

ADVOCACY AT MULTIPLE LEVELS: PEDIATRIC OBESITY CARE AS AN EXEMPLAR

May 6th, 2022

Presented by the Society of Pediatric Psychology Obesity
SIG

Kim Reynolds, PhD, Rebecca Kamody, PhD, Amy Beck,

The Society of Pediatric Psychology (Division 54 of the American Psychological Association) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Society of Pediatric Psychology maintains responsibility for this program and its contents.



LEARNING OBJECTIVES

1. Define advocacy broadly
2. List multiple levels at which advocacy can occur for youth with obesity
3. Describe at least one example of advocacy for youth with obesity
4. State one next step they can take to advocate for youth with obesity

AGENDA

- Intro to Obesity Advocacy
 - What is advocacy in general (5 min)
 - How/where to learn about advocacy in obesity (2 min)
 - Tiers/contexts for taking action (10 min)
- Exemplars + Create Your Own Path (25 mins)
 - Clinic-based examples: *GROUP THINK*
 - Institution-based example: **Rebecca Kamody**
 - Community example: **Kim Reynolds**
 - Legislative (State/National) level example: **Amy Beck**
- Take Action – pause and reflect on one of the categories above and write a plan or look something up. (10 min)
 - find your State and how to look up bills and also if there are already any organizations in your state (WIC, for example... gardening programs, food security programs, etc.)
 - look up your representatives and where to find what legislation is on the table
 - or look up a national teaching platform such as a website, twitter account, etc.
 - Make a list of how you could change clinic or education about obesity bias in your institution
- Reflect and ask Questions (8-9 min)

WHAT IS ADVOCACY?

“We therefore build on the AMA’s endorsement² to propose the following definition of physician advocacy:

Action by a physician to promote those social, economic, educational, and political changes that ameliorate the suffering and threats to human health and well-being that he or she identifies through his or her professional work and expertise.”

– Earnest, et al., 2010

Be an Advocate for Psychology

How to Speak Up for the Issues That Matter to You

You Can Make a Difference

Taking part in the political life of our country is a right and privilege exercised by too few Americans. Your special training and expertise in psychology uniquely qualify you to contribute to the development of federal policies and programs and to the reshaping of political attitudes toward psychology.

Members of Congress and their offices receive million of letters, emails and phone call every year. And, believe it or not, they really do want to know what is important to their constituents. The following tips will help you organize your thoughts and present a concise and persuasive message to your senator or representative.

THINK BIGGER!

Obesity SIG Advocacy

Mission Statement: utilize the experience and knowledge of SIG members, and other resources, to promote learning how to advocate in various private and public arenas

Policy

- Federal
- State
- Local + Institutional

Community Engagement

- Patient Inclusion
- CBO's
- Research Representation

In Clinic

- **ACCESS:** translated materials, appropriate chairs/scales/tables, Mapping project, #s of minorities and disabilities
- **Patient Resources:** WIC, food banks, cooking classes, community center scholarships
- **Staff Resources:** FTE for this? SW/Community Liaison, patient advocates?
- SDH/ACES screening + follow up
- Non-obesity clinics and mitigating use of stigmatizing language, clinic furniture/scales, etc.

Other

- **FUNDING:** where to look, how to get
- Media Spots + Blogs
- Including advocacy in training
- Mentorship

WHERE DO I START?

- <https://www.apa.org/>
- [American Deep Poverty Challenge](#)
- [AAP Advocacy Training](#)

- [Obesity Action Coalition: https://www.obesityaction.org/action-center/getting-started/](https://www.obesityaction.org/action-center/getting-started/)

BRAVEMAKERS

“Bravemakers,” the social justice affinity group is co-lead by Drs. Elizabeth Getzoff and Amy Beck. All who have interest in advocacy, becoming brave, and creating change at the institutional level, as well as beyond, are welcome to this informal group. The goal of the monthly meetings, held the second Wednesdays of the month at 6 PM Eastern, is to grow champions by sharing successes, group consultation for conundrums, and general support for sustainability.

