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Parenting at Mealtime & Playtime Program Launching Wave 4 with a New Online Format

By Amy Sternstein, MD, FAAP and Elizabeth Zmuda, DO, FAAP,
Ohio Chapter – American Academy of Pediatrics

The Parenting at Mealtime and Playtime (PMP) program from the Ohio Chapter, American Academy of Pediatrics (Ohio AAP) is debuting a new wave and exciting program additions to help providers further the patient-centered medical home (PCMH) model. This quality improvement program, an update of the popular *Ounce of Prevention and Pound of Cure* programs, is a partnership with the Ohio Department of Health, and provides physicians and health practitioners with developmentally appropriate nutrition, activity and sleep recommendations by promoting family-child engagement starting from birth to 5 years of age.



“PMP provides cutting-edge information on foundational health habits, that all children should be exposed to and



The Ohio Patient-Centered Primary Care Collaborative

(OPCPCC) is a coalition of primary care providers, health professionals from the medical neighborhood, insurers, employers, consumer advocates, government officials and public health professionals. They are joining together to create a more effective and efficient model of healthcare delivery in Ohio. That model of care is the Patient-Centered Medical Home (PCMH).

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parents should be learning about, to ensure optimum nutrition and physical activity in those critical early years,” said Emia Oppenheim, PhD, RD, LD, Early Childhood Obesity Prevention Program Coordinator, Ohio Department of Health.

Since PMP began in April 2014, the program has reached more than 75,000 children in Ohio with nutrition, fitness and play resources. The first three PMP cohorts had significant increases in all risk assessment measures for obesity, which includes, but is not limited to: growth trajectory, blood pressure checks and family history. In addition, all three cohorts also had significant increases in nutrition and physical activity counseling.

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OPCPCC Annual Conference



John Auerbach, MBA

The fifth annual Ohio Patient-Centered Primary Care Collaborative (OPCPCC) annual conference will be held on Friday, Nov. 18, 2016 at the Pinnacle Golf Club in Grove City, Ohio. The theme of this year's conference is "Mobilizing prevention and practice teamwork in the neighborhood: Leveraging the primary care relationship." The conference will examine how primary care practice teams can work through the patient-centered medical neighborhood to mobilize prevention and disease management activities to improve population health. Diabetes prevention and management will be used as an example throughout the conference to illustrate models, strategies and best practices.

OPCPCC is pleased to announce that the conference will feature a keynote presentation by John Auerbach, MBA, associate director for policy at the Centers for Disease Control and Prevention (CDC) and the acting director of the Office for State, Tribal, Local and Territorial Support (OSTLTS). He oversees the Office of the Associate Director for Policy, which focuses on the promotion of public health and prevention as components of health care and payment reform and health system transformation. As acting director of OSTLTS, he oversees key activities and technical assistance that support the nation's health departments and the public health system. Previously, he was a distinguished professor of practice in health sciences and director of the Institute on Urban Health Research and Practice at Northeastern University from 2012 to 2014. Auerbach was the commissioner of public health for the Commonwealth of Massachusetts from 2007 to 2012. Under his leadership, the department developed innovative programs to address

racial and ethnic disparities, promote wellness (including the Mass in Motion campaign), combat chronic disease and support the successful implementation of the state's healthcare reform initiative.

CDC provides these partners with rigorous evidence about high-burden health conditions and associated interventions to inform their decisions to have the greatest health and cost impact.

Auerbach has authored and co-authored many important publications, including a recent discussion paper about CDC's exciting new 6l18 Initiative. Through the 6l18 initiative, CDC is partnering with health care purchasers, payers and providers to improve health and control health care costs. CDC provides these partners with rigorous evidence about high-burden health conditions and associated interventions to inform their decisions to have the greatest health and cost impact. This initiative offers proven interventions that prevent chronic and infectious diseases by increasing their coverage, access, utilization and quality. Additionally, it aligns evidence-based preventive practices with emerging value-based payment and delivery models. The initiative targets six common and costly health conditions – tobacco use, high blood pressure, healthcare-associated infections, asthma, unintended pregnancies, and diabetes – and 18 proven specific interventions that formed the starting point of discussions with purchasers, payers and providers. Learn more at <http://www.cdc.gov/sixeighteen/>.

John Auerbach has co-authored two discussion papers about population health in Centers for Medicare and Medicaid Innovation (CMMI) State Innovation Models (SIM) grants. The first of these discussion papers,



Pinnacle Golf Club in Grove City, Ohio

[Opportunity Knocks: Population Health in State Innovation Models](#), was released in August of 2013. The second discussion paper, [Opportunity Knocks Again for Population Health: Round Two in State Innovation Models](#), was released in April of 2015.

