

Title: Fit For Residents

IRB# 2009-040

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Synopsis:

The goal of the Fit for Residents project is to reduce the prevalence rates of pediatric obesity and in turn type 2 diabetes and heart disease through the improved training of future primary care physicians and support system changes within community and hospital based primary care practices serving racially and ethnically diverse populations. The Fit for Residents project will link the best practices of the UCLA CHAT (Community Health and Advocacy Training) program's Pediatric Wellness Initiative and other identified best practices with residency programs across the country in order to share curricular innovations, provide training and tools to the faculty of the residency programs and support quality of health care improvement activities. More specifically the objectives are to:

- Identify best practice and available tools for the assessment and management of Pediatric overweight
- Write a model primary care (pediatric and family medicine) residency program curricula based on the multidisciplinary project advisory committee and the 5 pilot resident sites one year experiences.
- Educate faculty, residents, and support staff of the 5 primary care residency programs and their related community or hospital based clinics in a culturally effective program focused on the prevention, management and referral of pediatric obesity in order to equip future primary care physicians to address pediatric obesity at the clinical, community and policy levels.
- Set up systems based on the best practices to effectively and systematically detect, prevent, manage and refer pediatric overweight patients.
- Implement a comprehensive evaluation of the educational, clinical and community interventions.