Further, a great way to grow legislative advocacy skills is to join in APA’s Advocacy Summits. These 2-day virtual summits, held on a Sunday and Monday, started during the pandemic, and have thus far occurred 3 times each year. Each summit has a focus area, such as psychological science, education, or practice/equity. Sunday is a day of excellent advocacy training by APA, which includes learning about the legislative asks, and Monday is the legislative visits with other your state constituents. It’s fun and a highly recommended experience! To learn more, check out APA Advocacy online, and sign up for the weekly Washington Update: [APA Advocacy: Washington Update](#)

EXAMPLES

- Clinic-based examples: *GROUP THINK*
- Institution-based example: **Rebecca Kamody**
- Community example: **Kim Reynolds**
- Legislative (State/National) level example: **Amy Beck**

INSTITUTION~BASED ADVOCACY

Rebecca C. Kamody, PhD

Assistant Professor, Yale School of Medicine

Departments: Child Study Center, Pediatrics, & Psychiatry

Pediatric Psychologist, Yale New Haven Children's Hospital, Adolescent Bariatric Surgery Program

Yale SCHOOL OF MEDICINE

Pediatric Weight Solutions Program

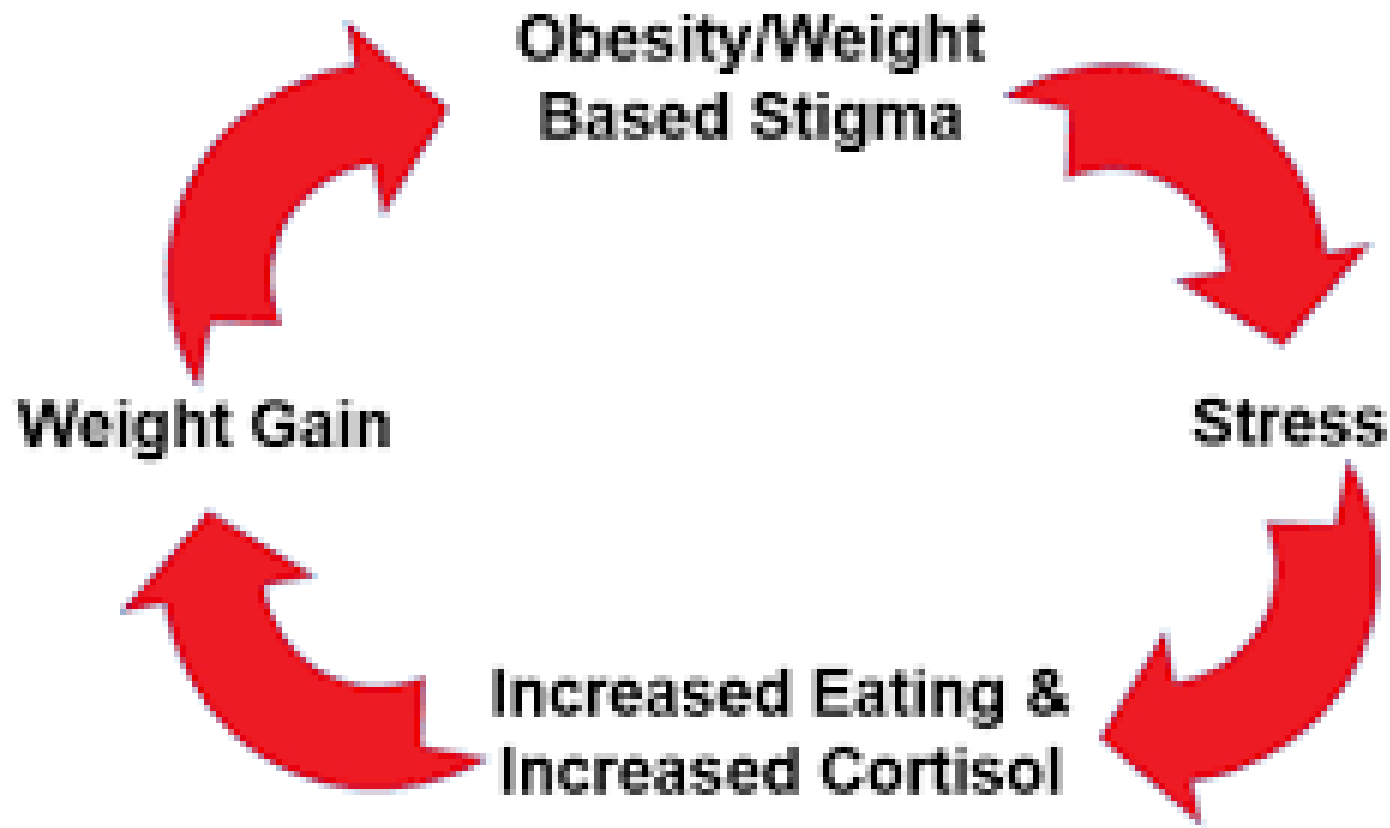
We help children who are overweight or obese improve their health through a variety of strategies, including behavior and lifestyle modification. We understand that many factors can contribute to obesity, including genetics, diet, physical activity level, psychological issues, and adverse family events. Our team includes board-certified pediatric endocrinologists, advanced practice registered nurses, physician assistants, a registered dietitian, a bariatric surgeon, and an endocrinologist who specializes in diabetes and obesity management for adults and children. We work together to tailor treatment to each child and his or her family.

