

Providence Pediatric Grand Rounds

Dr. James Beckerman

Medical Director, Prevention + Wellness

Providence Heart Institute



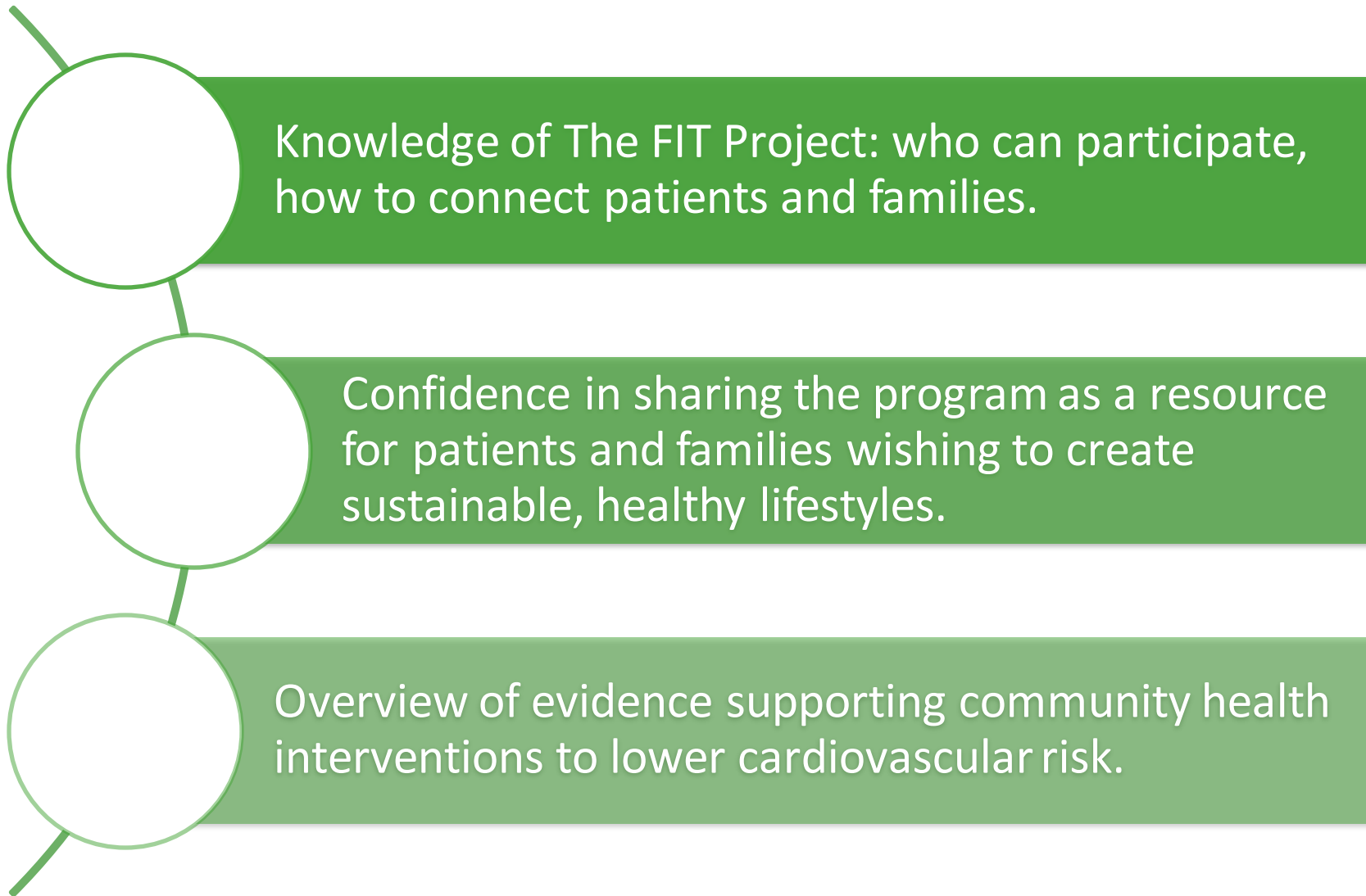
The FIT Project | PREVENTION + WELLNESS



PROVIDENCE
Heart Institute

Planning Committee & Faculty Disclosure:
The Planning Committee and Faculty have
no relevant financial relationships with
commercial interests to disclose.

Grand Rounds: Learning Objectives





PREVENTION + WELLNESS

Empower people to become their best, healthiest selves.



