



Survey of Early Intervention Centers on Available Nutrition Services

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LEND Nutrition Trainee - Leadership Project

Objective of Survey

- Evaluate level of involvement and impact of registered dietitians (RD) at ESIT programs and neurodevelopmental centers (NDC) of WA State

Goal

- Offer nutrition services by a RD to all children at nutrition risk served by ESIT and NDCs

Stats

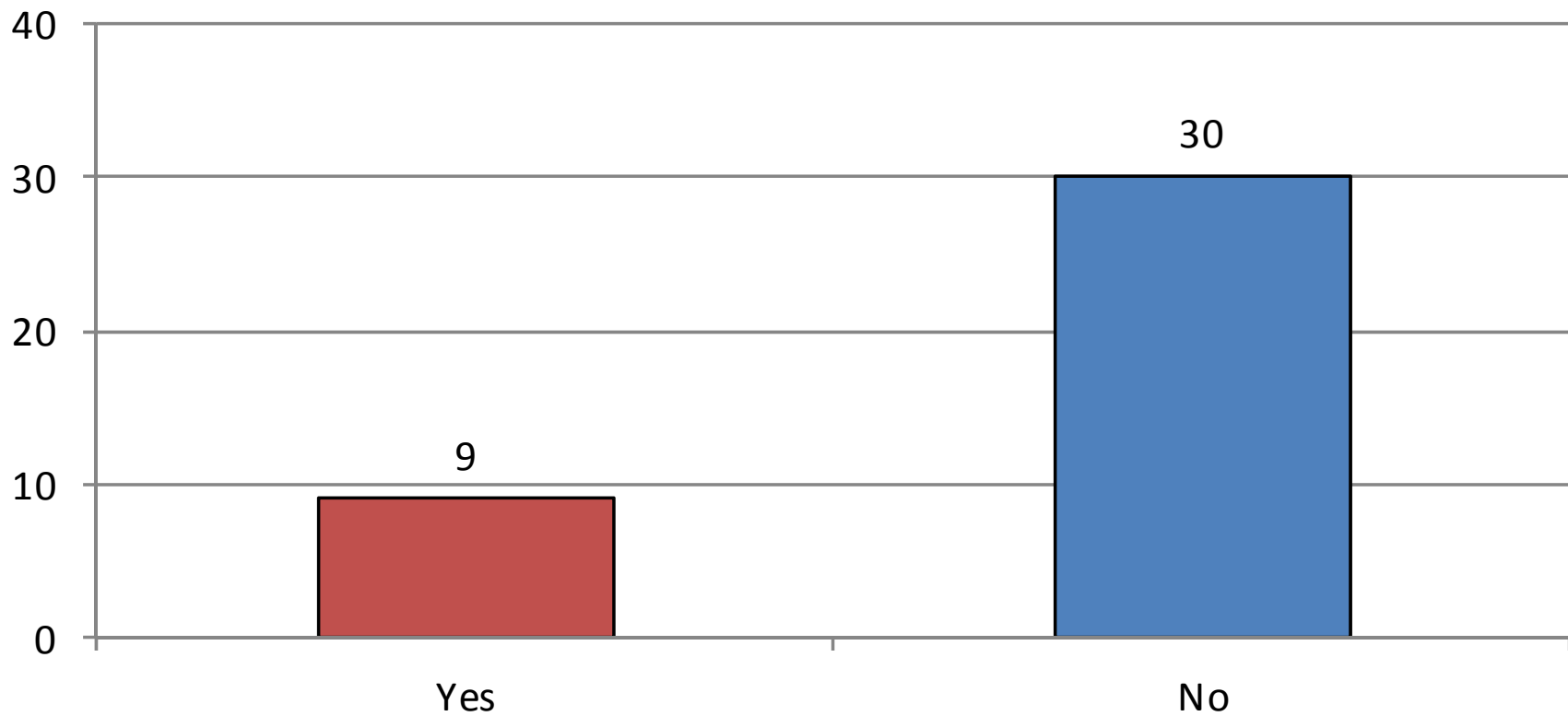
- 1997–2008 National Health Interview Surveys: DD affect approx. 15% of children age 3-17 years old (1)
- Survey of children <3 years old in EI programs found 79% to 90% had one or more nutrition risk factors (2)

Survey

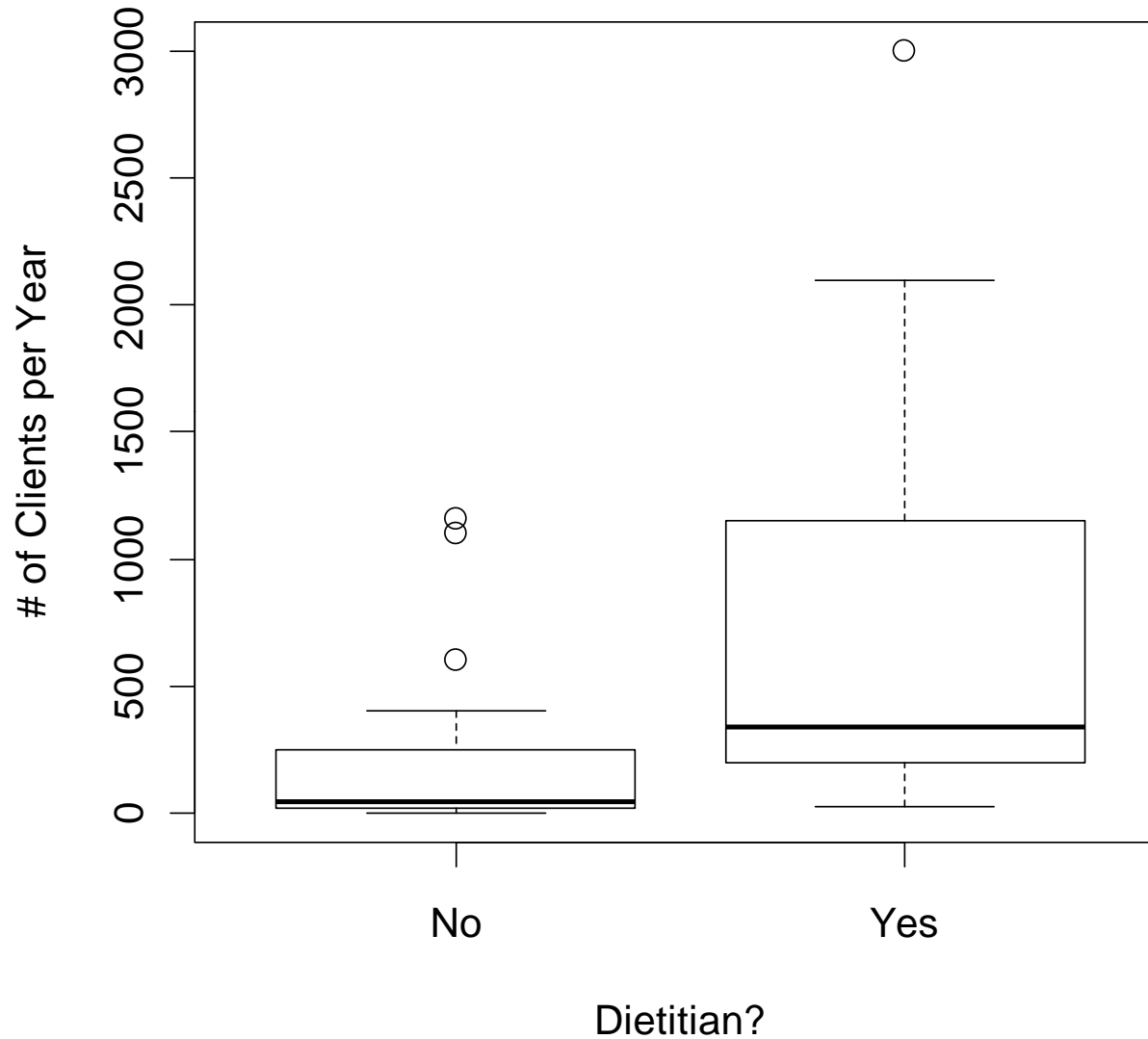
- Created in collaboration with RDs at CHDD
- Online survey
- Max. of 21 Qs for programs w/RD, max. of 10 for those w/o
- Contacted all ESIT Local Lead Agencies (n = 35) for local contacts (school districts, EI centers, etc.)
- Contacted all 15 NDCs
 - Some are a part of ESIT system

