Nuevo Comienzo (New Start):
A Family-Based Educational Program for
a Predominantly Hispanic Pediatric Practice

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Acknowledgement

No known conflict of interest

No sponsorship or commercial support provided
At the completion of this session the attendee will be able to

- State one clinical strategy based on National guidelines in the treatment of childhood obesity.
- Devise a plan for assessing the need for a childhood obesity educational program in the clinical setting.
U.S. Obesity

- *Healthy People 2020* leading health indicator
- United States (U.S.) prevalence among children and adolescents rising
- 17% of U.S. children and adolescents
- Increased risk as adults
- Financial consequences

(Centers for Disease Control and Prevention [CDC], 2012; Healthy People 2020, 2012)
Programs and Interventions

• Family centered
• Interdisciplinary
• Diet and activity focus
• Education provided over time
Project Environment

- Outpatient clinic Northwest Georgia
- Birth to 21 years of age
- 82% Hispanic
- 44% obese
- Physicians and nurse practitioners
Nuevo Comienzo (New Start) Program

Program

• Family centered
• Four sessions
• Two weeks
• Content focus diet and physical activity
Attendees
• Children 7 to 12 years of age
• Overweight or obese
• Parent/guardian presence

Participants
• Hispanic
• BMI equal to or greater than 85\textsuperscript{th} percentile
• Parent/guardian participation
• Read and speak English
## Weight Change During Program

<table>
<thead>
<tr>
<th>Participant</th>
<th>Pre Weight</th>
<th>Post Weight</th>
<th>Weight Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>163</td>
<td>163</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>80</td>
<td>79</td>
<td>-1</td>
</tr>
<tr>
<td>3</td>
<td>195</td>
<td>195</td>
<td>0</td>
</tr>
<tr>
<td>4</td>
<td>166</td>
<td>164</td>
<td>-2</td>
</tr>
<tr>
<td>5</td>
<td>116</td>
<td>109</td>
<td>-7</td>
</tr>
<tr>
<td>6</td>
<td>172</td>
<td>170</td>
<td>-2</td>
</tr>
</tbody>
</table>
Results

Family Satisfaction Survey

- Usefulness of information
- Interest in health behavior
- Schedule
- Recommend
- Overall satisfaction
- Suggestions for improvement
## Recommendations

<table>
<thead>
<tr>
<th>Program</th>
<th>Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequency</td>
<td>Two to three times per year</td>
</tr>
<tr>
<td>Time of year</td>
<td>Spring and summer</td>
</tr>
<tr>
<td>Optimal number of attendees</td>
<td>40-50 attendees per program</td>
</tr>
<tr>
<td>Location</td>
<td>On-site at pediatric clinic</td>
</tr>
<tr>
<td>Length</td>
<td>Four sessions</td>
</tr>
<tr>
<td>Follow-up</td>
<td>Monthly clinic visits post program</td>
</tr>
</tbody>
</table>
Clinical Implications

• Guide in program delivery
• Model
• Cultural competency
• Interdisciplinary approach
• Collaborative intervention
• Referral option
Final Comments and Questions

• Program benefits
• DNP role
• Application to your clinical practice
• Contact information

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