The 80% Opportunity

Eighty percent of heart disease is preventable by what we eat, how we move, the way we live.



The FIT PROJECT: History

2012

- Non-profit established, external leadership
- Focus: childhood obesity, referrals from PCP, weight loss, 2 key components: fitness, nutrition

2017

- Partnered with Providence Heart Institute / Basecamp
- Focus: childhood obesity, referrals from PCP, by this time there were 3 key components: fitness, nutrition, and wellness; 6-month cohort

2018

- Officially became part of Basecamp programming, non-profit absorbed
- Focus: any family with school-aged children, commitment to participate together, 3 key components; one 6-month cohort annually

2021

- Program went virtual, expanded reach beyond westside of Portland Metro; similar focus and qualifiers since 2018, added heart health topic
- Re-designed programming in response to virtual setting and pandemic

The FIT PROJECT: Program Goals

MISSION

Offer *free* family lifestyle training programs to help families become their healthiest through a community approach to wellness, fitness and nutrition education.

OBJECTIVES

Every family is welcome. The FIT Project builds community for families with school-aged children by providing education and support in a group environment. We can all thrive by combining our diverse perspectives to support common goals.

Experts develop and share easy-to-understand education and tools to help build a sustainable health and wellness plan for the entire household.



The FIT PROJECT: Team

Admin

Basecamp Prevention + Wellness

Dr. James Beckerman, medical director

Dr. Alejandro Perez, cardiologist

Tara Timothy, director

Tracie Rose, program manager

Shoshanna Pro-Richards, program coordinator

Instructors

Wellness

- Jennifer Lundman, NBC-HWC

Nutrition

- Kayla Guillory, RD
- Melody Acosta, RD

Fitness

- Christine Rosencrance, CPT
- Maicol Santos, CPT

The FIT PROJECT: Current Programming



FIT BASICS

- Updates for 2022 – new approach for virtual setting
- Entire family
- Experts: wellness, nutrition, fitness
- On demand video-based
- Email drip campaign
- Accessible to families at any time during the year
- General education around the 3 core topics
- Does not include individualized consults with experts
- Social media teaser campaign
 - Short educational videos and image tiles from our experts
 - Family-centered activity and messaging
- English & Spanish-language



FIT FOUNDATIONS

- 8-week series
- Experts: wellness, nutrition, fitness, & heart health
- Entire family
- 1x live connect/week
- Weekly email, plus online portal access
- Weekly education and activities on wellness, fitness, nutrition
- Weekly heart health video
- 1x nutrition consult
- Pre/Post assessment
- Weekly 1:1 with wellness coach
- Video/phone intro with wellness coach
- Next cohort additions:
 - 1x personal trainer consult



FUNDAMENTOS FIT

- Spanish-language
- 8-week series
- Experts: wellness, nutrition, fitness, & heart health
- Entire family
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The FIT PROJECT: Wellness

CERTIFIED WELLNESS COACH

Develops wellness coaching relationships with each family pre-program launch to establish expectations, hear family needs and set the framework of what to expect. Maintains the relationship to program conclusion.

OBJECTIVES

Partner with families to implement self-directed, sustainable lifestyle changes aligning with family values.

Weekly 1:1 with family or identified contact of the family to discuss current topics, successes/challenges, reviewing goals and setting smaller goals attainable over each week.

Serves as the hub for the program and leads the weekly live FIT Connect to draw connections between the expert presentation and the program.



The FIT PROJECT: Fitness

CERTIFIED PERSONAL TRAINER

Creates and delivers achievable workout plans for families, segmented into age groups for appropriate effort and results.

OBJECTIVES

Reviews safety for families exercising in the gym and at home. Assists with modifications as needed on individual basis.

Communicates the assigned age-appropriate routines to the families each week. Teaches proper form.

Lead contact for any additional trainers contracted to work with the families during the program.

Celebrates the efforts of each family member to help establish sustainable movement routines during and after program participation.



The FIT PROJECT: Nutrition

REGISTERED DIETITIAN

Delivering relevant, interactive, and family-friendly nutrition curriculum, counseling families on nutrition issues and healthy eating habits, and responding to nutrition-related questions from FIT families.

OBJECTIVES

Partnering with families to implement self-directed, sustainable lifestyle changes that align with their family values around nutrition.

Conducts a minimum of one family consultation to learn more on dietary needs, concerns, successes/challenges.

