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Who’s speaking?

Sanne de Laat

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MD in Youth Health Care
Goal of today

Inform you

Advice me
Agenda

• Background:
  • Children with overweight in ‘s-Hertogenbosch
  • The preventive care chain for overweight children
• Research goals
• Methods:
  • Implementation study
  • Effect study
• Discussion
‘s-Hertogenbosch

jongeren op gezond gewicht
Percentage jeugdigen met overgewicht (inclusief obesitas), 2016

- 2-jarigen
- 3-4 jarigen
- 5-6 jarigen
- 9-11 jarigen
- 13-15 jarigen

s-Hertogenbosch Hart voor Brabant
Background

Percentage kinderen met overgewicht (inclusief obesitas), screeningen JGZ 2005-2016

- 9-11 jarigen Hart voor Brabant
- 9-11 jarigen 's-Hertogenbosch
Background: what is the preventive care chain?

“ The preventive care chain for overweight children emphasizes self-management of the family and is based on stepped and matched care principles in a strong multidisciplinary local network. “

Important aspects:
• Key role of the YHC nurse:
  • Coach, coordinator, linking pin
• Local alignment/cooperation between schools, GP’s, YHC and other (health) professionals
• Shared vision
Background: what is the preventive care chain?

BMI as symptom
Project ‘s-Hertogenbosch

MATERIALEN VOOR REALISEREN EN UITVOEREN VAN DE KETENAANPAK
WERKWIJZEN, FUNCTIONELE INSTRUMENTEN EN PRÁKTISCHE HIJMÖDELEN

[Links naar YouTube video: https://www.youtube.com/watch?v=BgGYmyyptl0]

www.proeftuinovergewichtdenbosch.nl
Research goals

Evaluation of the implementation and effectiveness of the preventive care chain for overweight children aged 4-12 years in ‘s-Hertogenbosch

• Implementation study

• Effectiveness study
Implementation study: 2018
Implementation study

Outcomes:
• Degree of implementation in three neighbourhoods in ‘s-Hertogenbosch
• Facilitating and impeding determinants for implementation
• Experiences and appreciation of professionals, parents and children
• Reach and flow of children
Effectiveness study: starts now – August 2018

- 120 children with overweight in ‘s-Hertogenbosch
- 60 children with overweight outside ‘s-Hertogenbosch
  - Boxtel, Drunen, Heusden, Vlijmen

https://www.youtube.com/watch?v=hlcmg6L3ZTA
Effectiveness study

Primary outcomes:
• Quality of life of the child: PedsQL, IWQoL

Secondary outcomes:
• Psychosocial problems of the child: SDQ
• BMI-SD: measured by YHC
• Physical activity and nutrition
• Wellbeing of the parent: ladder of Cantril (0-10)
• Empowerment of the parent: EMPO
Effectiveness study

After a year:
• Goals achieved?
• Number of referrals to other professionals and interventions
• Appreciation of the support by YHC and other professionals
Discussion

Integrated care for overweight is high on the agenda of many municipalities

Insight in the implementation and effectiveness

Expectation: beneficial effects for children, parents and professionals

Optimize the support for overweight children and their parents

Does the YHC nurse play a key role in the integrated preventive care chain?