

Executive Summary



What is the Connect for Health Program?

Optimized for children from low-income communities, Connect for Health is a novel, primary care-based intervention shown to improve body mass index (BMI) and family-centered outcomes for children, ages 2–12 years who are at high risk for overweight or obesity. It coordinates and leverages both clinical and community resources for an optimal cost/impact ratio and can be implemented in both in-person and virtual (telehealth) encounters.

What is the ROI?

With minimal hard costs, the Connect for Health program delivers significant proven impacts:

- Parents reporting improved health-related quality of life in their children
- Significant improvements in child BMI
- Outcomes that support key performance metrics (e.g. HEDIS)

Why does my organization need it now?

- Childhood overweight and obesity place a substantial burden on morbidity and quality of life
- The highest risk children have not benefitted equally from national efforts
- It is a growing issue, increasing by nearly 20% over the past 20 years
- The COVID-19 pandemic has exacerbated the effects and correlates with recent upswings

What does it take to introduce/maintain Connect for Health?

Connect for Health is "implementation ready." The program integrates into the workflow of a well-child visit and does not require additional staff. You have

free access to all the tools needed to inspire adoption, train clinicians, engage patient families and measure success. These include presentations, handouts, text templates, EHR modules, and more. Beyond engaging stakeholders, training time, building the EHR tools, and costs associated with the text-messaging program, there are few out-of-pocket costs for implementing the Connect for Health program.

For coordination, organizations typically assemble a team that consists of:

- » **Clinician Champion(s)** — e.g. A pediatrician, nurse practitioner or physician's assistant
- » **Leadership Sponsor** — A senior administrator that can ensure high-level resource support
- » **Practice Coach** — An experienced team member to spearhead training and troubleshooting
- » **Technical Support** — An EHR analyst or project manager to oversee IT integration/updates

Why this program?

Developed at Harvard Medical School and the MassGeneral for Children, Connect for Health has benefitted from a randomized clinical trial that has demonstrated the effectiveness of this approach and a further multi-state implementation study. Desired BMI outcomes were achieved, along with improvements in child quality of life.

For more information

c4hprogramguide.com is a comprehensive website that outlines, in depth, the need for these interventions, step-by-step preparation and implementation guidance, and information around both our clinical trial and implementation study.