Offers creative, easy-to-understand basics on weekly topics to help engage the entire family in the meal planning, prep, cooking, healthy serving sizes, and label reading. Also provides education on kid-friendly snacks, school lunches, and hydration.



The FIT PROJECT: Heart Health

CARDIOLOGIST / MEDICAL DIRECTOR

Providing oversight to the program as a medical professional. Offering heart-health education, serving as a resource as needed, participating in the growth and refinement of the program.

OBJECTIVES

Connect with other medical professionals for the benefit of patients and the community.

Provide short and easy-to-understand content related to heart health. Many topics are further supported through content shared by our experts each week.

- Blood Pressure
- Cholesterol
- Blood Sugar
- Healthy Diet
- Smoking and Vaping
- Sleep
- Exercise
- Stress



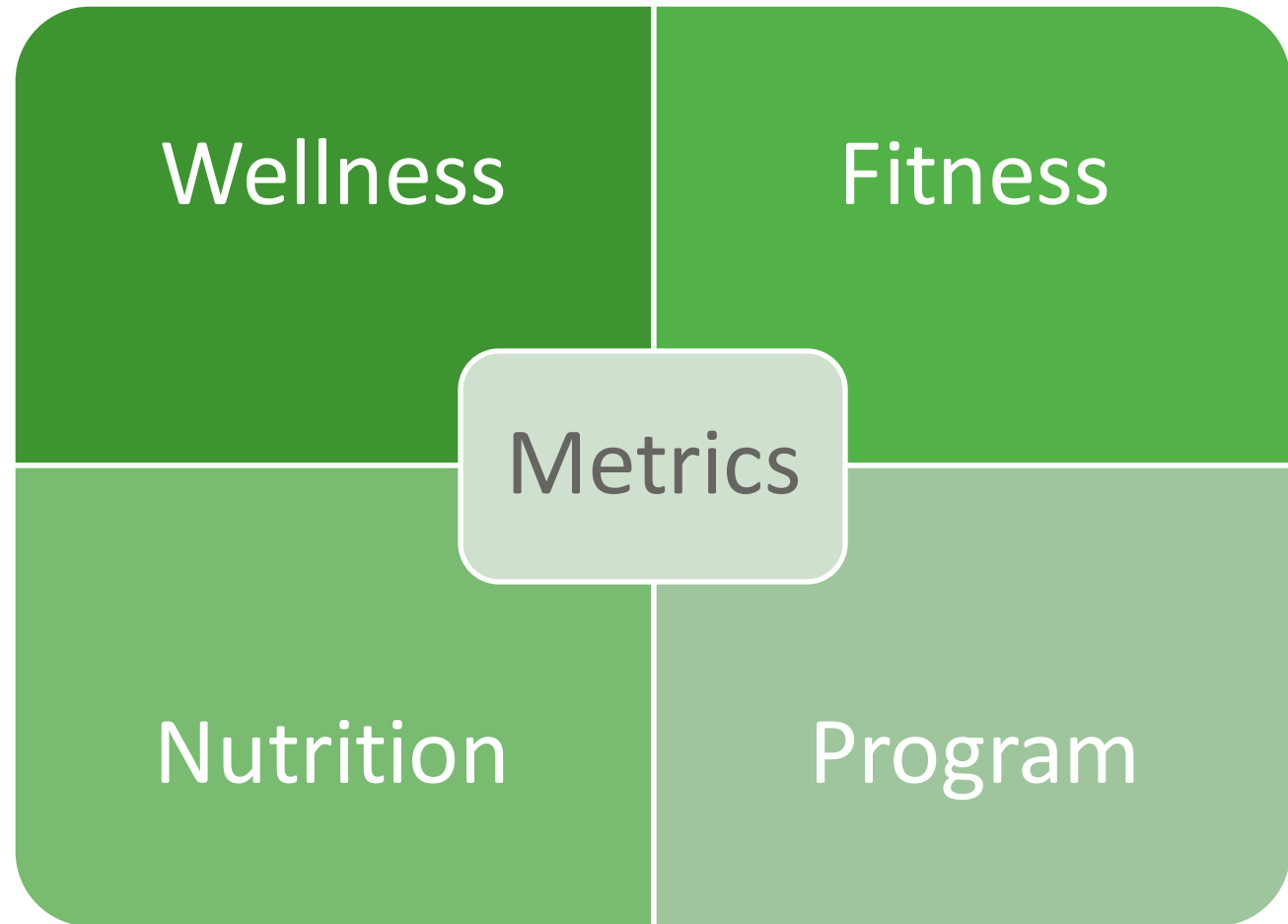
The FIT PROJECT: Metrics Overview

Shift in Metrics Over the Years

2012: focused on height, weight, body measurements pre/post. Over the years, this data has adjusted with the shift in the program focus.

