

<p>Healthcare Domain Meeting: February 19, 2021 9am-10:30am Via Zoom</p>	<p><u>Next</u> Healthcare Domain Meeting: March 19, 2021 9am-10:30am Via Zoom</p>
<p>Attendees: Dr. Kay Rhee (CHEAR), Julie Castaneda (United Healthcare), Dr. Suzanne Afflalo (Alliance Health Clinic), Melissa Galinato (HHSA), Mary Beth Moran (Rady’s), Blanca Melendrez (UCSD CCH), Brigitte Lamberson (United Healthcare), Barbara Orozco-Valdivia (Blue Shield), Dr. Kelly Motadel (HHSA), Jamie Moody (Share the Care), Kelley Axelson (COI), Kussy Mackenzie (UCSD Health), Carissa Hwu (COI), Jennifer Taylor (UCSD Design Lab), Lisa Bandong (CSUSM), Kim Elkins (WIC)</p> <p>Recorder: Carissa Hwu</p>	

Topic/Issue	Discussion	Action
<p>Welcome and Introductions</p>	<p>Mary Beth Moran and Dr. Afflalo led introductions.</p>	

COI and Partner Updates

CSU San Marcos

- Seeking internships for MPH students
- Please contact Lisa Bandong at lbandong@csusm.edu if you have any opportunities in mind

Share the Care

- Give Kids a Smile event, February 22-March 19
- Free fluoride varnish, visual screening, sealant for 18 and under
- No need to show insurance
- Over [30 dental offices](#) participating this year
- Will be following COVID-19 safety regulations
 - [English flyer](#) addressing concerns
 - [Spanish flyer](#) addressing concerns
- Appointments are required at some sites – call ASAP to book starting next week
- Neighborhood Health Care in Escondido is doing drive through – no appointment needed at this site
- For questions or assistance, contact Share the Care at 619-681-0663 or Jamie Moody at jsmoody@health.ucsd.edu

COI

- Strategic Retreat on February 22nd
- Featuring Reggie Caldwell who will speak on the intersection of racial equity and wellness
- Supervisor Nora Vargas will also be speaking on the new resolution that declares Racism as a Public Health Crisis

**Obesity
Management in the
Clinical Setting**

Dr. Kay Rhee, Medical Director, Center for Health Eating and Activity Research (CHEAR)

Obesity Management in the Healthcare Sector

- Top 10 causes of death in the US for men and women
 - Ischemic heart disease
 - Alzheimer's
- Associated behavioral risk factors with top 10 causes of death
 - Dietary risks
 - Tobacco smoke
 - Blood Pressure
 - These are all things that COI addresses – important work
- A lot of the population is not eating enough vegetables fruits, dairy and overeating sugars, grains, and more
 - Children, especially are not meeting the intake recommendations for lots of things (e.g., dark greens, fruits)
- Youth are not meeting daily requirements of physical activity per day
- Disparities in meeting physical activity recommendations
 - Higher education level is associated with higher physical activity
 - Lower education level is associated with lower physical activity
- Systems framework to obesity prevention and management
 - Created by Phil Nader who founded this initiative
 - Starting with local, state, and national policies
 - Physical environment support
 - Social environment support
 - Policies on health care infrastructure, financing, delivery mode
 - Preventive and curative services to families and individuals
 - Making sure the right messaging is being told to patients
 - Health care providers' behaviors, policies, and practices, and as advocates for social and environmental changes to promote healthy lifestyles
- What can we do at the provider level? What can you do in your own circle?
 - Conducted focus groups with pediatric providers and asked them about what their view was on their role in the management of

Provider Workshop Opportunity

Jennifer Taylor, UCSD Design Lab

Potential topics (WHAT)

- Trauma-informed lens for talking about overweight and nutrition
- Social determinants of health and policy/system/environment change
- Motivational interviewing techniques

Potential approaches (HOW)

- Training activities
 - Providing more evidence around trauma-informed nutrition and how this plays into health outcomes
 - Motivational interviewing training
- Guest speakers
- Reflection activities

User journey map

- Series of steps that you imagine a stakeholder is experiencing
- What is happening prior to visiting a provider?
- What happens when provider shares guidance in weight management?
- What are the questions that parents might have?
- What are the concerns of the parent?

Highlights

- Could record provider workshop to reach more people and scale it up
- Take a step back and look at the definition of health
 - Broaden the definition of health
 - Shifting away from defining health by weight status – use a resiliency approach (e.g., what are the strengths that the family has)
 - Spend the time to get to know individuals and their families before making assumptions about their physical activity or food intake
 - Check implicit biases about judging by the way someone looks
- Inviting someone from insurance side, possibly Medi-Cal
 - Care and reimbursement side could be really helpful for providers to

Next Meeting	The next meeting will take place on March 19, 2021 from 9:00 AM – 10:30 AM.	
---------------------	--	--