Results

Does your early intervention program employ a RD?



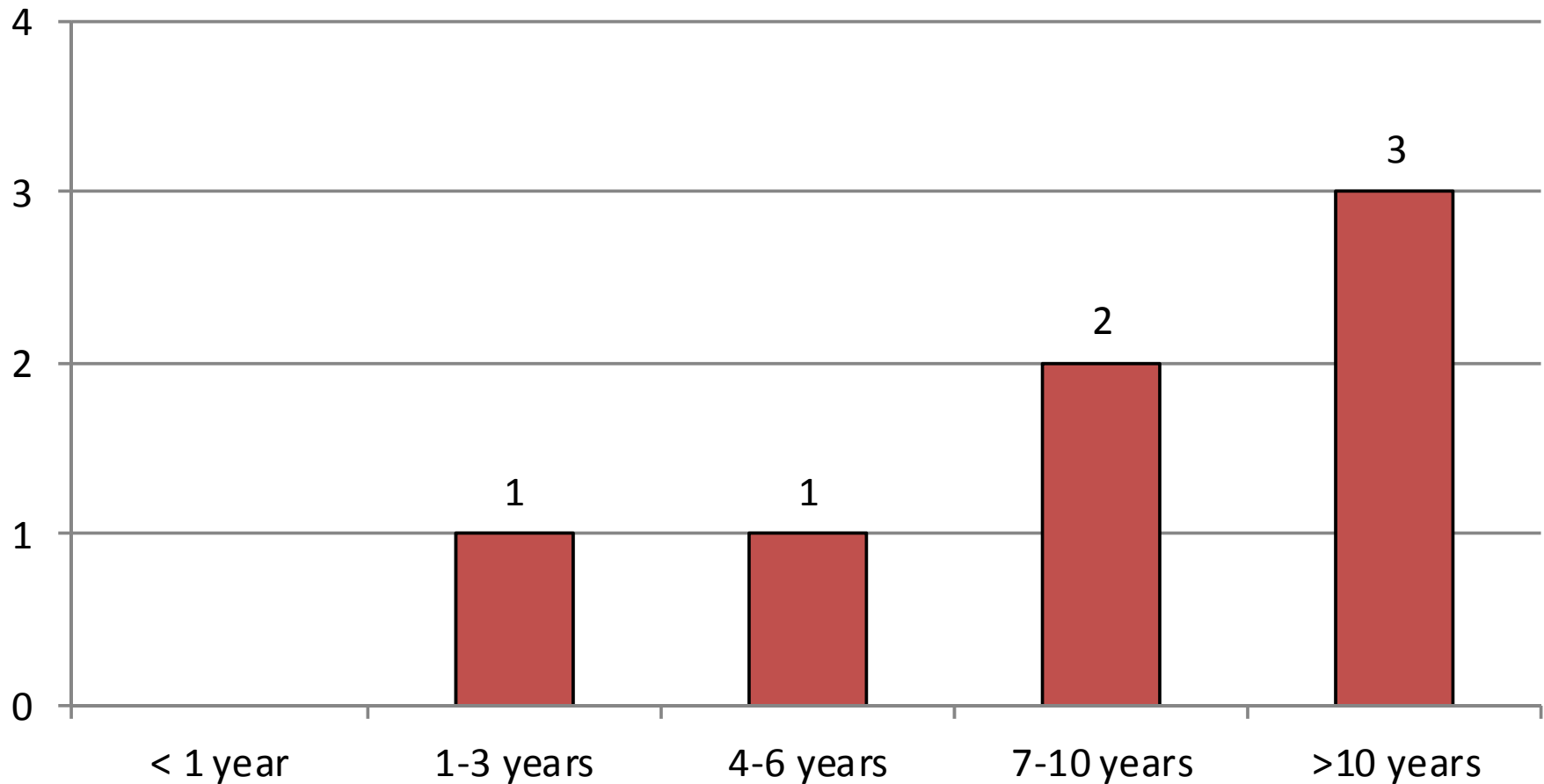
Distribution of # of Clients/Year



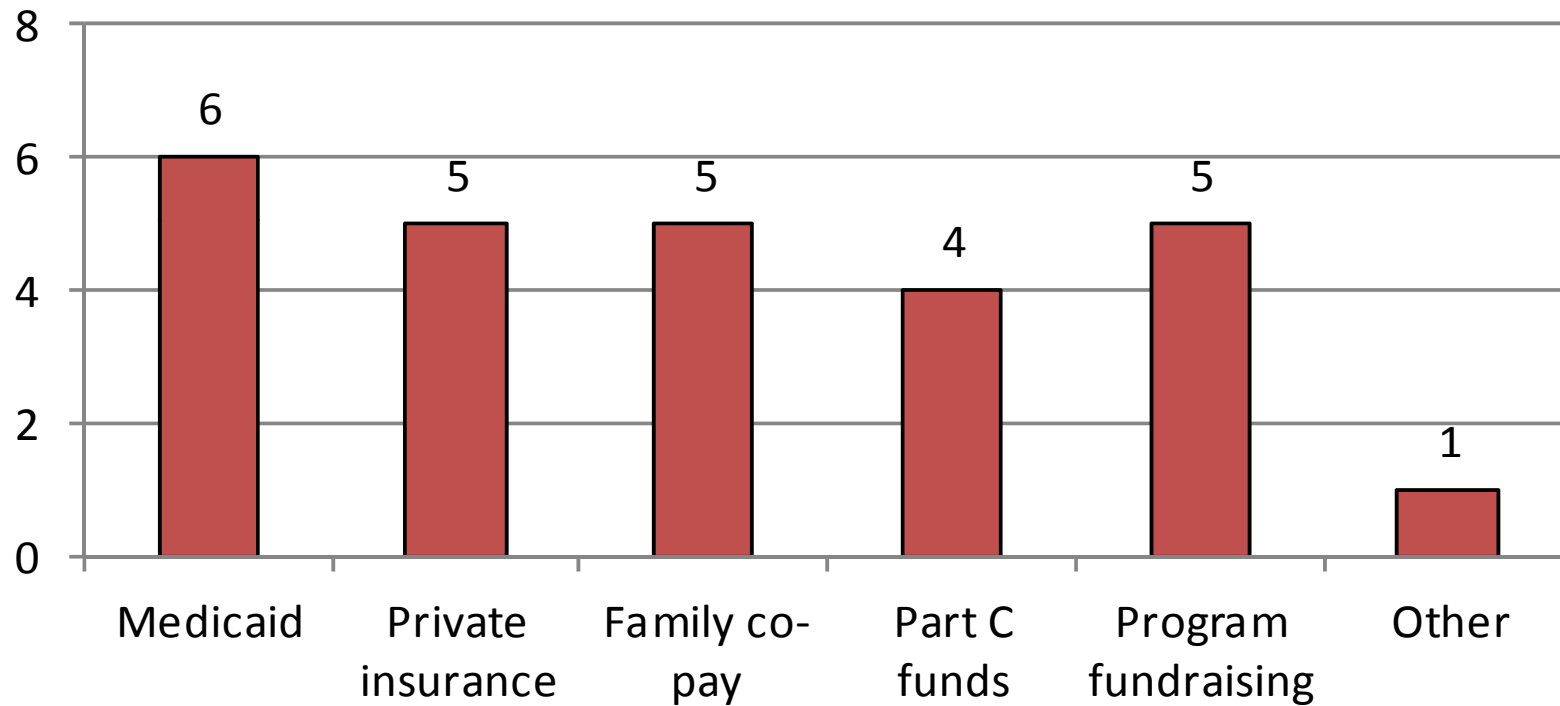
All respondents: 3-3,000 clients/year

Results from those that do have RD...