2019: the pre/post assessments **focus on behavioral metrics** that align more closely with non-clinical, community-based programming.

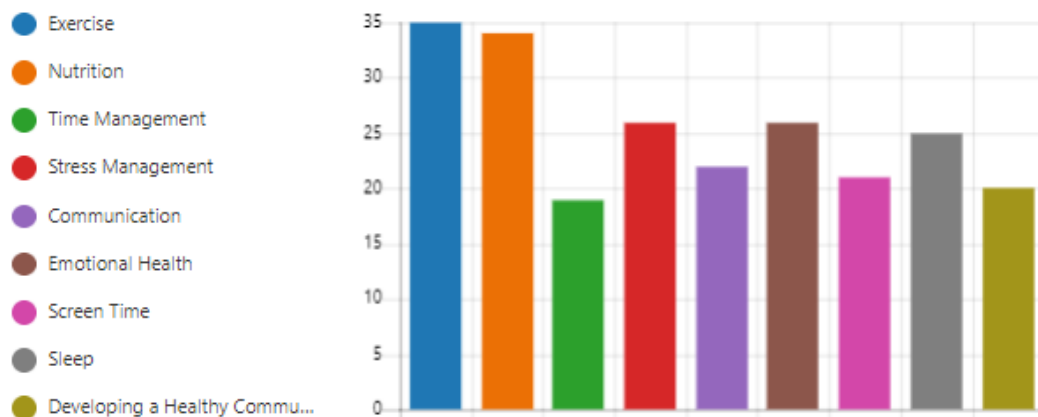
2021: Basecamp added standard programmatic questions in the post assessment. Questions included in most of Basecamp's community programming surveys.



The FIT PROJECT: Metrics

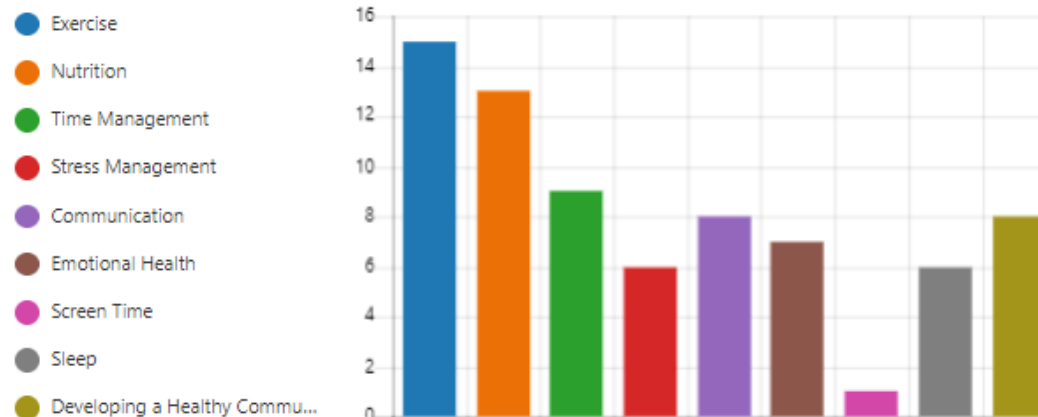
Areas most interested in addressing:

Exercise, Nutrition, Stress Mgmt, Emotional Health



Areas most impacted:

