



CINCINNATI PEDIATRIC RESEARCH GROUP
Minutes of the Meeting
September 28, 2004

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I. Studies Underway

1. Obesity Patient Data

We need additional patient data entered to characterize our practices. Mrs. Bailey will be contacting those of you who are participating to enter additional patients to a total of 100 each.

2. CHIRP

We still need subjects that are 10 or 12-16 years old.

3. Surveillance

System upgrades will be completed by the end of October. We are very eager to hear your comments once they are fully rolled out!

Within the next month, Lea will be contacting clinics with any members who had a participation rate of 75% or greater during each of the second and third quarters (April-June and July-September) to set up incentive lunches.

A reminder also that the \$10/week incentive began in June and will be paid quarterly. If you cannot accept a check payment, and would prefer a gift certificate to UC bookstore, please let us know.

4. Atkins/Low Carb Diet study

Enrollment has been brisk, with 20 subjects so far from 8 of the 12 participating practices. We are encouraging and accepting new referrals but may have the dietician (Whitney) stagger their appointments.

II. Next Study—Obesity Prevention

The purpose of this meeting was to discuss what the next obesity project should be. During the retreat in January, a majority of members expressed an interest in obesity, and we are looking for the next project to address prevention. Meeting attendees were given a copy of a document outlining current funding opportunities, and other prevention/intervention studies were discussed. There was recently a small blue BMJ book distributed with Clinical Evidence in the mail containing a review of much of the obesity literature as of last spring. We are seeking evidence based interventions to use in our practices. Described studies dealt with improving diet, increasing exercise/activity level, school programs, or parent/child initiatives, with a few successful ones addressing both diet and activity and reducing sedentary behavior. The studies are also hard to duplicate and expensive to implement – this has made it difficult to determine a strategy for the CPRG to focus on for its next project.

The literature does not clearly point us towards a certain component strategy, though there is group interest in the distribution and provider description of written materials geared towards parents of 1-5 year olds. Some of these have been developed at ODH and are accessible to us for customization or use in practice. There are also new materials of interest such as activity prescriptions and sample menus. Our contacts at ODH will likely work in concert with us as new materials become available.

Dr. Joseph further discussed an Italian study that had a primary care provider distribute either a general flyer (group 1) or more specific information regarding dietary choices, sample menus, food log, etc. (group 2). The results were unclear from the information she had at hand, but she suggested we could do this type of a study using cards* created by the Ohio DOH “Help Me Grow” program and sample menus/recipes designed by a dietician. Dr. Joseph noted that the parents she talks to are overwhelmed with the amount of information they receive about what to do and not do, but are frustrated at not having more specific information.

The group liked the above idea and there was much discussion regarding how to randomize patients, standardization of the control and treatment group protocols, what ages the study should focus on, how many subjects would be needed, how to assess “success”, what funding opportunities this would fit with.

To move forward, we will have 2 more meetings before Thanksgiving. At this point we would like to gather materials of use to our providers in practice. The first meeting will be to review gathered materials, such as the ODOH cards, an AAP handout Dr. Nasser is using, and others that might be out there. Working subgroups can also meet independent of the CPRG monthly, and we will have a meeting as a conference call late in October. The second meeting will be to review our proposal with other obesity researchers.

Please contact Lea for more information at 636-4183.

**The ODOH cards give guidance on feeding children from infant through 5 years old, including topics on dealing with a picky eater or a child who refuses to eat, including vegetables in the diet, the importance of breakfast and mealtimes. They are no longer being printed by ODOH, but they have sent us the files and we can modify them however we want (change information, add practice/doctor name, etc.) and have them printed for our own use.*

NEXT MEETING/CONFERENCE CALL – TBD