Community Outreach – Obesity Prevention Trial (CO-OPT)

Project Overview
This project extends an established and well tested Denver Health patient navigators (PN) program to a new prevention domain – obesity. Serving as culturally competent/concordant intermediaries between health care providers and Denver’s most vulnerable communities, PNs have extensive experience with individuals around adult chronic diseases. That model will be extended to include low-income families with obese children; the intended PN impact would be on multiple extended family members.

Through a series of system interventions, CO-OPT will facilitate patients and providers working in concert to improve communication and outcomes. In addition to enhanced clinical preventive services through targeted education programs for providers, a pilot feasibility study will seek to improve obesity services mediated through PNs. Taking a more community-focused approach, clinical preventive services may be more effectively delivered by providers, and adopted by patients. In a population of low income, overweight/obese children, CO-OPT research will use evidence-based interventions in an established PN environment. This trial seeks to establish new monitoring methods and gain feasibility experience around PN working on behalf of clinicians, with obese children and their families. The ultimate goal is improved measures of family members’ BMI and behaviors.

The project will also tailor an established patient relationship manager (PRM) tool to support activities of PN when working with families. Leveraging Denver Health’s investment in PRM, CO-OPT will create program-specific views to support PN workflow to coordinate their efforts with clinicians and monitor the intervention.

Population
Low-income children who are overweight or obese in the Denver Health system, including 8 community-based clinics and 13 school-based clinics

Timeline
October 2011 – September 2014

Project Team
University of Colorado
Arthur Davidson, MD, MSPH (Principal Investigator)
Matthew Haemer, MD
Richard Boles, PhD

Denver Health
Simon Hambidge, MD, PhD
Shanna Knierim, CPNP
Silvia Raghunath, MPH
Elizabeth Whitley, PhD
Lourdes Yun, MD, MSPH

Funding
This project was supported by grant number P01HS021138 from the Agency for Healthcare Research & Quality.

For more information about this study please contact Lourdes Yun, MD at lourdes.yun@dhha.org.