- Within our institutions, who should we be speaking to?

WHO ARE WE ADVOCATING WITH?

- Within pediatric endocrine/obesity teams:
- Working with interdisciplinary team with passion for pediatric populations with obesity
 - Pediatric endocrine, nursing, dietary, surgery, social work, etc.
 - Introduction to psychological constructs
 - E.g., weight stigma
- Within general medical/mental health groups:
 - Working with team with passion for child mental health concerns
 - Psychiatry, social work, nursing, etc.
 - Introduction to psychological constructs
 - E.g., weight stigma

What we do is ‘novel’ to many providers:





Yale SCHOOL OF MEDICINE

OWN YOUR EXPERTISE!

- For many folks in our related fields, psychological constructs related to the obesity (e.g., weight stigma, depressed health related quality of life), is NEW
- Informal, grass-roots efforts
 1. 'In the bullpen'
 2. Journal clubs
 3. Weekly Rounds
 4. Didactics
 5. Teaching of fellows

Implications of Weight Stigma on Youth: Considerations for Medical and Mental Health Providers

'It's not an easy thing-taking up so much room'

Associations Between Perceived Weight Discrimination and the Prevalence of Psychiatric Disorders in the General Population

Mark L. Hatzenbuehler¹, Katherine M. Keyes^{2,3}, and Deborah S. Hasin^{2,3,4}

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Abstract

Tomiyama et al. *BMC Medicine* (2018) 16:123
<https://doi.org/10.1186/s12916-018-1116-5>

