

## PCORI Award Support at Pennington Biomedical Research Center

The Patient-Centered Outcomes Research Institute (PCORI\*) Board recently approved awards to support research studies on high-burden topics that healthcare stakeholders have identified as priorities including the research study titled “**A Pragmatic Family Centered Approach to Childhood Obesity Treatment.**” The study will compare the clinical effectiveness of treatment approaches for childhood obesity.

Washington University School of Medicine in St. Louis was awarded support for the research along with sub-awardees Pennington Biomedical Research Center, the University of Rochester Medical Center in New York and the Institute for Healthy Childhood Weight at the American Academy of Pediatrics. **Amanda Staiano, PhD**, is the principal investigator for Pennington Biomedical’s role in the project.

### **FAQ:**

#### **What is the problem?**

Pediatric obesity is a serious and growing health problem that threatens both current and future health outcomes. In order to reverse this trend, early identification and successful intervention models are needed.

#### **What does the study do?**

Over a five-year period, the study compares two family-based behavioral treatment models currently offered in clinical settings.

#### **What are the models?**

***The short version:*** Counseling by a primary care provider focusing on healthy eating and activity habits, or a combination of provider counseling and family-based treatment that targets both children and parents.

***The long version:*** Enhanced standard of care, or eSOC, is a staged treatment approach that begins with prevention counseling by the primary care provider. It includes assessment of weight status, patient/family motivation and readiness to change, promotion of healthy eating and activity habits, and use of health behavior change strategies. Intensification of weight-loss interventions increases based on a child’s response to care.

Enhanced standard of care plus family-based treatment recommends providers screen children 6 and older for obesity. Those with obesity are immediately offered or referred to a comprehensive behavioral intervention to promote improvement in weight status. The interventions should be at least 26 contact hours over a period of up to 12 months.

#### **What are the study’s goals?**

To provide families, providers and payers with information on the best clinical approach for the behavioral treatment of childhood obesity. Long-term, the objective is to get primary care providers to rapidly adopt effective interventions for childhood obesity.

#### **Why is this important to patients and families?**

Families of children with obesity struggle to decide whether to take a staged approach with their primary care provider or start with more intensive behavioral services typically found outside the primary care setting. The project will make it easier to try the second approach by making trained behavioral counselors for family-based obesity treatments available in the primary care setting.

#### **What is LSU Pennington Biomedical Research Center’s role?**

Once the study begins, Pennington Biomedical will recruit 432 families in South Louisiana. Each family will spend 18 months in the study. Pennington Biomedical will also collect the data from researchers in Missouri and New York and analyze that data, and Pennington Biomedical will oversee patient and family engagement efforts throughout the study.

\*PCORI is an independent, nonprofit organization authorized by Congress in 2010 to fund research that will provide patients, their caregivers, and clinicians with the evidence-based information needed to make better-informed healthcare decisions.

PCORI’s Board has approved this award to Pennington Biomedical Research Center pending completion of a business and programmatic review by PCORI staff and issuance of a formal award contract.

For media inquiries, please email [news@pbrc.edu](mailto:news@pbrc.edu) or contact Joe Coussan, Media Manager, directly at [Joe.Coussan@pbrc.edu](mailto:Joe.Coussan@pbrc.edu) or 225-763-3049.