Exercise, Nutrition, Time Mgmt, Communication



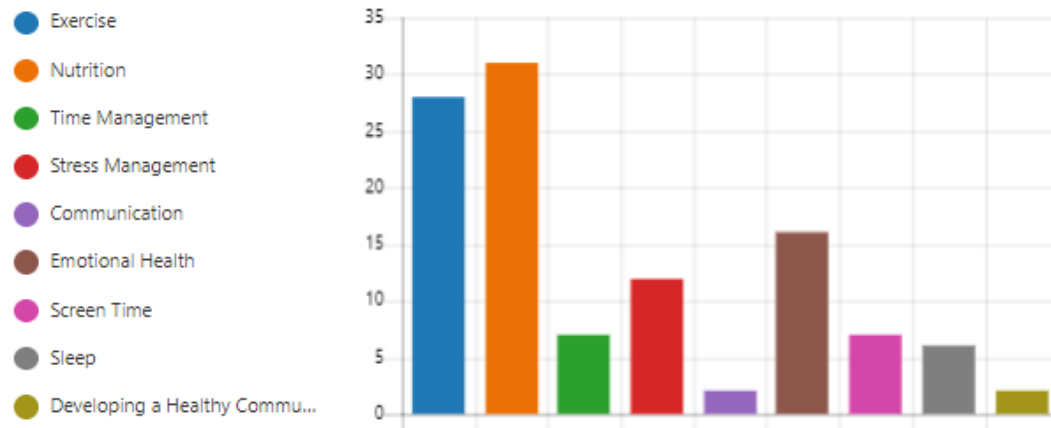
Data is collected Pre & Post participation. With exception of FIT Basics, no survey conducted at this time.



The FIT PROJECT: Metrics

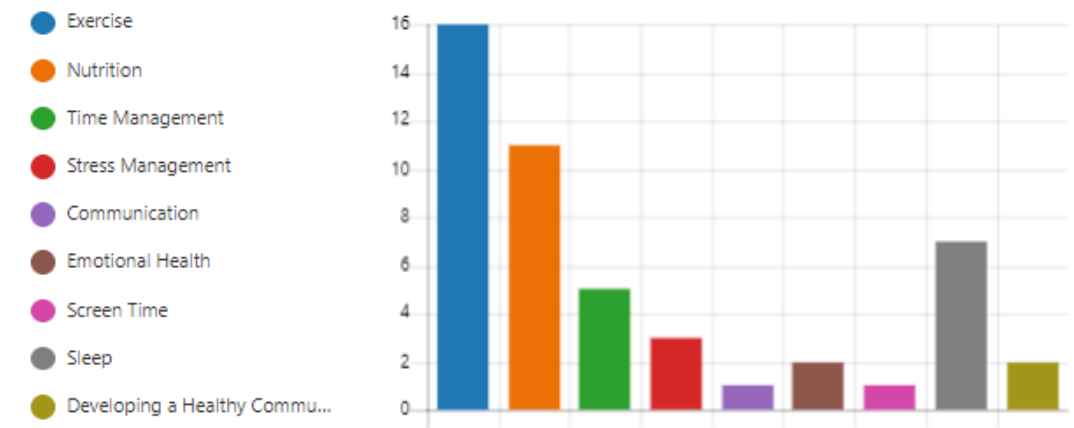
Top 3 Priorities going into the program:

Nutrition, Exercise, Emotional Health



Top 3 Priorities exiting the program:

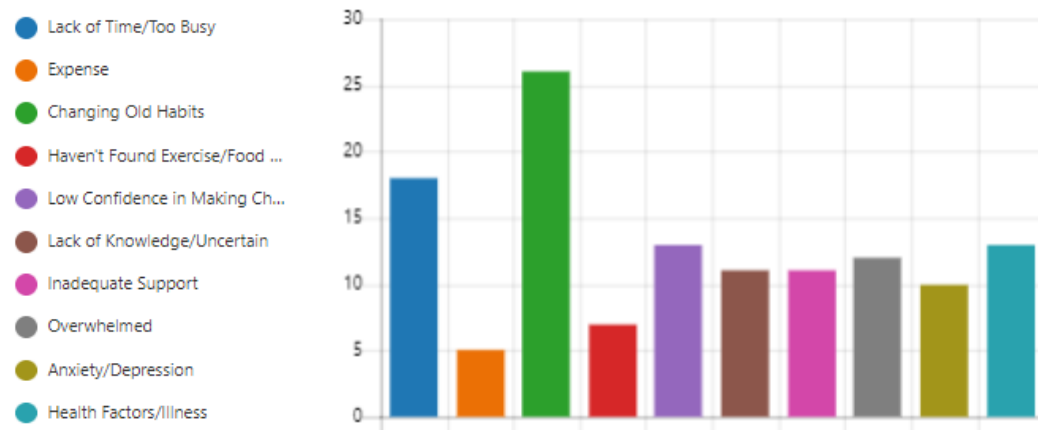
Exercise, Nutrition, Sleep



The FIT PROJECT: Metrics

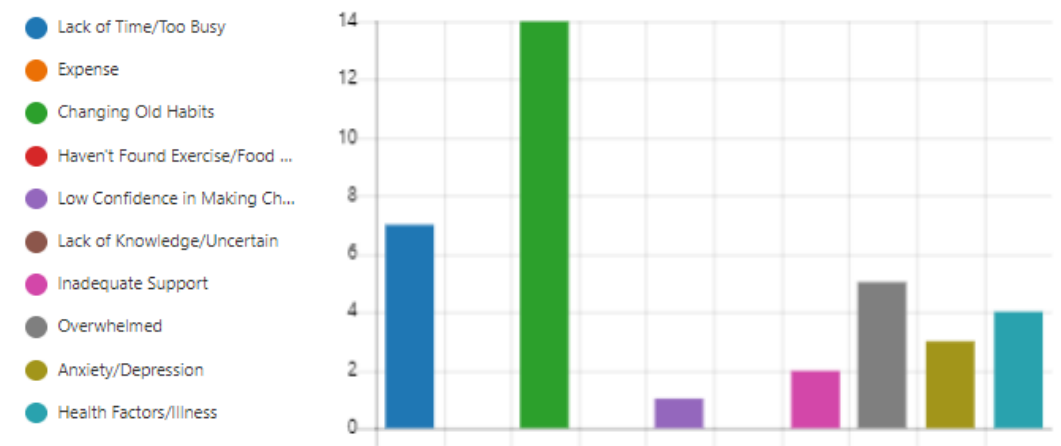
Barriers encountered in making lifestyle changes (Pre):

Changing Old Habits, Lack of Time



Barriers encountered in making lifestyle changes (Post):

Changing Old Habits, Lack of Time



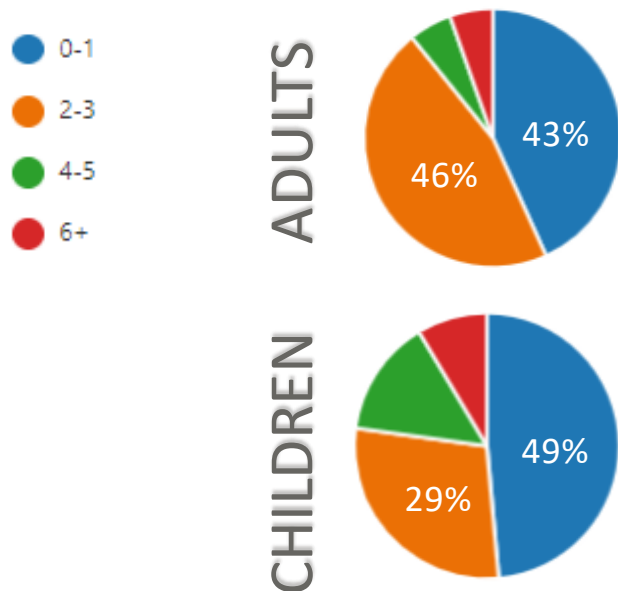
Noting the reduction in the number of barriers selected between pre and post survey.



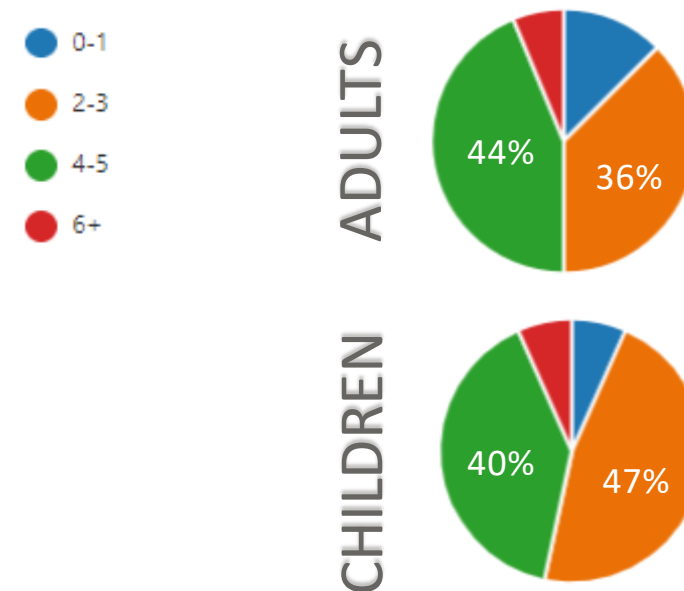
The FIT PROJECT: Metrics - Fitness

Days per week engaged in 20+ minutes of physical activity:

PRE (adults: 2-3, children 0-1)