Length of time have had RD Services



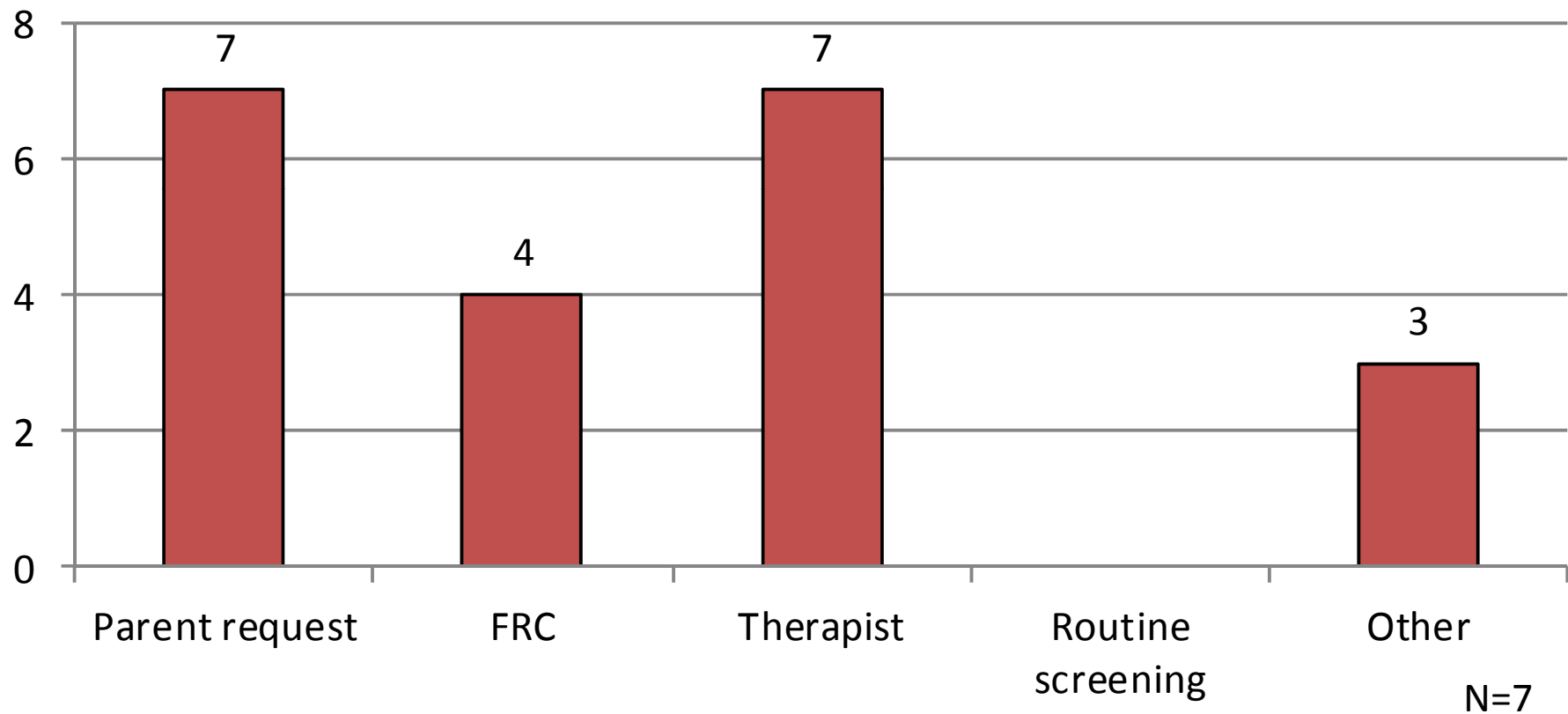
Source of Financial Support



N=7

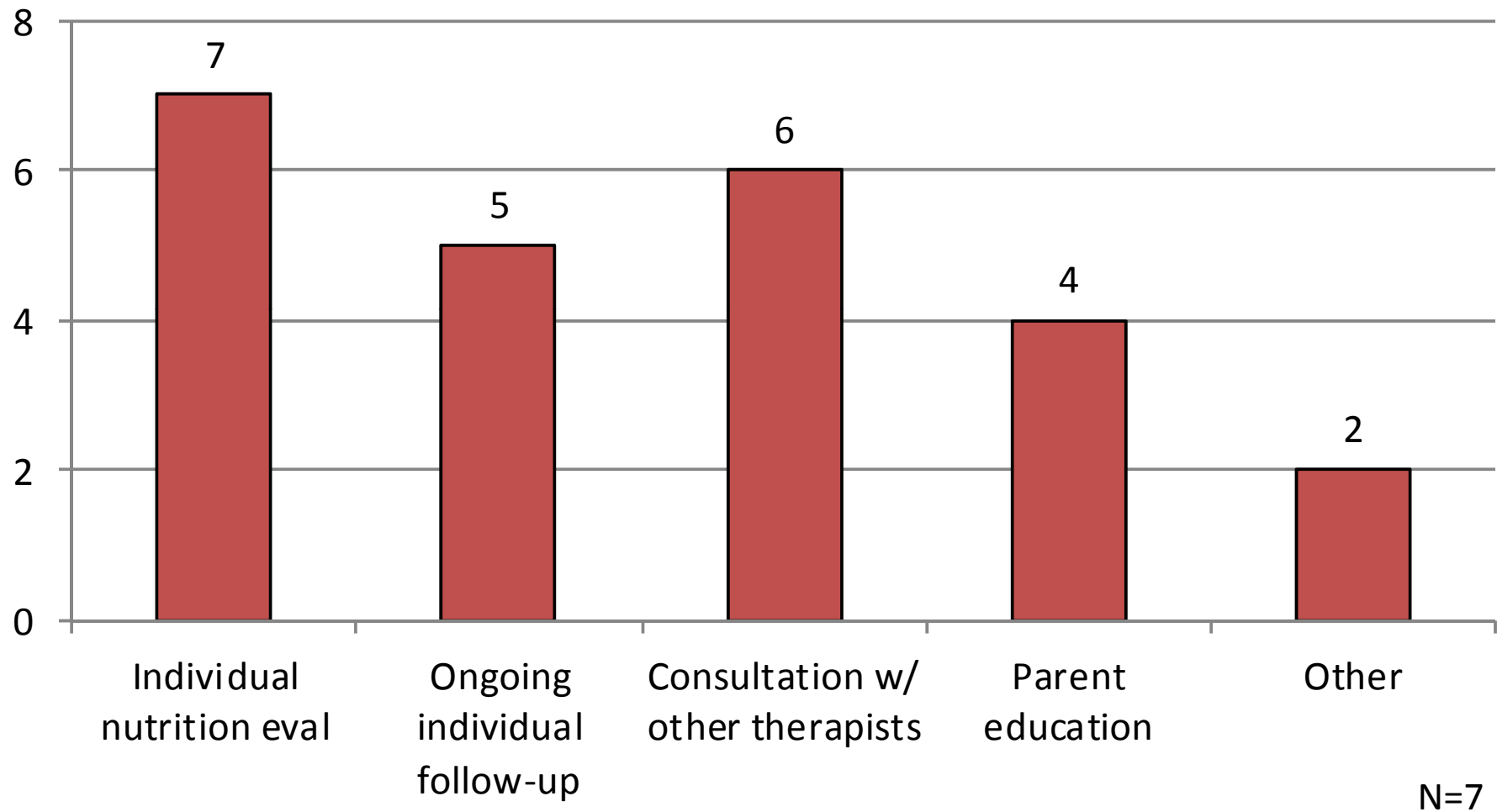
