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## **PLUS Legacy Report**

**a) Title:** MotivateMe: A school-based motivational interview protocol to address obesity in adolescents

**b) Key Words:** Child Obesity, School Health, Motivational Interviewing

**c) Learning Objectives:** To gain experience in community-based participatory research

**d) Project Objectives:** To address the gap between state-mandated school-based body mass index screening and providing appropriate services for students identified as overweight or obese.

**e) Activities:** Development of a motivational interview protocol for school nurses to use with students identified as overweight or obese.

### **Year 1**

- Formation of community partnership
- Meetings with key stakeholders at school and district level to identify appropriate intervention
- Selection and training of motivational interview implementation team (post-baccalaureate and medical students)
- Development of motivational interview protocol
- IRB approval at UCSF and San Francisco Unified School District
- Grant application and award from UCSF Community Partnerships Office and AAP CATCH Grant
- Presentation of project at APA Regional Works in Progress Session (poster)

### **Year 2**

- Pilot implementation of motivational interview protocol with 22 sophomores identified as obese through previous year's BMI screening

### **Year 3**

- Data analysis
- Presentation of research at AAP National Conference and Exhibition (poster), APA Regional Meeting (oral presentation), Pediatric Academic Societies (poster and oral presentation), National Association of School Nurses (poster)
- Presentation of project to SF Department of Public Health, SFUSD High School Nurses

### **f) Outcomes**

- Stabilization of student BMI over 6 month intervention period
- Increase in student knowledge and motivation over 6 month intervention period
- Breakdown of silos in addressing childhood obesity, school nurses now meet monthly with DPH

**g) Lessons in Implementation**

- Importance of having an engaged and connected community partner
- Students are invaluable in getting things accomplished
- Being creative and flexible with where and when meetings can take place

**h) Future Directions**

- School nurses working with DPH to create healthier school environments
- School nurses in more underserved schools working on implementing motivational interview protocol

**i) Resources**

- San Francisco Wellness Initiative: <http://www.sfwellness.org/>
- San Francisco Childhood Obesity Task Force:  
[http://sfbreastfeeding.org/index.php?option=com\\_content&task=view&id=88&Itemid=122](http://sfbreastfeeding.org/index.php?option=com_content&task=view&id=88&Itemid=122)