

**Cincinnati Pediatric Research Group**  
**Minutes of the Meeting**  
**November 16, 2005**

**IN ATTENDANCE:** Lea Alae  
Jeralyn Bernier, MD  
Chris Bolling, MD  
Debbie Boyd, MD  
Jim Davis, MD  
Elena Huang, MD  
Evie Joseph, MD  
Bob Siegel, MD

**1. ADMINISTRATIVE**

- Staffing Changes – Dr. Bernier has reduced her time at CCHMC to 0.2 FTE, though still managing the Surveillance project and continuing with the Maternal Depression brochure distribution and the Obesity Toolkit development. Some administrative responsibilities for the CPRG are to be shared with Drs. Siegel and Bolling from here forward.

Dr. Bolling joined CCHMC full-time in the summer. He is interested in improving obesity care and is spending clinical time at HealthWorks! and GIS and research collaboration with Lori Stark of the psychology department. He will bring these collaborations to the CPRG as he takes on more CPRG leadership over the coming months. Dr. Bolling's office is located on A8 in General and Community Pediatrics.

Lea Alae is now program coordinator for the Masters in Education program and Faculty Development, along with her responsibilities with the CPRG. She is located in the General and Community Pediatrics offices on A-8 full-time now, and her contact information (email and phone) is the same.

- Membership – We are considering a membership drive to be sure community pediatricians know about the CPRG and that membership is open to anyone interested in practice-based research. Benefits of membership include participating in research, category 2 CME for attendance at meetings, possible participation in Quality Improvement Initiatives for practices, and stronger ties to CCHMC, the Division of General and Community Pediatrics, and Dr. DeWitt.

Including a copy of the Maternal Depression brochure in the monthly Community Pediatrics Sunrise Lecture Series mailing has generated quite a few contacts, and we believe this might be an effective way to invite additional physicians to become involved. A new cover letter is being drafted to invite new community members. Dr. Bolling may make site visits as well.

- PAS Abstracts – PAS is April 29-May 2 in San Francisco. Dr. Doyne is preparing an abstract on ADD comparing the original survey results with the follow-up survey results after the community education series. A second abstract is being prepared by Bob Siegel to summarize experience with the Atkins Study.
- Website Updates – We are updating content on [www.cprg.org](http://www.cprg.org), and will be adding a resource page for the maternal depression resources and brochure. The link to [www.cprg.org](http://www.cprg.org) on the CenterLink Medical Staff Community Physician page was made more visible after a discussion at the meeting. Please keep the suggestions coming! (Contact Lea at [lea.alae@cchmc.org](mailto:lea.alae@cchmc.org) with any suggestions.)

## 2. STUDIES UNDERWAY

- Atkins Low-Carbohydrate Diet Study – We have closed enrollment with 71 enrolled! 64 patients have completed at least 1 month to date. The average age is 14.4 years (12.0 to 18.9), and there are 56 girls and 8 boys. 20 participants have dropped out, which is less than we expected.

The average weight loss at 4.4 months is 11 months with a range of +15.25 to -66. Eight participants gained weight, 1 had no change, and 55 have lost weight.

The self-reported calorie count has dropped from 2229  $\pm$ 705 on the initial visit to 1100  $\pm$ 420 at the last visit. Data validity were discussed and a discussion ensued re: weight loss due to calorie reduction vs. low carbohydrate diet content.

A follow-up study is being planned that would follow the graduates for 3 years of quarterly visits with the dietician.

- Obesity Prevention Study/Toolkit – We have received permission from ODH to modify their Help Me Grow cards however we wish. Planned modifications include sample menus, snack tips, and activity resources. The PPC pilot is to occur in November and December with the help of Jessica Fealy, a medical student familiar with the project. Dr. Joseph has been committed to the development of the toolkit. Dr. Siegel noted that the AAP is developing a comprehensive obesity toolkit, and Lori Stark has worked with Dannon to develop nutrition cards that may also be incorporated. Consideration was given to changing from cards to a tri-fold brochure as we explore different printing options. Discussion of AAP CATCH grant funding for the toolkit with awards of \$10,000 may be sought by Drs. Siegel, Huang and Bernier for this project. Improving access to services for the underserved populations is a priority of the CATCH grant program.

### 3. NEW & UPCOMING STUDIES

- POINT Study (Preventing Obesity in Newborns and Toddlers) – Dr. Krummel submitted the grant proposal in October, and announcements will be made in April for a start in Fall 06. As written, the project would include 6 of our practices in their entirety. Discussion of partner buy-in and participation from all doctors in any one practice may be a challenge during this implementation, but we look forward to working with Dr. Krummel.
- Chris Bolling's K award – Dr. Bolling briefly described the grant he is working on with Psychology for a June submission. They will apply the transtheoretical stages of change model to early obesity and attempt to modify the outcomes for patients. Dr. Bolling views pediatricians as highly capable with recognition and intervention at the early stages of a disease and views this strategy as more easily undertaken than primary prevention or treatment for the late stages of obesity. This project would likely occur in outpatient practices if the CPRG would like to be involved. After brief discussion, it was agreed that the Obesity Toolkit cards could be used during the pilot study for this project as a control group, with everyone getting the toolkit and then randomized into either the control or study group for the intervention.

**HAPPY HOLIDAYS everyone!!!**

**Next meeting is TBD**