

# CAVU Update

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*Bob Ingala, CEO of Greater Lawrence Family Health Center and CAVU Board Member, speaks with Penny Marston, HWI Program Manager, and Deirdre Connor, Director of Operations, at a donor thank-you event at the health center (credit: Marc Lemay)*

**Dear Deirdre,**

I hope this email finds you enjoying a happy and healthy start to Spring. 2009 has been busy at CAVU, and we are particularly excited to announce the expansion of our Healthy Weight Initiative, which will now reach children in eight communities across Massachusetts. Just yesterday we held our first live collaborative meeting with both ongoing and new participating health centers, and the enthusiasm of the clinics' staff has already been outstanding.

Read on to learn more about the new health center participants and other activities at CAVU, as well as a quick and easy way to support our work while searching or shopping online. Best wishes for a warm and pleasant Spring!

Sincerely,  
Deirdre Connor  
Director of Operations

## **Four New Health Centers Join the Healthy Weight Initiative**

CAVU is pleased to announce that four community health centers will be joining the Healthy Weight Initiative this year:

- Bowdoin Street Health Center,
- Greater New Bedford Community Health Center,
- Lowell Community Health Center, and
- Outer Cape Health Services.

These sites will join Whittier Street Health Center, who piloted the Healthy Weight Clinic model, and the three additional health centers who began operating the clinic in 2008. Each health center has received a one-year grant for \$20,000 to implement the Healthy Weight Clinic model: a multidisciplinary approach which allows patients time with a provider, nutritionist, and case manager at specialized monthly visits.

Incoming and existing health centers met this month for an all-day collaborative meeting, which was designed to integrate the new health centers into the existing collaborative and allow all participants to work together to help overweight children reach their health and fitness goals.

### **First CLIK Forum Held at Boston Medical Center**

The first CLIK (CAVU Leaders and Innovators for Kids) Forum was held on March 31st at Boston Medical Center. Led by Barry Zuckerman, Chief of Pediatrics at BMC and CAVU board member, forum participants discussed challenges and opportunities involved in the treatment of childhood illnesses such as ADHD and asthma.

The forum initiated a spirited dialogue among participants, who included healthcare providers from several health centers in the Boston area, as well as researchers and providers from BMC. CAVU will organize CLIK Forums regularly throughout the year in order to identify innovative pediatric healthcare ideas with the potential to drive change in community health center settings.

### **DCIS Rolled Out to Healthy Weight Clinics**

The Data Collection and Information System (DCIS) was released to the Healthy Weight Clinics in March 2009. The DCIS is a web-based platform that centralizes data collection for all Healthy Weight Clinics, and is an essential tool for measuring the impact of the clinics on patients' health. It was developed by CAVU's Healthy Weight Initiative Tech Team with regular ongoing input from the Healthy Weight Clinic staff.

For each visit case managers enter patient data into the DCIS, tracking important health information such as Body Mass Index (BMI), sweetened beverage intake, and screen time. Other data collected includes labs that track co-morbidities associated with obesity and referrals to local resources related to nutrition and physical exercise. In follow-up visits, data is collected to track health changes as well as patients' progress toward the goals they set in clinic. Aggregate data reports are run quarterly to allow participating health centers to track patient outcomes and improve the quality of care offered to patients. CAVU is excited to be able to offer this system to participating health centers in order to ensure that they have the data they need to provide the best possible care to overweight and obese youth.

### **Contribute to CAVU by Surfing the Net**

Contribute to CAVU and its mission by surfing the internet or shopping online. Simply go to [www.GoodSearch.org](http://www.GoodSearch.org) and select one of the ways to set GoodSearch as your internet search engine, then identify CAVU Foundation as the organization you would like to support. You can add GoodSearch to your browser's Search Box, install a toolbar, or set it as your homepage.

Using GoodShop for your online shopping is another great way to support CAVU. GoodShop provides links to popular online stores such as Amazon.com and in return, vendors will donate roughly 3% of the purchase price to CAVU, at no cost to the shopper. GoodShop is also accessible via the GoodSearch link above.

These are just two simple and free ways to help CAVU and the children we

serve. Thanks for your continued support!

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