Other: family scholarships

Who determines which children see the RD?



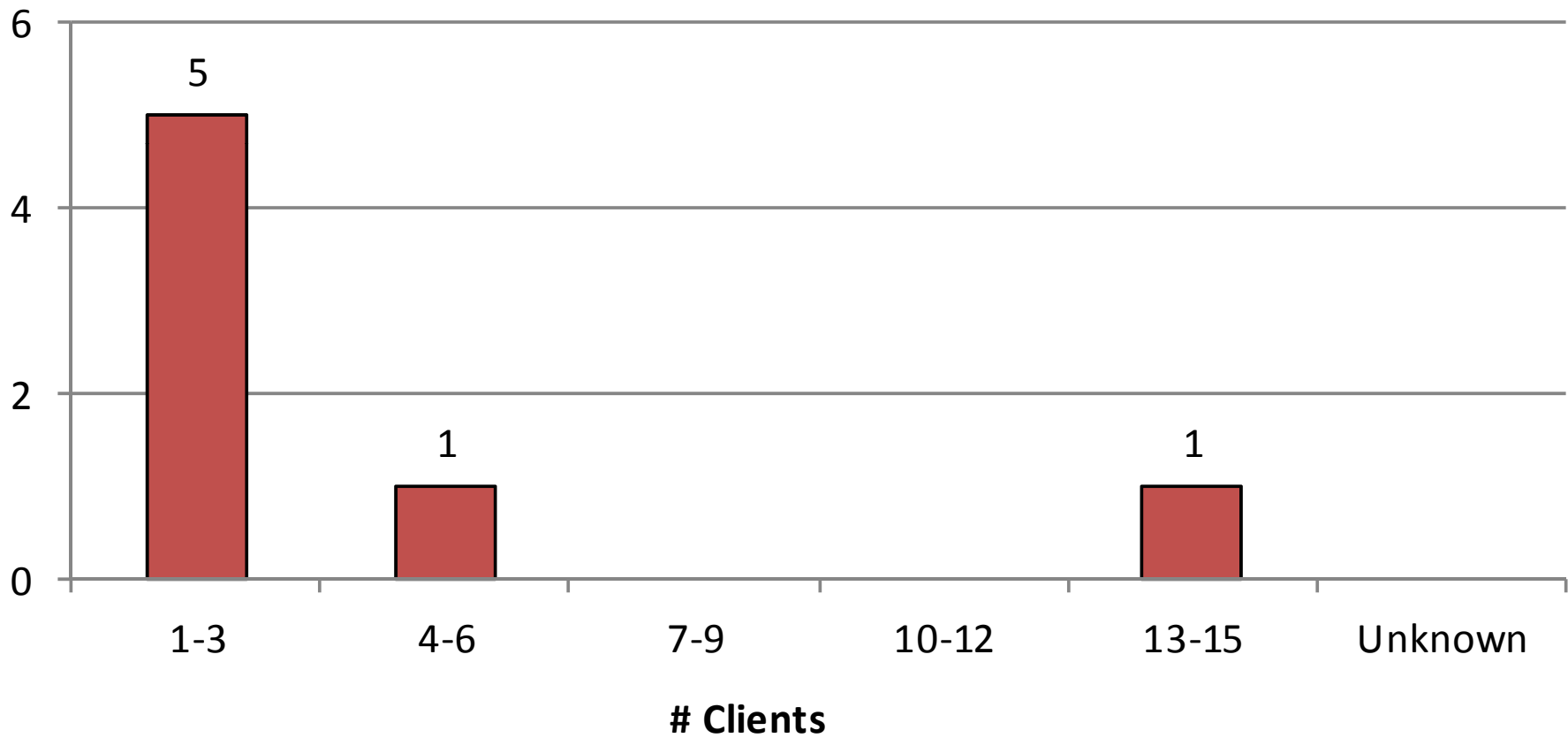
Other: team recommendation, physician request, ARNP