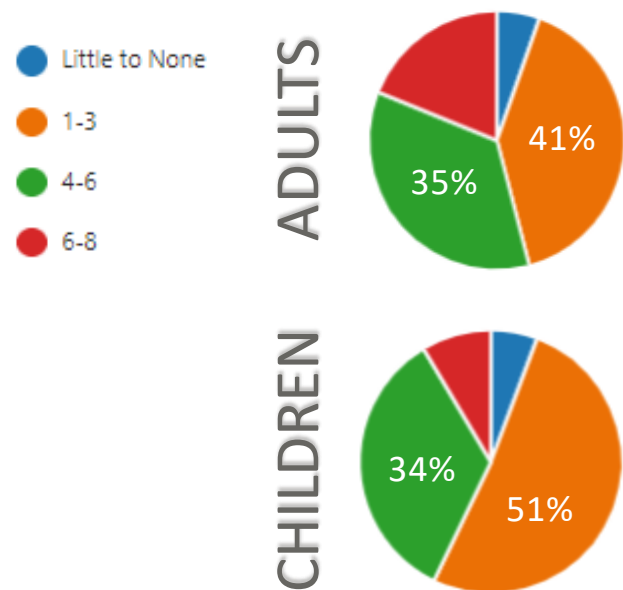
POST (adults: 4-5, children 2-3)



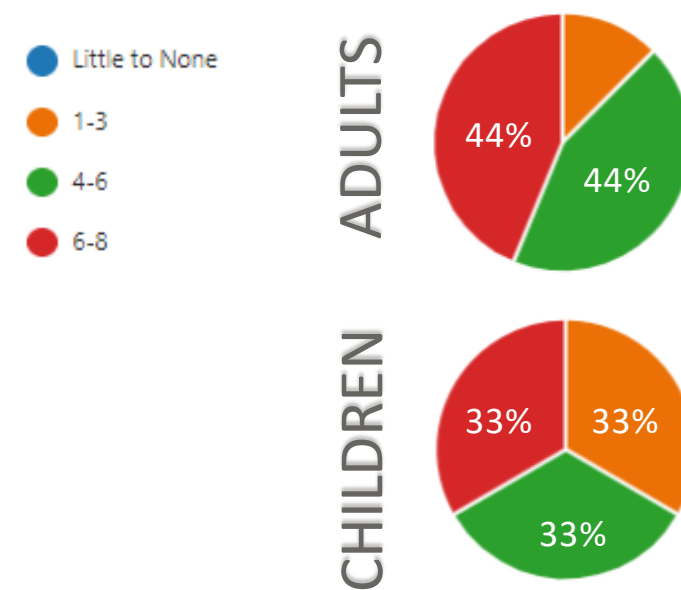
The FIT PROJECT: Metrics - Nutrition

How many glasses of water (8oz) consumed daily:

PRE (1-3 glasses per day)



POST (4-6 glasses per day)



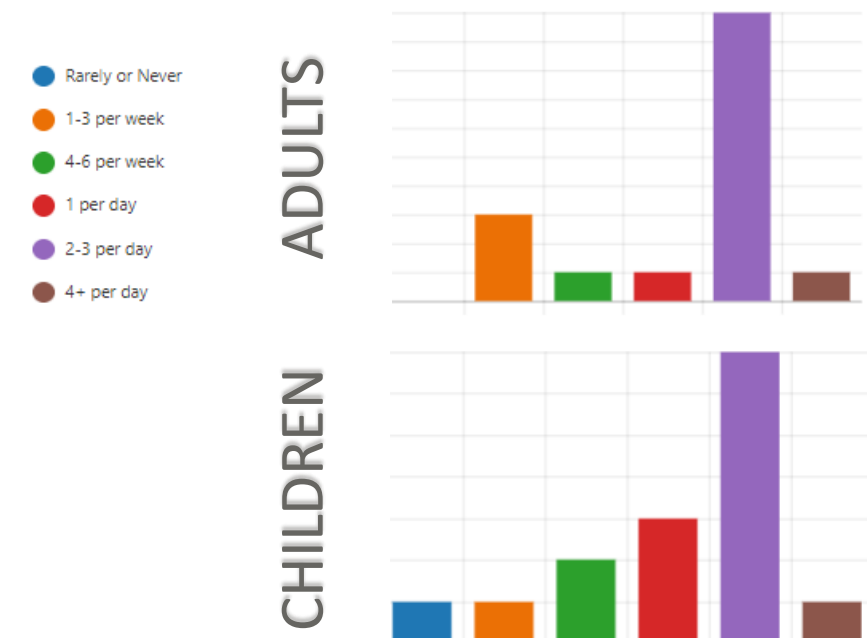
The FIT PROJECT: Metrics - Nutrition

How often are vegetables consumed (fresh/frozen/canned):

PRE (1-3 servings per week)



POST (2-3 servings per day)



The FIT PROJECT: Family Comments

We all worked together! It was a family event, not just the grown-ups. The kids really enjoyed being included.