Other conference agenda items are expected to include a sharing of best practices from around Ohio and updates on CMMI funding initiatives in Ohio (i.e., SIM, Comprehensive Primary Care Initiative). Watch for more details in Ohio PCMH Weekly or contact PCMH@odh.ohio.gov or (614) 644-9756 for more information.

NCQA Discount for OPCPCC Members

As part of the purchase of monthly data feed subscription through the National Committee for Quality Assurance (NCQA), the Ohio Department of Health (ODH) has a sponsor discount code for NCQA fees. Members of the Ohio Patient-Centered Primary Care Collaborative (OPCPCC) can use this discount code to receive a 20 percent discount on NCQA application fees. The code can be used by OPCPCC members who are not already eligible for other discounts, such as the 50 percent NCQA multi-site discount given to practices that have three or more sites that share the same EMR. To use the ODH sponsor discount code, please first complete the free on-line OPCPCC membership form and then call Amy Bashforth at (614) 644-9756 by October 30 to receive the code.

Announcements and Upcoming Events

OPCPCC Activities and Events

Tue., June 28 at 11:00 a.m.	Patient Engagement Learning Center conference call
Tue., July 26 at 11:00 a.m.	Patient Engagement Learning Center conference call
Tue., Aug. 23 at 11:00 a.m.	Patient Engagement webinar
Wed., Aug. 31 at 10:00 a.m.	Workforce Learning Center meeting
Fri., Nov. 18	OPCPCC annual conference
Tue., Nov. 22 at 12:15 p.m.	Patient Engagement webinar

Save the Date:

The Ohio Department of Health's State Office of Rural Health is pleased to announce the 2016 Ohio Rural Health Conference and Flex Annual Meeting scheduled for August 25-26, 2016. This year's conference theme is "People, Places, Partnerships and Outcomes." The conference audience is all rural Ohio stakeholders, local health departments, rural health clinics, and hospitals. Watch for more information on Ohio's [State Office of Rural Health website](#).

If you have ideas or would like to contribute an article for an upcoming newsletter, please send your ideas to PCMH@odh.ohio.gov or call Amy Bashforth at (614) 644-9756.

OPCPCC Membership

The Ohio Patient-Centered Primary Care Collaborative (OPCPCC) invites you to become a member of OPCPCC and join us in spreading PCMH throughout Ohio. Check out the [OPCPCC website](#) to see the strong list of supporters. **Membership in OPCPCC is free** and benefits include:

- Conferences and networking opportunities
- Quarterly Newsletters
- Ohio PCMH Weekly updates
- Discount code for 20 percent discount on NCQA application fees

Please complete the [on-line membership form](#), to ensure that you will receive updates about OPCPCC and PCMH activities in Ohio. Please call (614) 644-9756 with any questions regarding membership in OPCPCC.



“In an effort to prevent overweight and obesity, risk assessment and early intervention are key to this program,” said Amy Sternstein, MD, FAAP, Co-Medical Director of the Parenting at Mealtimes and Playtime program. “The data shows practitioners have improved documentation in risk assessment during the well child visit, enabling early intervention in behavior change. It is much easier to build a foundation of healthy habits as compared to reversing established unhealthy habits later in life.”

The PMP team is planning for Wave 4, beginning Fall 2016, with a new online format designed for broad dissemination. MOC Part IV credit will be available in this simplified model that will reduce data requirements and will feature modified measures to make the program appealing for busy physicians. The Ohio AAP continues to be proactive in providing cutting edge educational opportunities for providers.

“I can’t tell you how much more adept I am at assessing a child’s weight status, risk for obesity and obesity-related health issues, and giving timely nutrition and activity advice since I started PMP!” said Jennifer Fallon-De Lucia, MD, FAAP, Wave 3 participant with Great Start Pediatrics in Perrysburg.

In addition to the learning collaborative, the new PMP Mobile App launched in May 2016 has a directory of evidence-based, age-appropriate resources for parents and caregivers outside of their doctor’s office. The App can be accessed by going to <http://pmp.ohioaap.org>.



Photos from <https://pmp.ohioaap.org/>

Contact program manager, Lisa Weston, at (614) 846-6258 or lweston@ohioaap.org to join PMP Wave 4 or with any questions. Additional details are available online at <http://ohioaap.org/projects/PMP>. Contact program manager, Lisa Weston, at (614) 846-6258 or lweston@ohioaap.org to join PMP Wave 4 or with any questions. Additional details are available online at <http://ohioaap.org/projects/PMP>.