Services RD provides

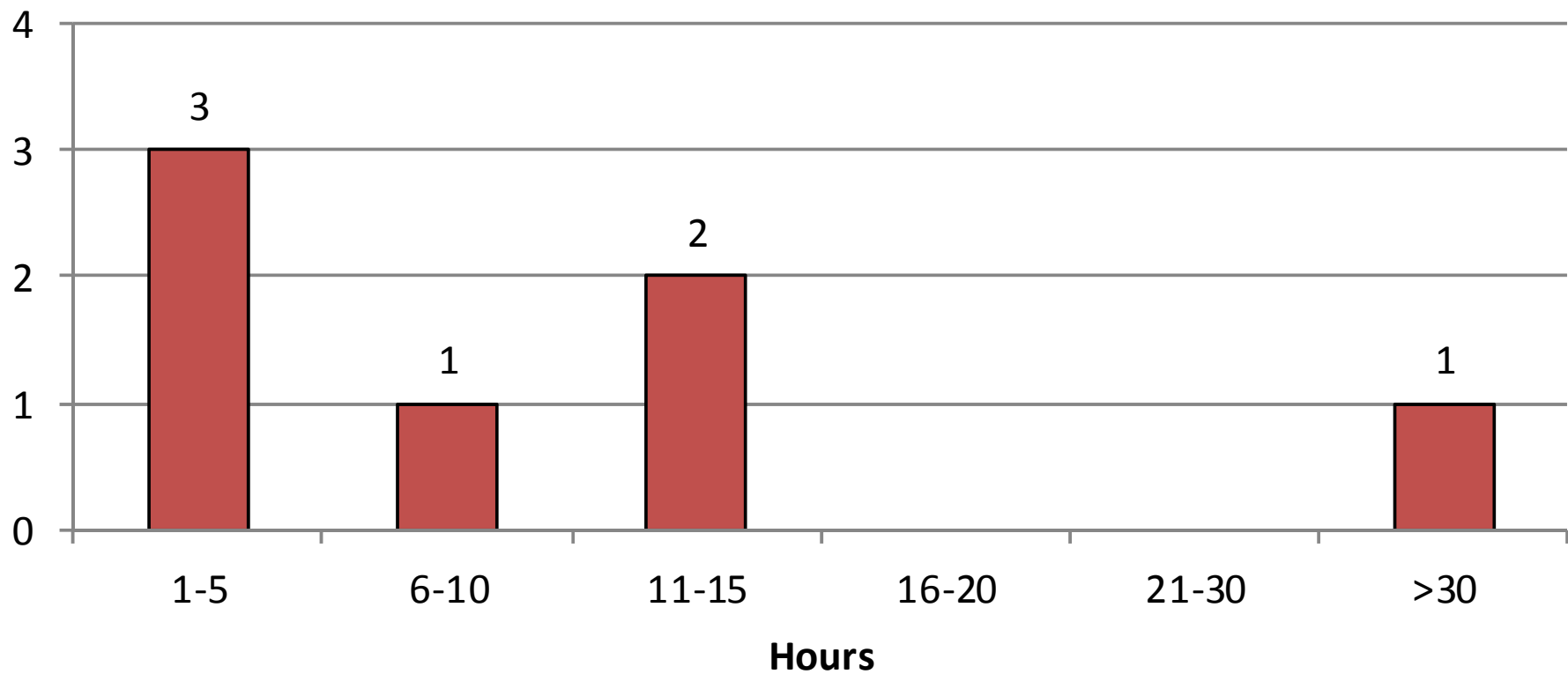


Other: Ongoing team training, feeding team lead, coordination of care with medical doctors/ other service providers