We've seen each other work hard. We appreciate the efforts of our family members and have a joint goal.



The FIT PROJECT: Information Sharing

How to share The FIT Project with your patients and families. **Easy as 1, 2, 3!**

Share about the program during the appointment.
Point out the poster displayed in exam room.



Patient scans the QR code on the poster and completes the quick sign-up form.



Include the unique EPIC smartphrase on the AVS to remind patient of the opportunity.

AVSFITPROJECT

When Basecamp receives an inquiry, an automated email confirmation is sent. Our team then follows up to set time for a call with our certified wellness coach to confirm commitment, program type, and answer questions.

The FIT PROJECT: Information Sharing

FIT Kit for Clinics

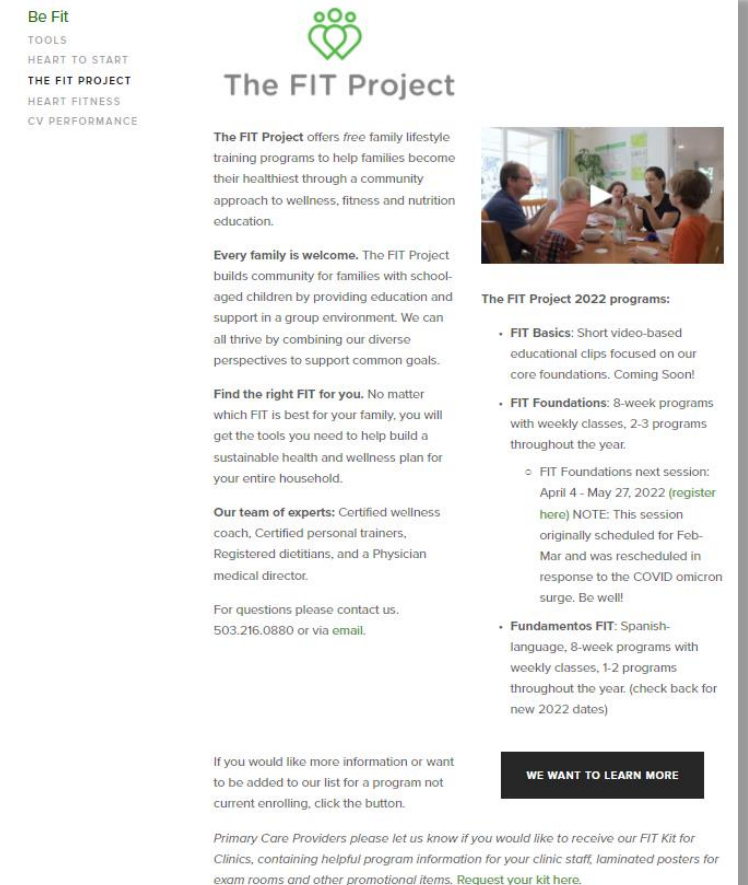
Pediatric and Family Medicine clinics can request a FIT Kit. This includes:

- One-page introduction to share with office staff and providers
- Contact information
- Set of 10 laminated posters for exam rooms (more available)
- Instructions to access the EPIC smartphrase and add to a provider's profile (**AVSFITPROJECT**)
- Set of Basecamp Prevention + Wellness postcards to distribute



Flier/Poster Example

Website



FIT Foundations

- Begins April 4 (Wednesdays Live Online FIT Connect)
- Registration Open! 8-week series (English language)

FIT Basics

- FIT Minute's releasing on social media Feb 2022
- Revised video-series coming soon

Grand Rounds: Recap of Learning Objectives



Knowledge of The FIT Project: who can participate, how to connect patients and families.



Confidence in sharing the program as a resource for patients and families wishing to create sustainable, healthy lifestyles.



Overview of evidence supporting community health interventions to lower cardiovascular risk.



Thank you.

Contact:

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TheFITProject.org