

CAVU in the News Update

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June 2010

Dear CAVU Supporter,

I'm pleased to share three recent articles highlighting the work of CAVU's Healthy Weight Initiative:

- a piece in the *Washington Post* regarding the launch of our pilot "Fruit and Veggie Prescription" program at three Healthy Weight Clinics this summer
- a *Boston Globe* article which tells the story of a young patient at the Healthy Weight Clinic at Whittier Street Health Center
- an abstract for the article on health outcome data from the Healthy Weight Initiative which was published in the journal *Health Affairs* in March.

We are grateful for your support of CAVU and its programs and will be in touch with further information on our recent activities shortly. Hope you are having a wonderful start to the summer!

All the best,
Deirdre

Deirdre Connor
Director of Operations
CAVU

Produce Rx for more healthful lives

Jane Black
Washington Post

Released June 24, 2010

"Can an apple a day really keep the doctor away? A new program that offers fruit and vegetable prescriptions aims to find out.

The initiative, which launches at several community health centers in Massachusetts this week, will offer families with obese children "fruit and veggie prescriptions," each of which is good for \$2.50 worth of produce purchased at local farmers markets. A family of four will get about 10 prescriptions each week of the farmers market season. In exchange,

doctors will chart patients' body mass index (BMI), a measure used to estimate healthy body weight, and blood pressure levels in an effort to determine whether healthful eating can help fight obesity in underserved communities.

"There is a lot of data that shows when a personal physician tells someone that they are overweight, they are more likely to act," said Shikha Anand, a doctor and the medical director of the nonprofit Ceiling and Visibility Unlimited's (CAVU) Healthy Weight Initiative in Boston. "Our goal is to see if there is a measurable effect on obesity when people eat more fruits and vegetables."

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A Weight Loss Win: how one program changes the way kids drop pounds and gain self-esteem

Karen Weintraub
Boston Globe

Released April 5, 2010

"Derick Sylvestre used to be big. He topped 150 pounds sometime between his 11th and 12th birthdays, and rounded 200 less than a year later. Now 15, Derick says he was embarrassed to take his shirt off at the beach, unhappy about needing to shop in the XXL section of his favorite stores.

Then, near the end of last summer, something clicked.

"I didn't want to live my life that way," Derick says.

He started working out, playing basketball and jogging. Since August, he's grown more than half an inch, to 5 feet 8 inches, and dropped to 181 pounds - still heavy for his age, but no longer obese.

"Are you more popular now?" a dietitian asks during a recent visit.

"Something like that," he answers, smiling as his cellphone buzzes.

Clearly, Derick's determination was key to his success. But he also had help from a weight-loss program at the Whittier Street Health Center in Roxbury, where he has been a patient for three years."

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Specialized Care of Overweight Children in Community Health Centers

Shikha G. Anand, William G. Adams, and Barry S. Zuckerman

Health Affairs

Released March 2, 2010

"The Healthy Weight Clinic reorganizes care to provide access to a trained team consisting of a pediatric provider, nutritionist, and case manager during dedicated weight management visits.

Our model improves obesity care by promoting local specialization and increasing capacity for specialized care; building multidisciplinary teams within primary care; focusing on health behavior change as a critical determinant of chronic disease outcomes; and using health information technology to promote high-quality care."

[click to view abstract](#)