



The CCBH “DIET” Program

“Dietitians Involved in Education & Training”

Steps to a Healthier Cleveland:

Helping Clevelanders live longer, better and healthier lives.



Casey Atkinson, R.D., L.D.

Health Care Provider
Education
Project Director

To access services,
Contact us at:

Phone (216) 201-2001

Ext. 1536

Fax (216) 676-1325

catkinson@ccbh.net

www.ccbh.net

The CCBH assessed childhood obesity locally in Cuyahoga County by conducting a random local survey for the Child Family Health Service (CFHS) Community Health Indicators Project, 2003. The results revealed that 35% of the children enrolled in kindergarten were overweight and obese. Specifically, 17.8% were defined as overweight and an additional 17.3% were defined as obese using the body mass index criteria. This finding supported the national concern of the growing obesity epidemic among children and demonstrated the need for childhood obesity management in Cuyahoga County. In a separate survey sent to local health care providers (HCP) conducted in 2003, CCBH identified that nearly 43% of HCPs reported a lack of training to adequately treat overweight pediatric patients. These findings spurred the development of the CCBH “DIET” Program which utilizes evidence-based curricula, methods and tools to increase the knowledge and enhance the skills of HCPs in preventing and managing childhood obesity and related chronic diseases.

Obesity is a primary risk factor for several chronic diseases including diabetes. More than 21 million Americans suffer with diabetes and projections show that the number of persons with the disease will continue to grow without public health intervention. In Greater Cleveland alone, 1 in 14 people have diabetes. An astounding 90 – 95% of those people are diagnosed as Type II diabetics. A strong partnership has been formed with the Diabetes Association of Greater Cleveland (DAGC) in coordination with the CCBH “DIET” program to provide trainings to HCPs focusing on diabetes management.

As health care advisors to children and their parents, physicians, nurses, dietitians and other clinicians should engage in the prevention of childhood obesity. With obesity rates continually rising, now is the time for health care providers and their professional organizations to make obesity prevention a top priority. According to the Institute of Medicine (Preventing Childhood Obesity: Health in the Balance, 2005), training programs should require obesity prevention knowledge and skills in their curricula. These skills should include how to calculate and interpret body mass index (BMI) levels for children and information about proper nutrition and physical activity levels to prevent childhood obesity.

The purpose of the CCBH “DIET” training program is to provide the most current, best practices in assessment strategies, including calculating BMI, as well as the latest motivational interviewing techniques which can facilitate positive behavior modifications. To compliment the training program, HCPs are provided with a toolkit of literacy appropriate and culturally diverse educational materials, resources, and references for themselves and their patients on obesity, diabetes, asthma, physical activity, nutrition and tobacco prevention and cessation.

Please call to schedule a meeting to outline a tailored plan for your practice.

This publication is supported by the Steps to a HealthierUS Cooperative Agreement Program of the U.S. Department of Health and Human Services (HHS). Its contents do not necessarily represent the official view of HHS.