

# Weight-management benchmarks not met in primary care of overweight Latino children

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One of the first studies of provider-patient communication regarding weight-management and associated electronic medical records (EMR) finds that many benchmarks of quality weight-management care are not met during primary-care visits with overweight Latino children.

Benchmarks specifically often not met are referrals to nutrition/weight management and performance of recommended laboratory studies. The study findings are released in the latest edition of the academic journal, *Global Pediatric Health*.

To examine gaps in [communication](#) vs. documentation of weight-management clinical practices, the research team recorded communication during primary-care visits with 6-12 year-old overweight/obese Latino children. The communication/documentation content was coded by three reviewers using transcripts and health-record documentation. The researchers found that:

- Benchmarks were neither communicated nor documented in up to 42% of visits
- In up to 20% of visits, benchmarks were communicated but not documented, or documented but not communicated
- The lowest benchmark performance rates were for laboratory studies (35%) and nutrition/weight-management referrals (42%)
- In multivariable analysis, overweight (vs. obesity) was associated with 1.6 times more discrepancies in communication vs. documentation

- Many weight management benchmarks are not met, not documented, or performed without being communicated

"Improved communication with families regarding healthy weight and weight-related risks could help promote healthy lifestyle changes in [overweight children](#)," says Glenn Flores, senior author of the article and Distinguished Chair of Health Policy Research at the Medica Research Institute. "Enhanced communication and documentation of quality benchmarks for [weight management](#) shows promise in achieving higher quality in the care of overweight children in primary care."

**More information:** Christy B. Turer et al, Discrepancies in Communication Versus Documentation of Weight-Management Benchmarks, *Global Pediatric Health* (2017). [DOI: 10.1177/2333794X16685190](#)

Provided by Medica Research Institute

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