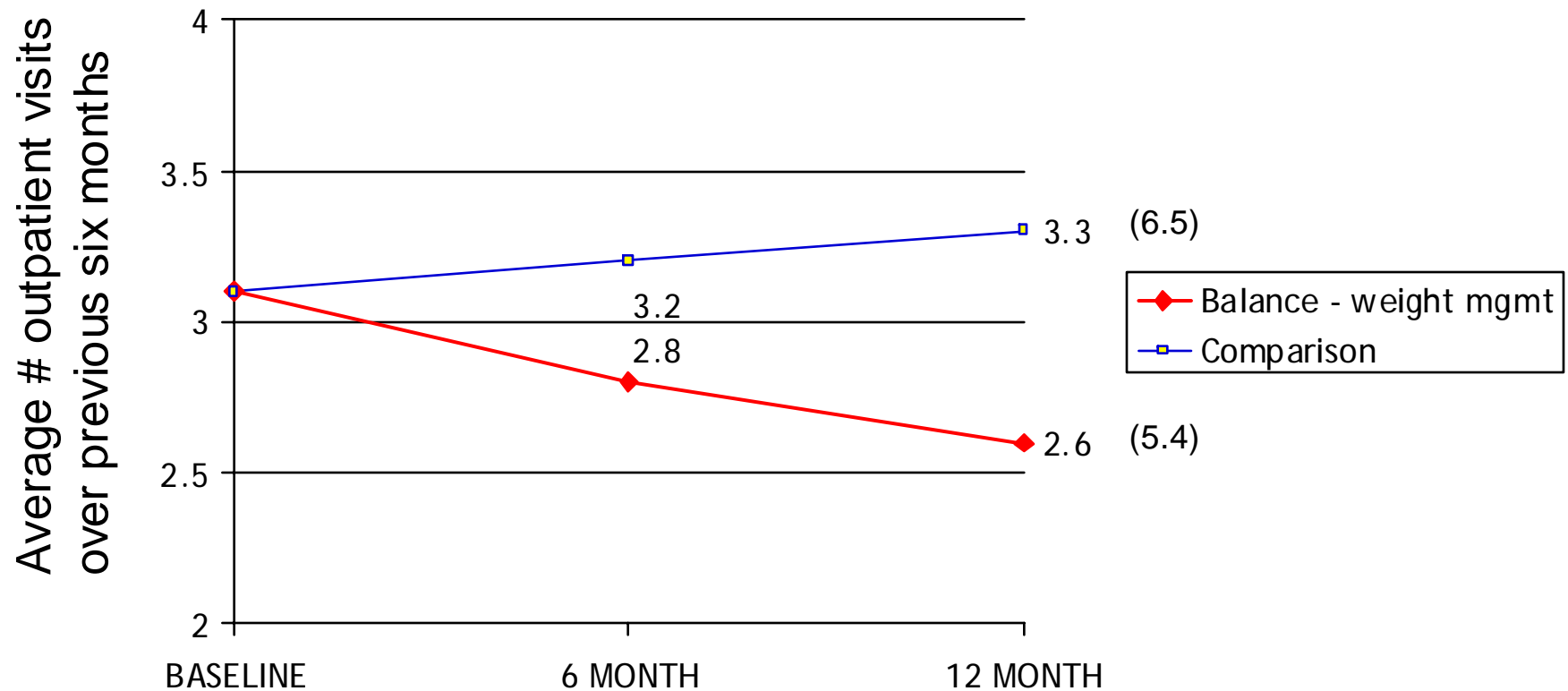
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Adjusted for baseline BMI. 3 months (n=1208): F=28.0, p<.0001;  
6 months (n=825): F=6.8, p<.001; 12 months (n=583): F=5.5, p<.02;  
baseline BMI > 25

# Balance<sup>®</sup> RCT: Outpatient Visits

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Time MANOVA repeated measures test,  $F=4.1$ ;  $p<.05$ ;  $n=478$