BMC Medicine

OPINION

Open Access

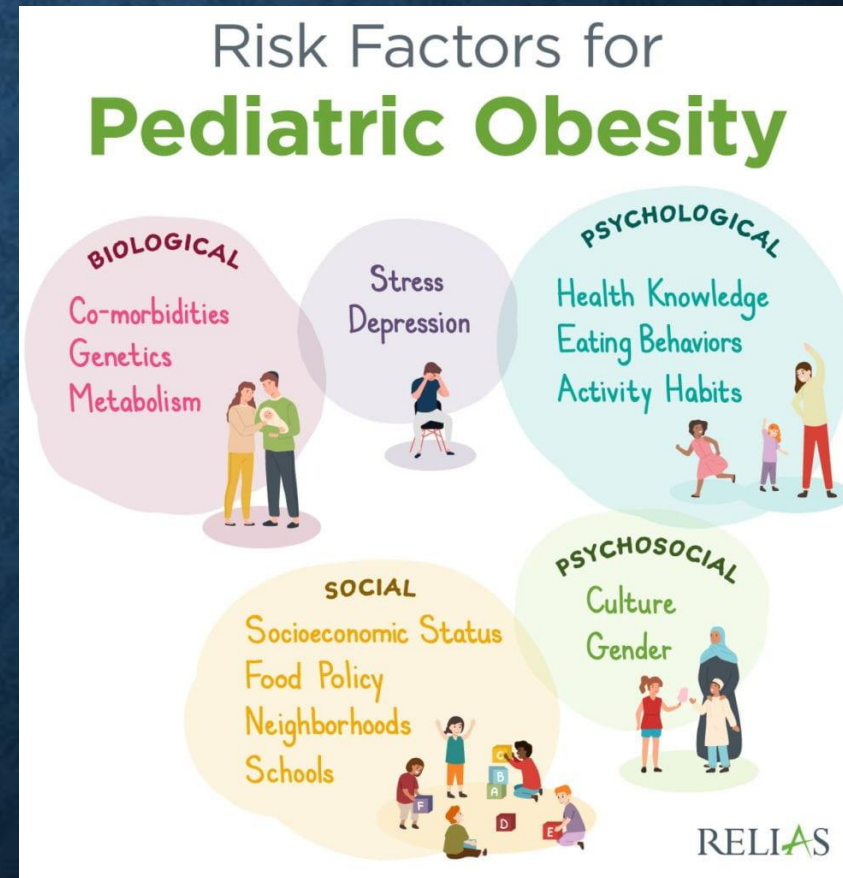
How and why weight stigma drives the obesity 'epidemic' and harms health



A. Janet Tomiyama^{1*}, Deborah Carr², Ellen M. Granberg³, Brenda Major⁴, Eric Robinson⁵, Angelina R. Sutin⁶
and Alexandra Brewis⁷

PLAY TO THE NEEDS OF THE HOSPITAL:

- Advocating for psychological supports
- Needed to proceed with 'money-making' operations in the hospital
 - Salient example:
 - Unaddressed mental health concerns leading to delay in surgery
- Use of non-obesity platforms to speak to needs of organization



THANK YOU!

COMMUNITY EXAMPLES

- Washington County Bike Coalition
- Growing Gardens
- Chemawa School

Kim Reynolds, Ph.D.
Clinical Director, Healthy Lifestyles Clinic
Associate Professor, Pediatrics
Oregon Health & Science University



Growing Gardens uses the experience of growing food in schools, backyards and correctional facilities to cultivate healthy and equitable communities.

Growing Gardens is a 501(c)3 non-profit organization, started in 1996 in Portland, Oregon. We currently run programming across the state of Oregon and are providing professional training and community organizing on a national level.

