

Quality Report Card

Licking Memorial Health Systems



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PEDIATRIC CARE

Battle Childhood Obesity by Teaching Healthy Eating Habits

According to the Centers for Disease Control, 1 in 5 American school age children and young people – ages 6 to 19 years old – are considered obese. Obesity puts children at higher risk of having other chronic health conditions and diseases including asthma, bone problems, type 2 diabetes, and risk factors for heart disease. Parents can join in the battle against childhood obesity by teaching children healthy-eating habits. Eating healthy does not require a specific diet. It is as simple as choosing fruits, vegetables, grains, dairy, and protein foods to obtain the most nutrition and meet the child's personal calorie needs.

The recommended daily calorie range for most children between the ages of 6 and 12 is 1,600 to 2,200 calories per day, depending on their activity level. More calories are needed during early adolescence as the child begins puberty. Including foods with carbohydrates – the starches and sugars that are converted into fuel for the body helps fulfill the caloric intake and maintain energy; however, it is recommended that children consume foods with complex-carbohydrates such as beans, whole grains, vegetables and fruits instead of foods with added sugars and fat. Added sugars are sugars and syrups that are added to foods or beverages when processed or prepared and are often found in beverages such as soda, energy or sports drinks, candy, cookies, and jams. This does not include natural sugars found in milk and fruits.

To engage in healthy eating habits daily and keep children interested in healthy foods, the United States Department of Agriculture created an easy tool called My Plate. The idea is to divide a plate into fourths and choose a variety of foods and beverages from four main food groups including fruits, vegetables, grains and protein, then add a side of dairy such as milk, cheese or yogurt. Protein foods include meat, poultry, eggs, beans, nuts and seeds. Any food made from wheat, rice, oats, or cornmeal – including bread, pasta and cereal – are considered grains. Whole grains, such as whole-wheat flour and brown rice, are preferred due to high dietary fiber and other nutrients. When choosing processed or packaged foods, check the label for sugar, sodium, and ingredients high in saturated fat. High amounts of sugar and fat can lead to added calories and weight gain.

Changing eating habits can be a challenge, and does take time. Start with small changes over time such as focusing on whole fruits instead of drinking juice. Fruit juices often contain added sugar. Add fresh, frozen or canned vegetables to salads, side dishes and favorite recipes. For picky eaters, be patient with new foods. Encourage the child by talking about a food's color, shape, aroma and texture. Serve new foods together with the child's favorite meals. Also, try to make

eating fruits and vegetables fun by cutting the foods into shapes or serving with a low-calorie dip or sauce. For teenagers, engage them in the food buying process and teach them to read food labels. As the teen's appetite surges, offer healthy snacks high in protein and fiber to help them feel fuller longer.

There are a number of ways to increase the amount of vegetables children eat. Add chopped broccoli or green peppers to spaghetti sauce, top cereal with fruit slices, or mix grated zucchini and carrots into casseroles and soups. Creating a healthy eating style can improve a child's health and help maintain a healthy weight. Be wary of foods high in saturated fat, sodium, and added sugars. For more information and suggestions from the USDA, visit www.choosemyplate.gov.



Patient Story – The Miller* Family

Each week, the Miller* girls cannot wait to visit the Farmer's Market at the Canal Market District. "We have tried a lot of really neat and delicious fruits and vegetables – it's a lot of fun," said Tiffany*, age 16. "There is such a wide variety of fresh and colorful items to choose from and the selection varies each week," commented Laura Miller*, Tiffany's mother. "It's great – we just love it!"

In an effort to improve affordable food access and food security, increase consumption of healthy fruits and vegetables and promote the importance of a healthy diet for young patients and their families, Licking Memorial Health Systems (LMHS) recently launched the Fruit and Vegetable Prescription Program (FVRx). Shelley Gittens, M.D., Licking Memorial Pediatrics – Tamarack, introduced the Millers to the program this past spring and the family has been enjoying the benefits ever since.

FVRx originally was created by Wholesome Wave, a nonprofit organization that develops partnership-based programs that enable under-served consumers to make healthier food choices by increasing affordable access to fresh, local food. LMHS has collaborated with Wholesome Wave to adapt the nutrition incentive program for the Licking County community. Families and/or individuals qualify for the Program based on a set of questions discussed during a regular check-up with a family physician or pediatrician. Over the course of a year, participants are asked to complete the following:

- Meet with a physician or physician's care team twice during the year, free of charge.
- Attend four free nutrition education counseling sessions, along with their family.
- Redeem FVRx vouchers for a free basket of healthy fruits and vegetables on a weekly basis from the Licking Memorial Hospital Café, during the winter and at the Canal Market District in Newark, during the local growing season.