# Prevention & Treatment

## KP 10,000 Steps®

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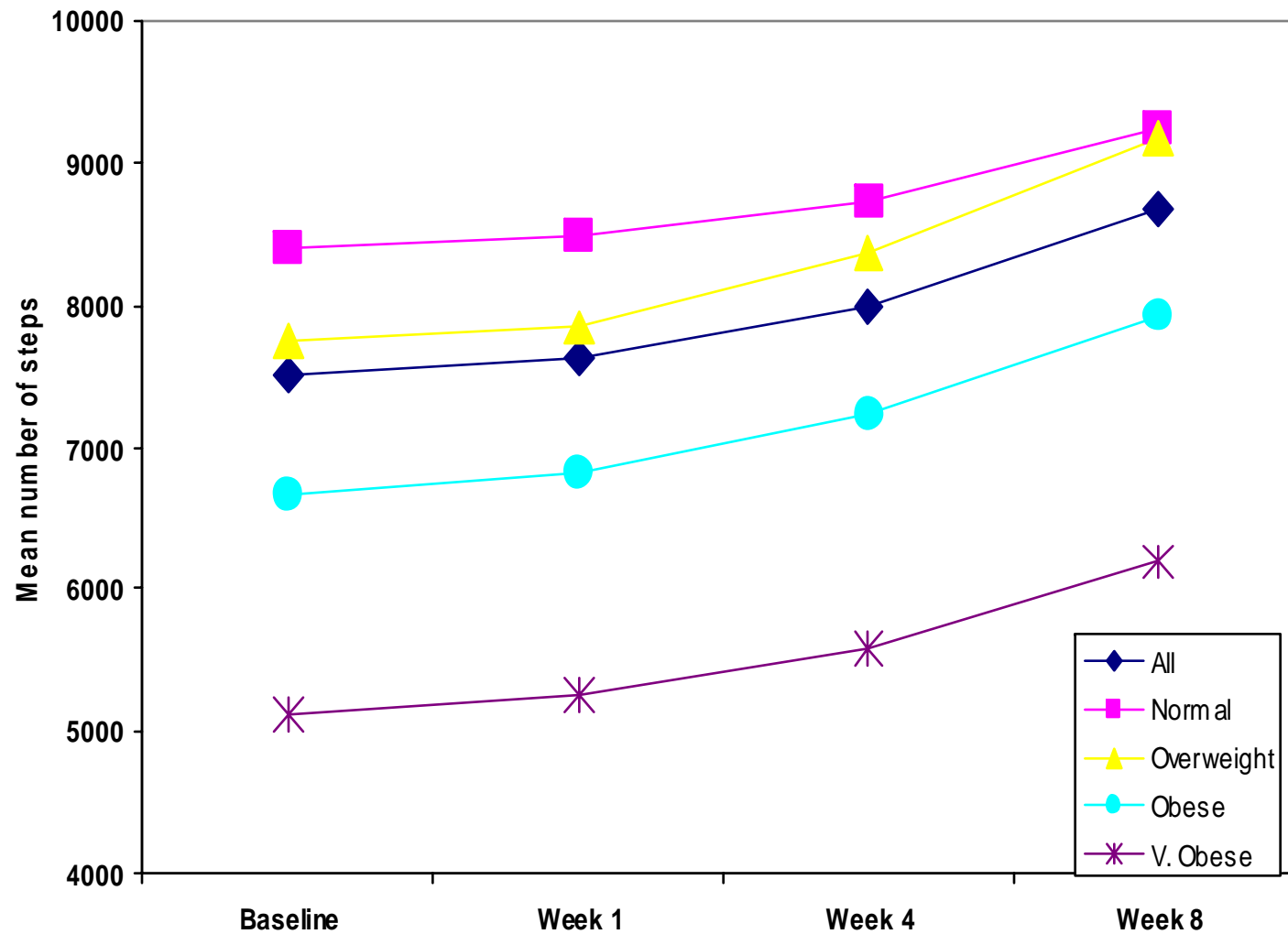
- Pedometer program to increase physical activity
- 25,000 members signed up, October–March
- “10,000 steps® for 10,000 people” for KP employees
  - 10,000 free subscriptions were filled in 2½ days
  - TPMG Staff Getting their steps!



# 10,000 Steps® – Mean number of steps by BMI

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## 10,000 Steps Program: Mean number of steps by BMI Group



# Kaiser Permanente's Approach to Overweight Children

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- Medical Office Visit Interventions
- Weight Management Interventions
- Environmental Changes

- **Step #1: Engage the Patient / Parent**
- *Can we take a few minutes to discuss your health and weight?*
- *What do you think of your health and weight?*
- **Step #2: Share Information (optional)**
- *Your current weight puts you at risk for developing heart disease and diabetes.*
- *What do you make of this?*
- *Some ideas for staying healthy include.... (see poster)*
- *What are your ideas for working toward a healthy weight?*

- **Step #3: Make a Key Advice Statement**
- *I would strongly encourage you to...*
  - *Get up and be active, 30-60 minutes a day.*
  - *Eat 5-9 helpings of fruits of vegetables every day.*
  - *Cut back on sodas & juice drinks*
  - *Use patient ideas from step #2*
- **Step #4: Arrange for Follow up**
- *Would you be interested in more information on ways to reach a healthier weight? AND / OR*
- *Let's set up an appointment in \_\_\_ weeks to talk about this further.*



# Tools – “Getting in Balance” Poster

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## getting in balance

### get up & get moving

- BE PHYSICALLY ACTIVE, EXERCISE DAILY FOR AT LEAST 30-60 MINUTES.
- WALK MORE. COUNT YOUR STEPS WITH A PEDOMETER.

### eat healthy

- EAT AT LEAST 5 HELPINGS OF VEGETABLES AND FRUIT A DAY.
- REPLACE SODA AND JUICE WITH WATER.