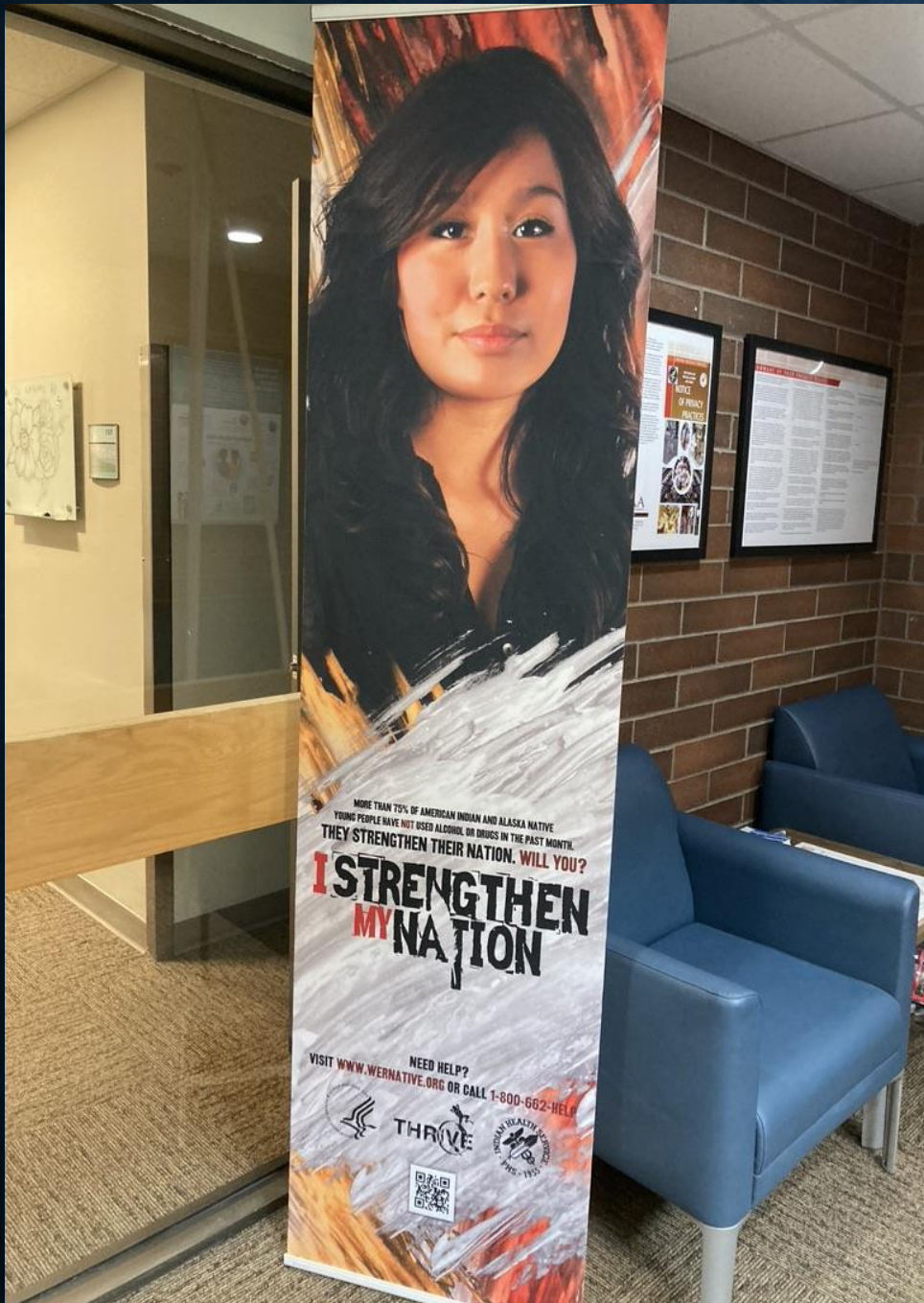
Over the last 24 years we have developed specialized programs that utilize the powerful human experience of growing food to improve diets and health outcomes, bring science education to life, and create meaningful pathways to employment. We hope you will join us on the

transformative changes towards a more just and equitable

[Translate »](#)



Chemawa Boarding School site visit June 30, 2021





**Doernbecher
Children's Hospital**

A division of Oregon Health & Science University

Doernbecher Healthy Lifestyles Clinic

www.ohsудоernbecher.com

STATE AND NATIONAL ADVOCACY

Amy R. Beck, PhD, RYT 200

Weight Management Program

Center for Children's Healthy Lifestyles & Nutrition

Division of Developmental and Behavioral Health

Section of Psychology

Children's Mercy Kansas City

Associate Professor of Pediatrics

UMKC School of Medicine

National/Federal



Urge Your Legislators to Support and Cosponsor the 2021 Treat and Reduce Obesity Act!



The Treat and Reduce Obesity Act, or TROA, was reintroduced into the 117th Congress by Senators Tom Carper (D-DE) and Bill Cassidy (R-LA) in the Senate and Representatives Ron Kind (D-WI), Tom Reed (R-NY), Raul Ruiz (D-CA) and Brad Wenstrup (R-OH-2) in the House, respectively. Now, it's time to strengthen the bill's Congressional support and urge legislators to help improve access to obesity care by cosponsoring the Treat and Reduce Obesity Act and pushing for final passage of the legislation.