The Millers receive Market tokens on a weekly basis and typically visit the Market twice a week, Tuesday and Friday. The token quantity is based on the number of people in the family. Vendors at the Market often offer varieties of fruits and vegetables, not commonly seen in local grocery market chains, such as the cucamelon, dessert melons and fairy eggplants. "This is certainly a more exciting way to shop. The girls are more likely to want to eat a vegetable that they have picked out themselves, fresh from a farmer's bin," explained Dorothy*, the girls' grandmother, who also lives with them. Many of the items are harvested the same day and most vendors accept requests for specific types or quantities of items. "They have the opportunity to talk with the farmers and ask about how certain foods are planted and grown. Everyone is always very kind and also offers recipes, preparation ideas and samples," she continued. "The vendors take great pride in their products and are very accommodating and respectful," Laura pointed out. "They are just as excited to talk to us and share their knowledge as we are to learn from them. The Market also has been a terrific social outlet for all of us. We look forward to going, not only to talk with the vendors, but also to share ideas with other patrons," she added.

Families receive kitchen preparation tools as well as basic information about fruits and vegetables on their first visit to the physician's office. "The recipes, oils, spices and colander are very helpful. We also appreciated the information about how to select and store items and how long each remains fresh," Laura shared. A meal planning brochure, containing nutritional facts also was included. "The girls are more involved in meal preparation now," said Dorothy. "We have learned how to make dips with various spices for our vegetables and often look for healthy recipes on our own too," she continued.

The vegetables are so fresh and flavorful, that most do not need much seasoning. "I do not even use butter on the sweet corn," commented Julie*, age 14. "It tastes

2delicious without it. I really like going to the Market and trying all the new foods more than I thought I would." Laura admits that before participating in the FVRx program, her family ate many processed foods. "Having the access to fresh foods has been wonderful for our family. We are eating and feeling better – it is definitely a healthier lifestyle." The girls are requesting more fruits and vegetables with each meal and all of them have lost weight and inches, since beginning the the FVRx program. Dorothy explained how eating the fresher foods on a more regular basis has changed the tastes of less healthy foods and they have found themselves moving away from unhealthy snacks and meals. "I like to slice cucumbers on my sandwiches and we eat a lot of fruit for dessert now, instead of ice cream or cake," Tiffany commented.

The Millers also have benefitted from their meetings with dietitian, Annmarie Thacker. "She has taught us about portion sizes and what a balanced meal looks like," explained Tiffany. "My sister is not a big breakfast eater, so she also has given us some great alternatives, like smoothies." Tiffany proudly reported losing five pounds at each of her weigh-ins so far. "Annmarie's information has been eye-opening," commented Dorothy. "Her visual examples showing the salt and sugar content in certain foods are shocking."

"We have been treated with total respect, kindness and courtesy from everyone involved with this program," Dorothy shared. Dr. Gittens, Annmarie, the Hospital Culinary Services staff and the Market vendors are always willing to answer questions. Dr. Gittens and Annmarie take the time to explain things to us and are very good at following up. We all feel very comfortable with them," she said.

"It is great that we have one another for a support system too," added Laura. "We keep each other accountable and are really enjoying the experience of discovering new ways to eat foods. We are so appreciative of Dr. Gittens for introducing us to this program and hope more members of the

Pediatric Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare to benchmark measures. Then, we publish the data so you can draw your own conclusions regarding your healthcare choices.

- 1.** Immunizations are one of the safest and most effective methods to protect children from potentially serious childhood diseases. Licking Memorial Health Professionals (LMHP) monitor the percentage of children, aged 19 months to 35 months, who receive the individual and complete set of recommended immunizations. The series is frequently referred to as the 4:3:1:3:3:1 series. It consists of the following vaccines:
- 4 doses of diphtheria, tetanus (lockjaw), and pertussis (whooping cough)
 - 3 doses of polio
 - 1 dose of measles, mumps and rubella
 - 3 doses of Haemophilus influenzae B (influenza type B)
 - 3 doses of hepatitis B
 - 1 dose of varicella (chicken pox)

	LMHP 2015	LMHP 2016	LMHP 2017	National
Childhood immunization rate (4:3:1:3:3:1 series)	88%	86%	86%	75% ⁽¹⁾
Children, aged 6 months to 18 years, receiving the influenza vaccination	35%	32%	31%	59% ⁽²⁾

- 2.** LMHP providers follow Advisory Committee on Immunization Practices (ACIP) recommended vaccinations to prevent cervical cancer, varicella (chicken pox) and meningitis among adolescents.

