

TOOLKIT:

Providing and billing for childhood obesity services delivered by Community Health Workers (CHWs)

CHWs delivering evidence-based practices is an effective and sustainable way to address the obesity epidemic.

- 31.8% of US children are overweight or obese,¹ and a November, 2017 study² projects 57% of US kids will be obese by age 35.
- The United States Preventive Services Task Force (USPSTF) recommends that “clinicians screen for obesity in children and adolescents 6 years and older and offer or refer them to comprehensive, intensive behavioral interventions to promote improvements in weight status.”³ These services are required to be covered by insurance, without copays or deductibles to the members.
- There are effective interventions to curb this trend long-term by working with kids and families in clinic- and community-based settings, helping them adopt healthier lifestyles.
- Community Health Workers (CHWs) are uniquely trained and qualified to provide health education and self-management support services. In MN, CHW services are reimbursed by MN Health Care Programs, which can be a key component to service sustainability.
- The toolkit highlights two evidence-based models to serve overweight and obese children and their families: MEND (Mind, Exercise, Nutrition...Do It!) and Smart Moves.

5 steps to healthier kids and families

STEP 1: Identify or recruit an ordering provider

STEP 2: Develop standing orders to deliver an evidence-based model

STEP 3: Recruit and train certificate-holding CHWs on standing orders and the chosen model

STEP 4: CHWs deliver the pediatric obesity services in clinic or community settings

STEP 5: Bill for CHW services

Access the toolkit to learn more: <http://www.mnaap.org/obesitymppocc.html>

¹ National NHANES data, for children 2-19 years old, Ogden *et. al.* 2014

² Zachary J et al. “[Simulation of Growth Trajectories of Childhood Obesity into Adulthood](#)” (NEJM; November 30, 2017; 377:2145-2153)

³ [USPSTF Final Recommendation Statement: Obesity in children and adolescents: Screening](#) (Intensive behavioral interventions are defined as >26 hours over 6 months.)

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CHW Solutions