National/Federal

- ObesityWeek 2017 in DC advocacy opportunity
- Trip to Capitol Hill
- Just had to show up and get trained on the spot



National/Federal

- American Psychological Association (APA) Advocacy Summits
- 2-day virtual summits
 - Sunday
 - Advocacy training by APA, includes learning about legislative asks
 - Monday
 - Legislative visits with other state constituents
 - Started during the pandemic
 - 3 times per year
- Each summit has a focus area
 - Psychological science
 - Education
 - Practice/equity
- APA Advocacy weekly Washington Update:
https://www.apaservices.org/advocacy/newsletter/?_ga=2.265108623.1890015979.1650295456-1330782467.1648242169

Recording



Chat

Human Resources Research Organization (HumRRO) in Louisville, KY

Viji Sathy | "vidg-ee" | she/her/hers | 10:10
UNC to Everyone

Good morning from Chapel Hill, NC!
<https://twitter.com/vijisathy>

tammyallen to Everyone 10:11

Good morning, Tammy Allen, University of South Florida, Tampa, FL.

Raegina Likewise - APA to Everyone 10:11

Hello everyone! My name is Raegina, I am with APA's Advocacy Office, and I will be helping to monitor the chat today. For those who have posted that they haven't received their schedules - thank you, I have noted your names and will ensure you receive them as soon as possible.

Nadi Paranamana to Everyone 10:11

Hello everyone, great to be here



Dr. Amy R. Beck--Pediatric Psychologist

Soapbox(M2)

Helen Weiser

Kelsey, Devin

Dr. Chuck Hollister

Harden Spencer

Powell, Jamie

State/Missouri

- Special hearing for the Mental Health Subcommittee under the Health and Mental Health Policy Committee in the House of Representatives
 - Represented Children's Mercy, in coordination with MO Hospital Association and MO Psychological Association, to give testimony requesting:
 - Increase number of behavioral health providers in MO, especially for underserved populations
 - Improve reimbursement for non-prescribing mental health professionals
 - Remove obstacles in billing process of managed care
 - Promote popular integrated care models that pair a primary care prescriber with a licensed behavioral health specialist
 - Guarantee telehealth continues to be a viable way to offer services
 - Mandate suicide prevention training for primary care and school psychologists
 - <https://themissouritimes.com/missouri-behavioral-health-care-providers-warn-of-crisis-caused-by-coronavirus/>

State/Missouri

- Legislative Day with MO Psych Association
 - House Rep has obesity legislation that no one knew much about
 - Added that onto planned agenda for visit
 - Plan to move forward!

Academic Promotion

- Advocacy work can be used for academic promotion
- Promotion is demonstration of excellence and contributions to the institution and profession
 - Rather than purely carrying out job responsibilities
- Advocacy typically counts as service
- State and national levels

Addressing Structural Racism Is Critical for Ameliorating the Childhood Obesity Epidemic in Black Youth

Eleanor R. Mackey, PhD,^{1,2,i,*} E. Thomaseo Burton, PhD,^{3,4,*}
Adelle Cadieux, PsyD,^{5,6} Elizabeth Getzoff, PhD,⁷ Melissa Santos, PhD,^{8,ii}
Wendy Ward, PhD, ABPP,⁹ and Amy R. Beck, PhD^{10,11}

Additional Resources

- SPP Obesity SIG- reach out to any of us in leadership for conversation, mentoring, or getting connected with an advocacy mentor.
- Rudd Center Weight Bias Resources: <https://uconnruddcenter.org/research/weight-bias-stigma/healthcare-providers/>
- Earnest, et al. (2010) Physician Advocacy: What is it, and how do we do it? Academic Medicine.

- Cardell, et al. (2022) Patient-Centered Care for Obesity: How Health Care Providers Can Treat Obesity While Actively Addressing Weight Stigma and Eating Disorder Risk. <https://doi.org/10.1016/j.jand.2022.01.004>
- Golden, et al (2016). Preventing Obesity and Eating Disorders in Adolescents. Pediatrics.
- Mayhew and Grace (2016). A call for social justice and best practices for the integrated prevention of eating disorders and obesity. Eating Disorders.