### take time to take care of yourself

- BALANCE YOUR WORK AND RELAXATION TO HELP MANAGE STRESS.
- COMMIT TO SMALL CHANGES AND HEALTHY CHOICES.
- STRIVE FOR A HEALTHY WEIGHT; HOLDING YOUR WEIGHT STEADY IS A GREAT FIRST STEP!

NOT READY    How ready are you to take the next step?    READY

1	2	3	4	5	6	7	8	9	10
What would make you more ready?			What might your next steps be?				What is your plan?		

← 3 Key Messages

← Readiness to Change Tool

# Tools – “Getting in Balance” Action Plan

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0 1 2 3 4 5 6 7 8 9 10

Not ready → Ready

If you circled 7, 8, 9, or 10, consider the following questions.

## MY PLAN FOR GETTING IN BALANCE

What is my goal?

What are my ideas for making the change?

Date I will start: \_\_\_\_\_  
How often: \_\_\_\_\_  
Times: \_\_\_\_\_

What might get in the way of my success?

How might I work around the barriers?

Who could support me with this change?

How confident am I that I can follow my plan?

0 1 2 3 4 5 6 7 8 9 10

Not at all confident → Vary confident



Changing your lifestyle habits takes time. If you're like most people, you will have setbacks from time to time. Each attempt at making a change brings you closer to reaching your goal. Research shows that when people stay committed to their decision, even if they have relapses, they eventually reach their goal.

Making healthy lifestyle choices on a regular basis can:

- Significantly reduce your risk for heart disease, stroke, diabetes, high blood pressure, and some types of cancer
- Improve energy level and mental alertness
- Reduce stress, depression, and anxiety
- Help you feel and look your best



Getting in Balance Action Plan  
CM1082304-0

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## getting in balance

Staying healthy at any weight involves taking the time to take care of yourself, eating well-balanced meals, and getting plenty of physical activity.

### DID YOU KNOW?

- Many adults continue to gain weight every year. Simply maintaining your current weight instead of gaining more can help you stay healthy.
- Losing as little as 10% of your body weight can reduce your risk for heart disease and diabetes.
- Physical activity with or without weight loss can significantly improve your health and quality of life.



### GETTING STARTED

There are many ways to work toward balance. You may be doing some of these already. Consider choosing to focus on one of the three areas below, then choose one activity to help you towards your goal. What would be your next step?

- Taking Care of Yourself** - Moving toward balancing work and relaxation

My choice: \_\_\_\_\_

- Take mini stretch breaks during the day
- Listen to some music you enjoy
- Record your thoughts in a journal
- Reflect on things you are thankful for
- Watch a funny movie or read a funny book
- Take time to foster important relationships with friends and family
- Other: \_\_\_\_\_

- Healthy Eating** - Working toward meals with sensible portions of whole grains, vegetables, fruits, low-fat dairy and low-fat meats

My choice: \_\_\_\_\_

- Eat more fruit and vegetables
- Choose healthy snacks
- Reduce fast foods
- Healthy choices for dining out
- Replace soda and juice with water
- Reduce alcohol intake
- Other: \_\_\_\_\_

- Physical Activity** - Working toward 30-60 minutes of exercise most days. This can be done all at once, or in several short sessions.

My choice: \_\_\_\_\_

- Walking
- Jogging
- Swimming
- Other: \_\_\_\_\_
- Gardening
- Dancing
- Exercise Class

0 1 2 3 4 5 6 7 8 9 10

Not ready → Ready

How ready am I to begin working on the area I identified?

Circle a number that describes how you feel

What are the reasons I'd like to keep my lifestyle just the same?

What are the reasons I'd like to make this change?

0 1 2 3 4 5 6 7 8 9 10

Not ready → Ready

If you circled 0, 1, 2, or 3, consider the following questions.

### THINKING ABOUT MY LIFESTYLE CHOICES

What would need to happen for me to consider this activity in the future?

What information would help me to think about this activity?

What help would I like from my health care team and others?

0 1 2 3 4 5 6 7 8 9 10

Not ready → Ready

If you circled 4, 5, or 6, consider the following questions

### UNDERSTANDING MY LIFESTYLE CHOICES

How might my life be in the future if I continue my lifestyle the way I do now?

How might my life be if I choose to follow through with this activity?

What are my next steps?



# Coming Soon...

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- Comprehensive Clinician toolkit to address weight bias in the healthcare setting in collaboration with the Rudd Institute at Yale
- CME on Childhood Obesity: “Healthy Steps to Treating Childhood Obesity” a collaboration between Kaiser Permanente and the Discovery Health Channel launches December 16 at 9 AM ET/PT
- The Incredible Adventures of the Amazing Food Detective- online game to promote healthy eating active living aimed at 9-10 year olds-available at <http://members.kaiserpermanente.org/redirects/landingpages/afd/>

- HealthCare system needs to optimize its role in addressing obesity- cannot do it alone
- Providers and clinicians need to be supported by a system of care that includes, tools, programs, referral options, community linkage to be effective
- Where possible let evidence guide you
- Start now....even small steps can make a difference!

# For More Information

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