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**Creating Healthy Kids with Healthy Habits**

In the spirit of the season, Pediatric Partners is excited announce the inauguration of a new program to address one of the most serious health risks affecting our children, obesity. In addition we are announcing a telephone consultation option that may replace some visits to our office, as well as a change to our after hours phone call policy. If you have any questions about today's newsletter and are wondering if we can help you, we say "Yes we can".

Creating Healthy Kids with Healthy Habits:  
A Program for at Risk Children Designed to Modify Nutrition, Physical Activity and Sedentary Tendencies

**Why the Program Was Developed**

Childhood obesity is affecting more children than ever before. Up to one third of the childhood population has a body mass index (BMI) greater than the 85% for their age and gender and more than half of these children have a BMI greater than the 95% (American Academy of Pediatrics, 2007). We know that this puts children at risk for developing obesity related illnesses that often follow them into adulthood and ultimately can decrease their lifespan. Research has shown if we intervene for at risk children we have the potential to change this trend. The Creating Healthy Kids with Healthy Habits Program was developed by the providers at Pediatric Partners to assist children and their families in developing healthy activity and nutrition behaviors that will last into adulthood.

**Program Specifics**

The child and parent will meet with Jean Kopp CPNP for 40 minute appointments every 3 months. At the appointments we will obtain your child's weight, height, blood pressure, and heart rate. The child's BMI and BMI percentile will be calculated and reviewed. Initial fasting blood work will be obtained at the start of the program and will be followed on individual basis. In addition to consultation, at each visit the child will receive a detailed physical exam with high suspicion for weight related problems.

In working with Jean, the child and family will be provided with information on age specific risks and causes of obesity and weight gain. Parents and children will also receive age specific nutrition and portion size information and will be given handouts corresponding to their specific needs. Throughout the consultation we will review caloric and activity requirements for the child based on gender, age, and activity level.

During the consultation portion of the visit, a modified version of the Nutrition and

Activity Surveys developed and approved by the American Academy of Pediatrics will be used to examine the child's behaviors. Using surveys we will work with families and children to accurately describe their current nutrition, physical activity and sedentary tendencies. After reviewing your child's current practices we will then work with you to develop realistic goals that will slowly modify risky behaviors. We will establish and outline 3 to 4 goals that your child will work on for the following 3 months. At the time of the visit the family and child will sign a goals contract indicating that the goals set are realistic and will be attempted. A copy of the signed goals contract will then be given to the child as a guide for the next 3 months. At subsequent follow up visits children will be re-measured and we will then discuss the child's adherence to their established goals. We will look at the child's successes and challenges they have had in changing their behaviors and we will work together to modify old goals and establish additional goals for the following 3 months.

When scheduling an appointment tell the receptionist you would like to schedule a Healthy Kids appointment with Jean. We ask that the child be accompanied by at least one parent, as many of the goals developed need family support. Also, if more than one child in your family is participating in the program each child should have their own appointment, as all children are individuals and have different needs and goals.

### **Desired Outcomes**

The desired outcome of the Healthy Kids- Healthy Habits program is to assist children and their families in slowly modifying factors that contribute to childhood weight gain and obesity. By teaching children to adopt healthy habits we are empowering them with a realistic lifestyle change for their future. It is our hope that as a child slowly creates and adopts small lifestyle changing goals that these goals will become the habits that fuel a healthy adulthood. Conquering any challenge is easier when it is broken down into manageable pieces. By modifying obesity risk behaviors the goal is to see a gradual decrease in the child's BMI and the resolution obesity related side effects.

We look forward to having the opportunity to work with you and your child in the development of their healthy lifestyle.

### **Financial Policy**

Pediatric Partners has now been providing family centered pediatric care for 15 years. We have always prided ourselves on the personal delivery of quality care both through office visits, and through telephone care and advice. In addition to our extensive office hours, we are committed to being available to our patients and their families at all hours of the day or night. Pediatric practices, such as ours, are now spending as much as 30% of our time on telephone care. Providing this service is not without cost to our practice, and those costs, such as answering service fees continue to rise.

In order to continue to allow us to provide personalized, twenty-four hour access to a physician, Pediatric Partners will begin charging for a limited number of after hours phone services. Specifically we will begin billing your insurance for non-urgent calls when the office is closed. This fee will not apply to calls related to follow up questions from office visits earlier that day, to calls that lead to an emergency room visit, or to calls

that lead to an office visit to Pediatric Partners the following day. Daytime phone calls will continue to be free of charge, and parents are encouraged to look to our web site [www.Pediatricpartnerssc.com](http://www.Pediatricpartnerssc.com) for answers to their questions when the office is closed.

As with any of our fees, each insurance company will have their own policy on these charges, and some or all of the charge may be your responsibility. We will submit all charges to your insurance company according to the accepted insurance codes for telephone care.

We are also introducing a new telephone consultation service that we hope will make it easier for busy families who may find it difficult to bring their children into the office. This service will be offered for families who have questions that require significant physician time, such as behavioral and developmental issues, follow up for chronic illnesses, or special services such as those related to travel health. Fees for a telephone consultation will be billed to your insurance company according to established guidelines. As with the after hours calls, each insurance company has their own policy related to reimbursement for these services, and it is your responsibility to understand your company's policy, and any fees you may be directly responsible for. Of course, if you prefer, you may continue to bring your children into our office for this care.

Whether over the phone, or in person the physicians and nurse practitioners of Pediatric Partners will continue to be available to you to provide the quality care you have come to expect. We look forward to continuing our relationship with you and your family.