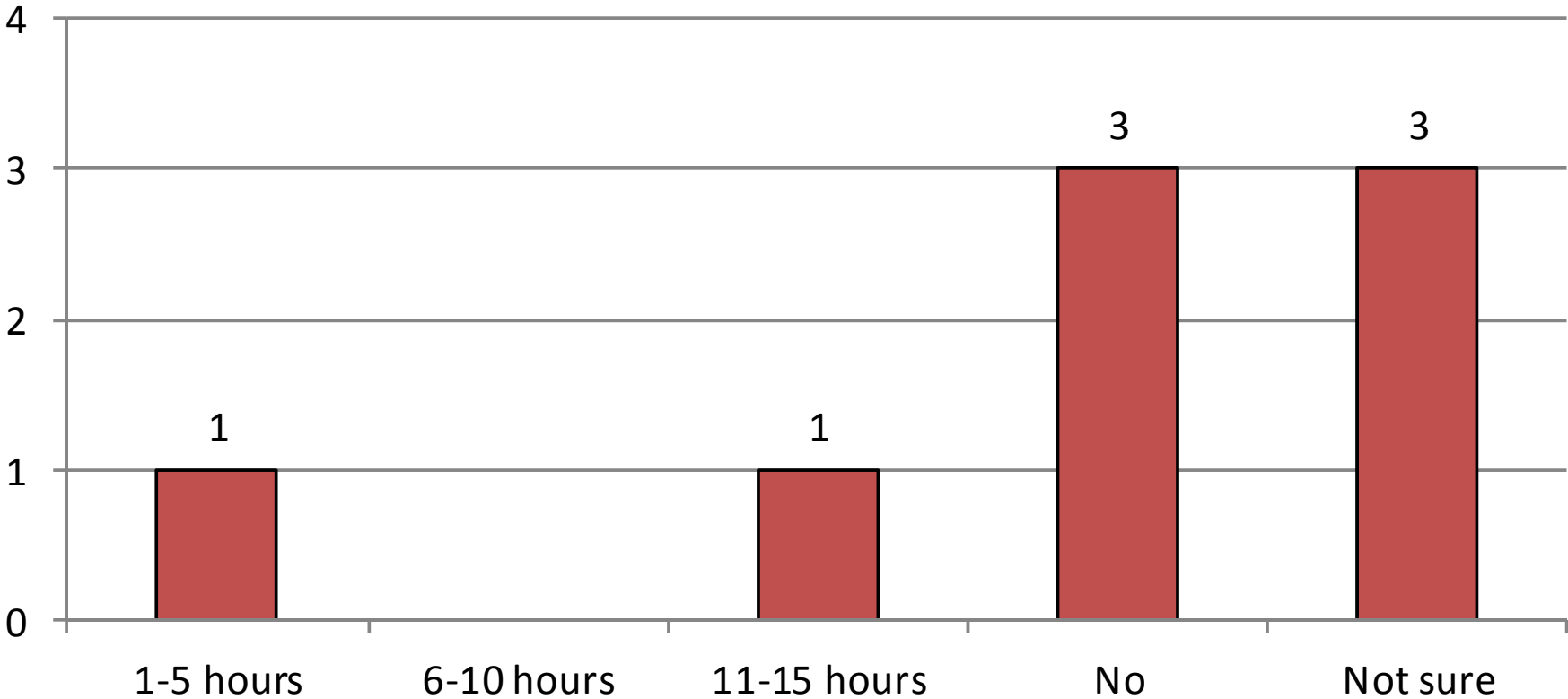
Average # clients per month seen by RD



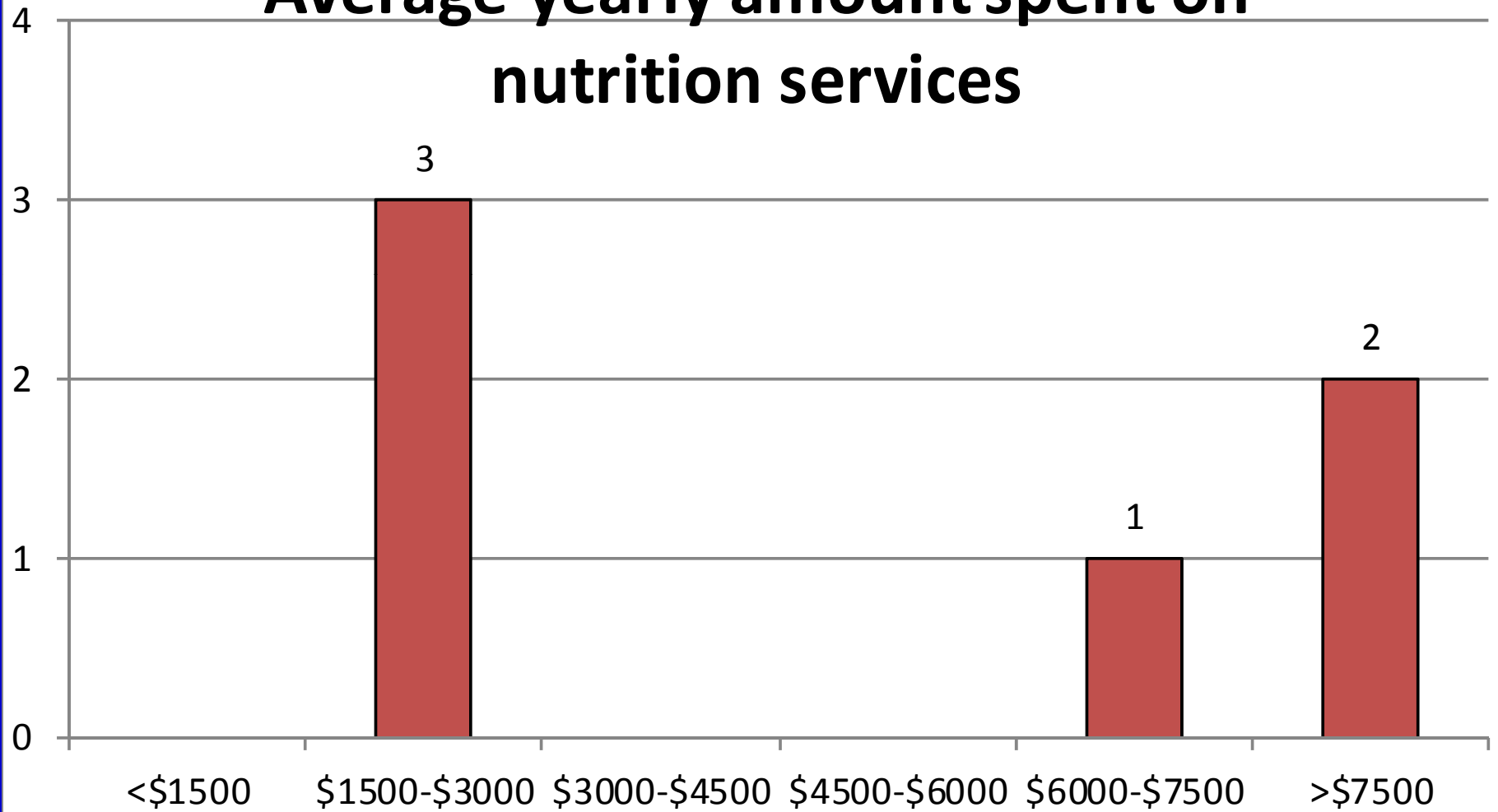
Average # hours/month RD provides nutrition services



Do you think there is a need for more hours from RD? (# per month?)

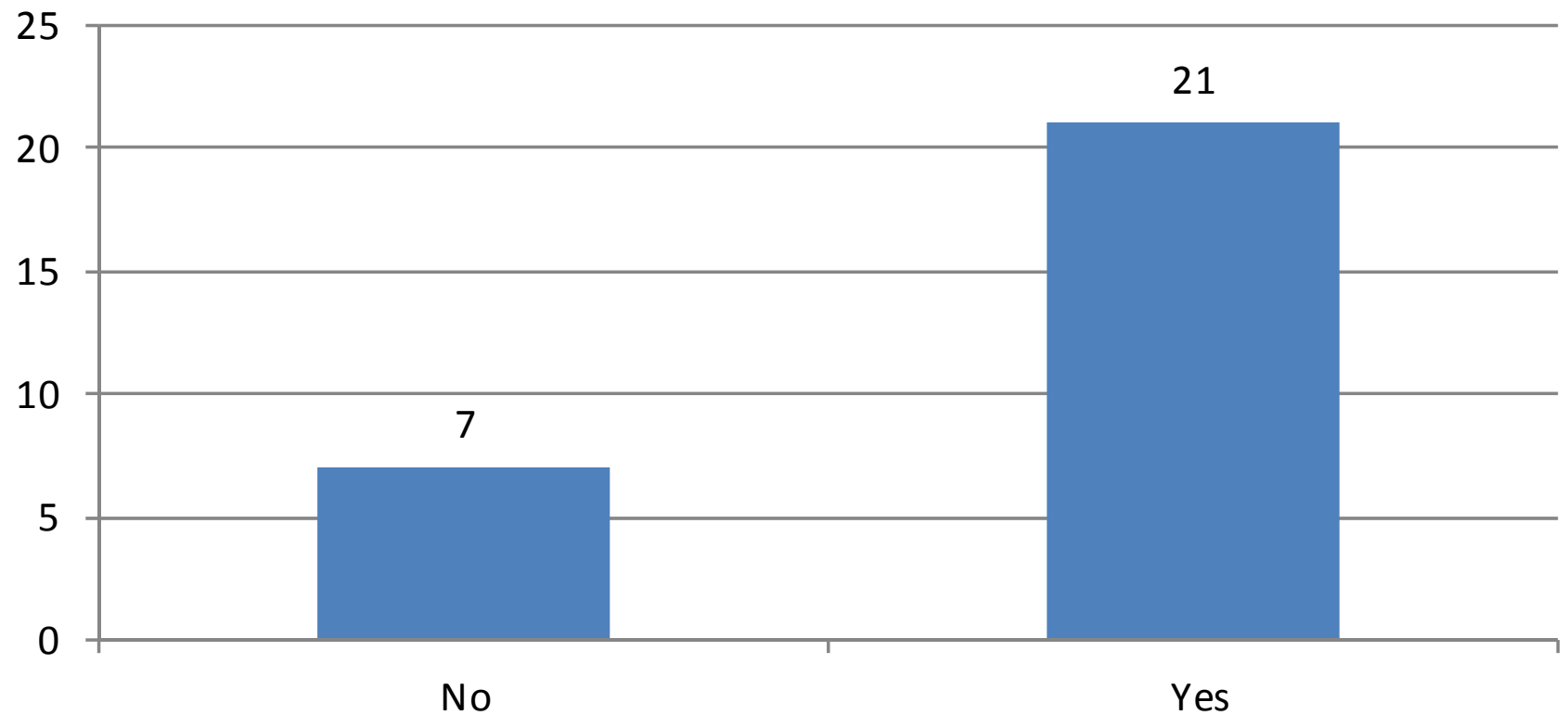


Average yearly amount spent on nutrition services



Results from those that do **not** have RD...