	LMHP 2015	LMHP 2016	LMHP 2017	National
Female adolescents, aged 13 to 17 years, completing HPV vaccination series	56%	56%	62%	42% ⁽³⁾
Adolescent children receiving varicella vaccination	96%	96%	97%	83% ⁽³⁾
Adolescent children receiving meningococcal vaccination	88%	89%	91%	81% ⁽²⁾

- 3.** Pharyngitis (sore throat) is a common illness in children. Most children's sore throats are caused by viral illnesses. While antibiotics are needed to treat bacterial pharyngitis, such are not useful in treating viral pharyngitis. Before antibiotics are prescribed, a simple diagnostic test needs to be performed to confirm the presence of a bacterial infection. Inappropriate use of antibiotics for viral pharyngitis is costly, ineffective and contributes to the development of drug-resistant bacterial strains. LMHP monitors and reports how many children with sore throats, aged 2 to 18 years of age, received a Group A streptococcus test before they were given a prescription for antibiotics.

	LMHP 2015	LMHP 2016	LMHP 2017	National
Children with pharyngitis receiving test before antibiotics	95%	96%	96%	78% ⁽⁴⁾

- 4.** LMHP screens children, aged 9 to 11 years, for high blood cholesterol levels. Studies have shown that children who have high cholesterol are more likely to have high cholesterol as adults, placing them at increased risk for heart disease. By identifying at-risk children at a young age, families have an opportunity to make important lifestyle changes to diet and exercise to increase the likelihood that their children will enjoy long and healthy lives.

	LMHP 2015	LMHP 2016	LMHP 2017	LMHP Goal
Children, aged 9 to 11 years, receiving cholesterol screening	65%	58%	66%	65%

- 5.** When a child arrives at Licking Memorial Hospital with suspected or known sexual abuse, the specially trained sexual assault response team (SART) conducts a comprehensive evaluation of the child, including use of forensic kits to gather evidence from sexual assault victims. Complete use of this kit ensures that evidence is collected properly and submitted to law enforcement for analysis.

	LMH 2015	LMH 2016	LMH 2017	LMH Goal
Forensic kit collection was complete for children treated for sexual abuse	100%	100%	100%	100%

Data Footnotes: (1) Estimated Vaccination Coverage* with Individual Vaccines and Selected Vaccination Series Among Children 19-35 Months of Age by State and Local Area; US, National Immunization Survey Q3/2014-Q2/2015. (2) Centers for Disease Control and Prevention, National Immunization Survey, "Flu Vaccination Coverage, United States, 2014-15 Influenza Season" updated October 30, 2016. (3) Estimated Vaccination Coverage with Selected Vaccines and Doses Among Adolescents Aged 13-17, by State/Area; National Immunization Survey-Teen (NIS-Teen), United States, 2016. (4) NEW-National Committee of Quality Assurance, State of Health Care Quality Report Card 2016.



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community talk to their physicians about it, so they can also enjoy its benefits," she concluded.

Some of the vegetables that families receive when redeeming a prescription at the LMH Café are grown in the LMH garden, located on Dickerson Street, adjacent to the Hospital main campus. The nearly one-acre garden yielded more than 1,600 pounds of

produce last year that was utilized in the Café, or for events, patient meals and education.

*This is not the patient's real name.

Health Tips – Rethink Your Drink

Sugar-sweetened beverages including soda, sweetened teas/coffees, and sports and energy drinks can contain more than 16 teaspoons of sugar – the equivalent of three chocolate candy bars. On average, a 12-ounce serving of pop contains 36 grams – or about four teaspoons – of sugar and about 160 calories. While some sports drinks offer extra vitamins and minerals, the average sports drink contains about eight teaspoons of sugar in a 32-ounce bottle. That is equivalent to eating five chocolate-covered peanut butter cups.

Water is the best choice for hydration. If you want to provide more nutrients and vitamins in a beverage, serve milk or an unsweetened milk alternative such as soy, coconut or almond milk. Children only should consume four to six ounces of 100 percent fruit juice each day for a healthy weight. If a child will not drink plain water, try adding berries with mint leaves, a citrus blend, cucumber and melon, or apples with a cinnamon stick to add flavor.



**Licking Memorial
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Please take a few minutes to read this month's report on **Pediatric Care**. You'll soon discover why Licking Memorial Health Systems is measurably different ... for your health!

The Quality Report Card is a publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1572 to receive future mailings.

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