

Title: “GET FIT: Goals, Education and Training for Fitness”

Key words: Nutrition, Fitness, Physical Activity, Childhood Obesity, Motivational Interviewing, Community Referral Program

Learning Objectives:

- Become acquainted with the literature on childhood obesity, what interventions were successful, what work was being done, what was the future of obesity work
- Learn about the biochemistry and management of obesity, spend elective time with the WATCH clinic in Endocrinology, Gastroenterology and Nutrition, and Sports Medicine
- Learn how to use Motivational Interviewing as a clinical tool to assist with behavior change
- Learn about community resources for children in the Bay Area for physical fitness and create a referral network for children
- Learn about community nutrition resources for low income families, and support healthy nutrition choices

Project Objectives:

- Act as a liaison between individual patients and community organizations to increase utilization of preexisting resources
- Provide individual patient recommendations and work with personal motivations to encourage health and wellness
- Develop handout binder for patients with a list of resources
- Learn more about obesity work with individual patients that can be applicable to larger scale community projects
- Create form for clinic to stream line process

Activities:

- Developed clinic forms
- Completed IRB (was not needed for project)
- Met with community partners and visited community sites where I referred patients
- Gave lectures and forums on nutrition with community partners in school and at local NGOs
- Was partner in the preliminary phase of the CHDP community referral program

Outcome:

- Worked with patients in continuity clinic for three years and was able to set them up with the community resources
- Shared work, lessons learned with other providers

Potential Future Projects:

I will be continuing my work in the community on a project to support school nurses in the San Jose School District to improve Asthma screening and monitoring and do outreach and education with the pediatric residents.

I will be working in the East Palo Alto community where I do my clinical work to improve nutrition education, access to nutrition and working with local community groups on physical activities.