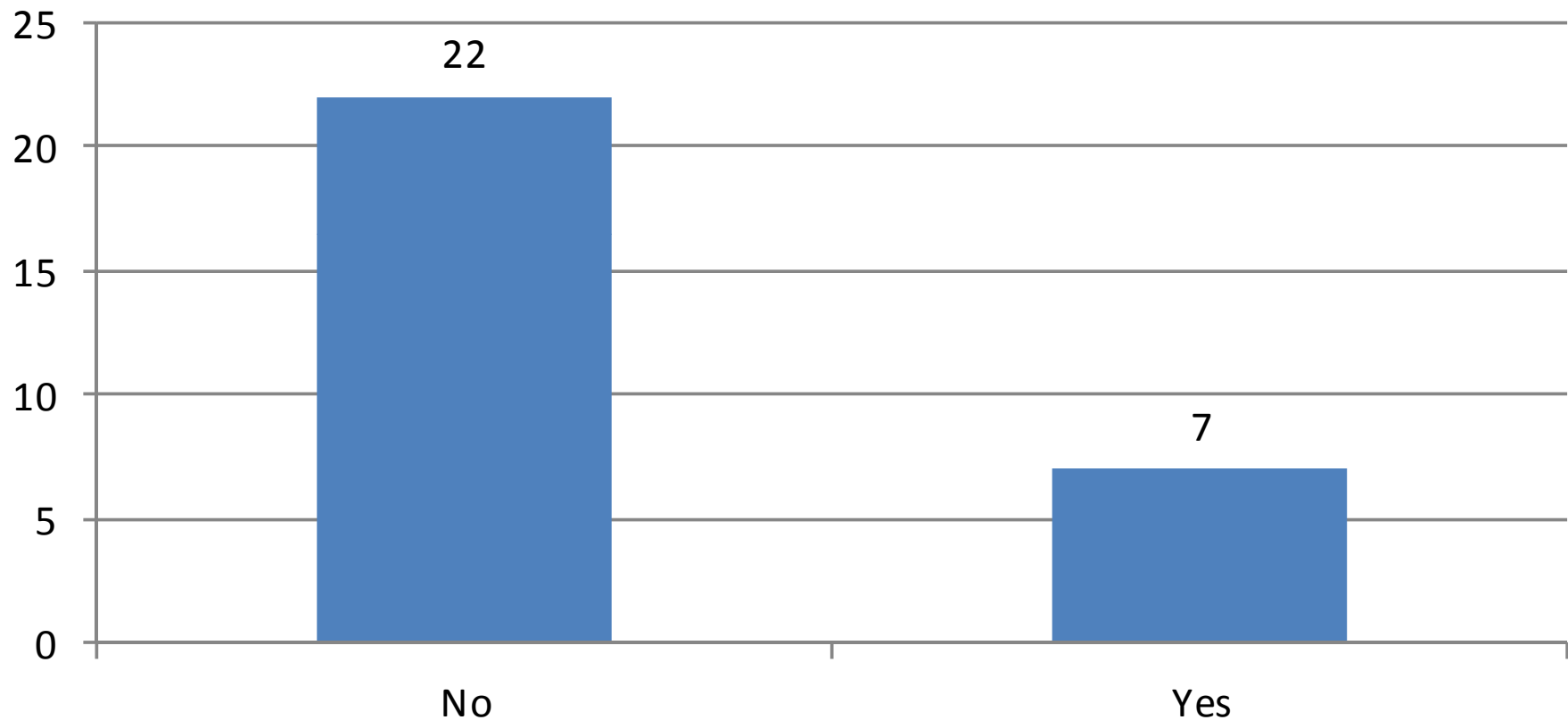
Do you provide nutrition referrals to RDs in the community?



Yes, provide referrals to:

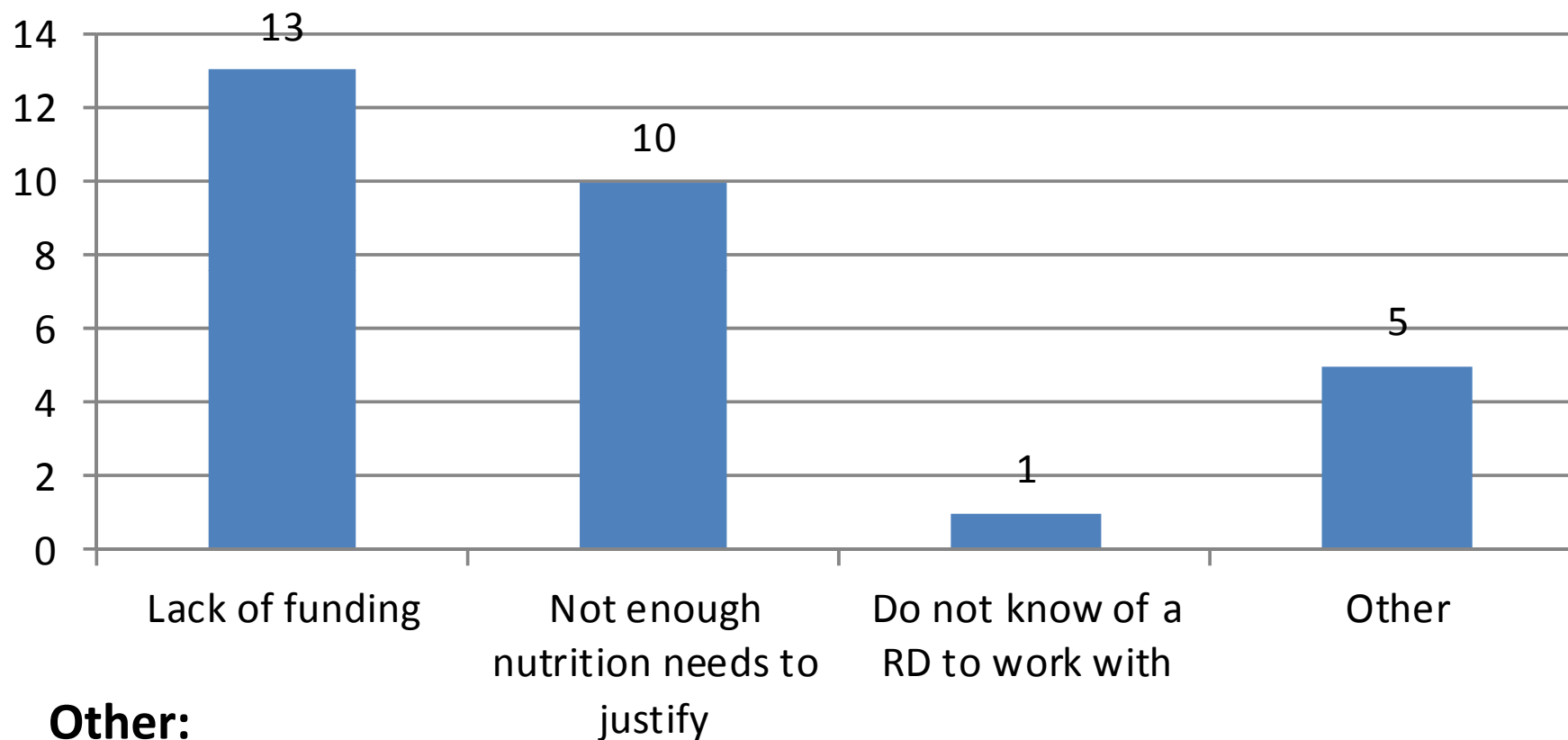
- Hospitals (x7)
- County/public health department (x5)
- PCP makes referral (x5)
- WIC RDs (x3)
- RDs within larger health care system (x2)
- Consult with RD from local ESIT program (x2)
- CHDD (x1)
- Community RD holds monthly consults (x1)
- Home care company (x1)

Do you regularly consult with a RD through an informal arrangement?



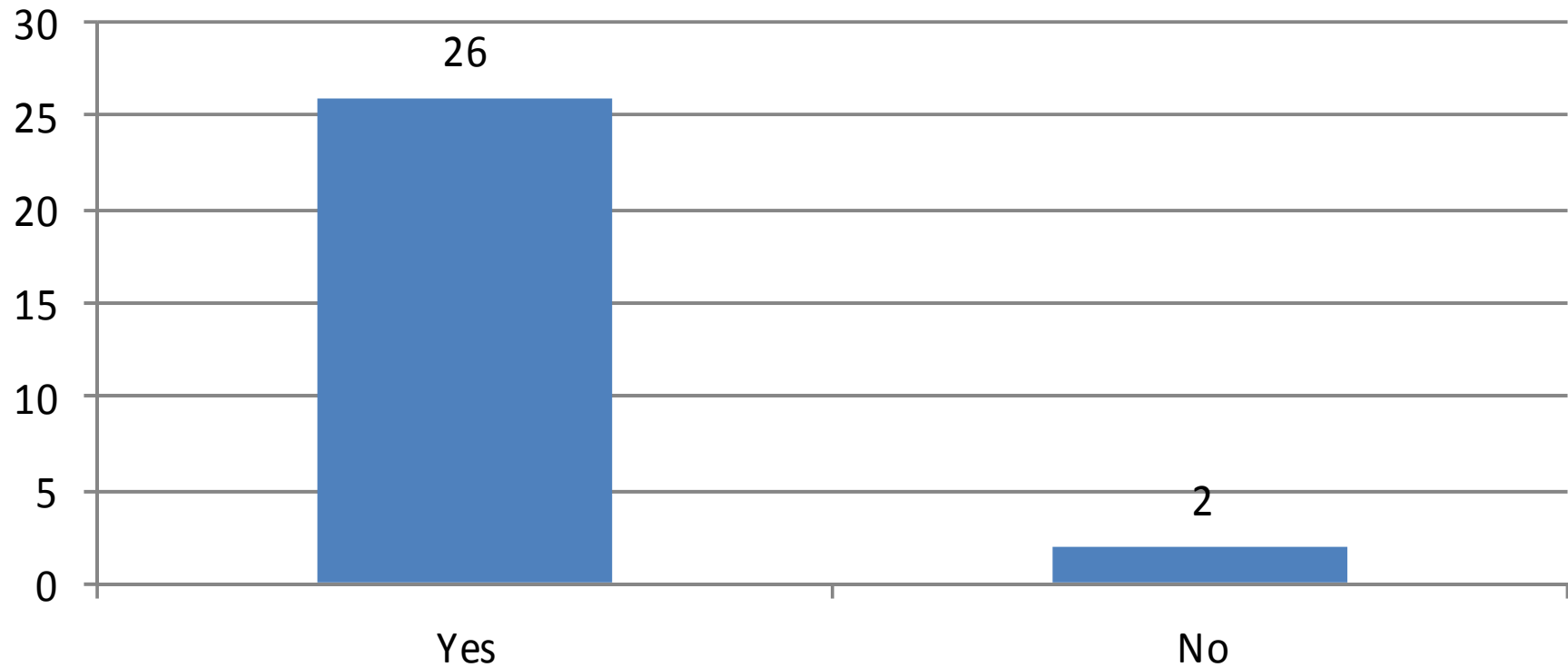
Yes: PHN works at WIC w/ RD, RD part of feeding team, consult via email within a large healthcare system, contact CHDD, home care co.

Biggest barrier to employing/consulting a RD?

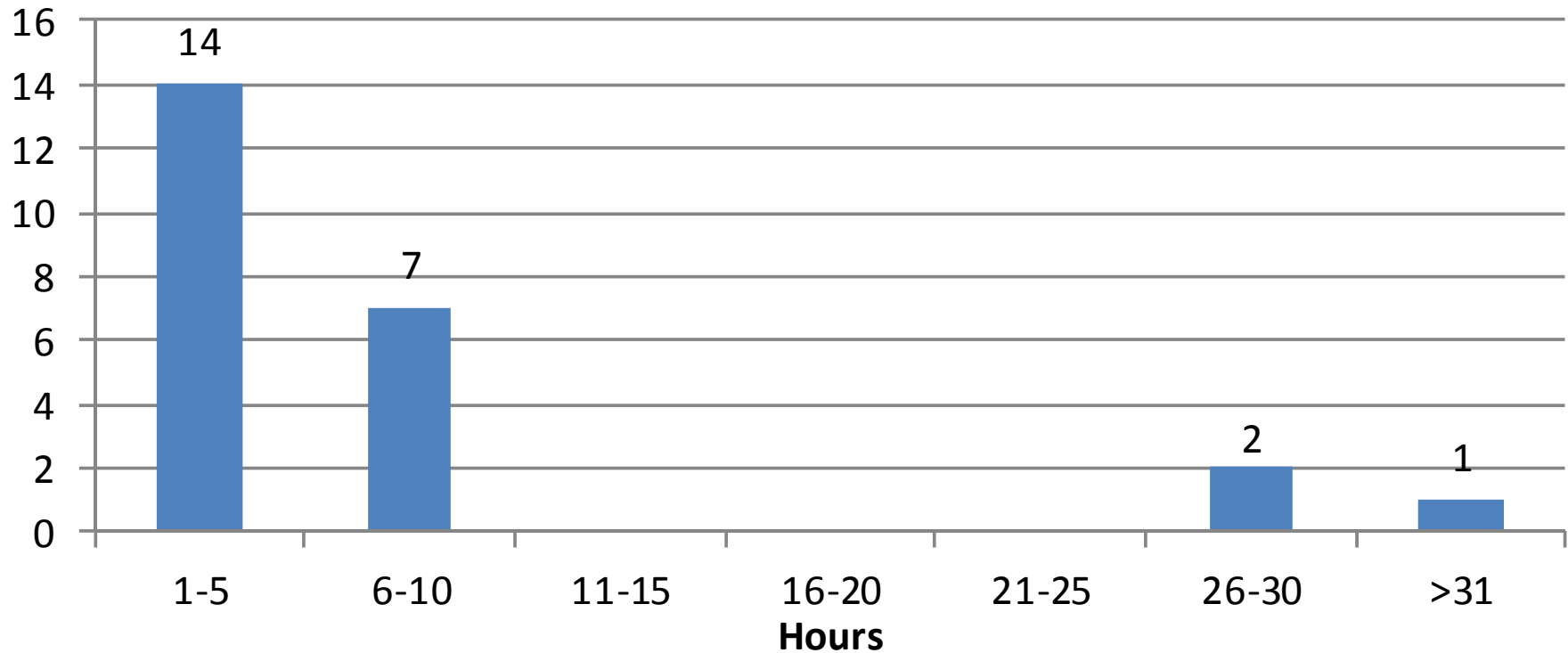


- RDs already within Health Care System
- local schools provide most of Birth to Three services
- not many families identify nutrition as an area of concern

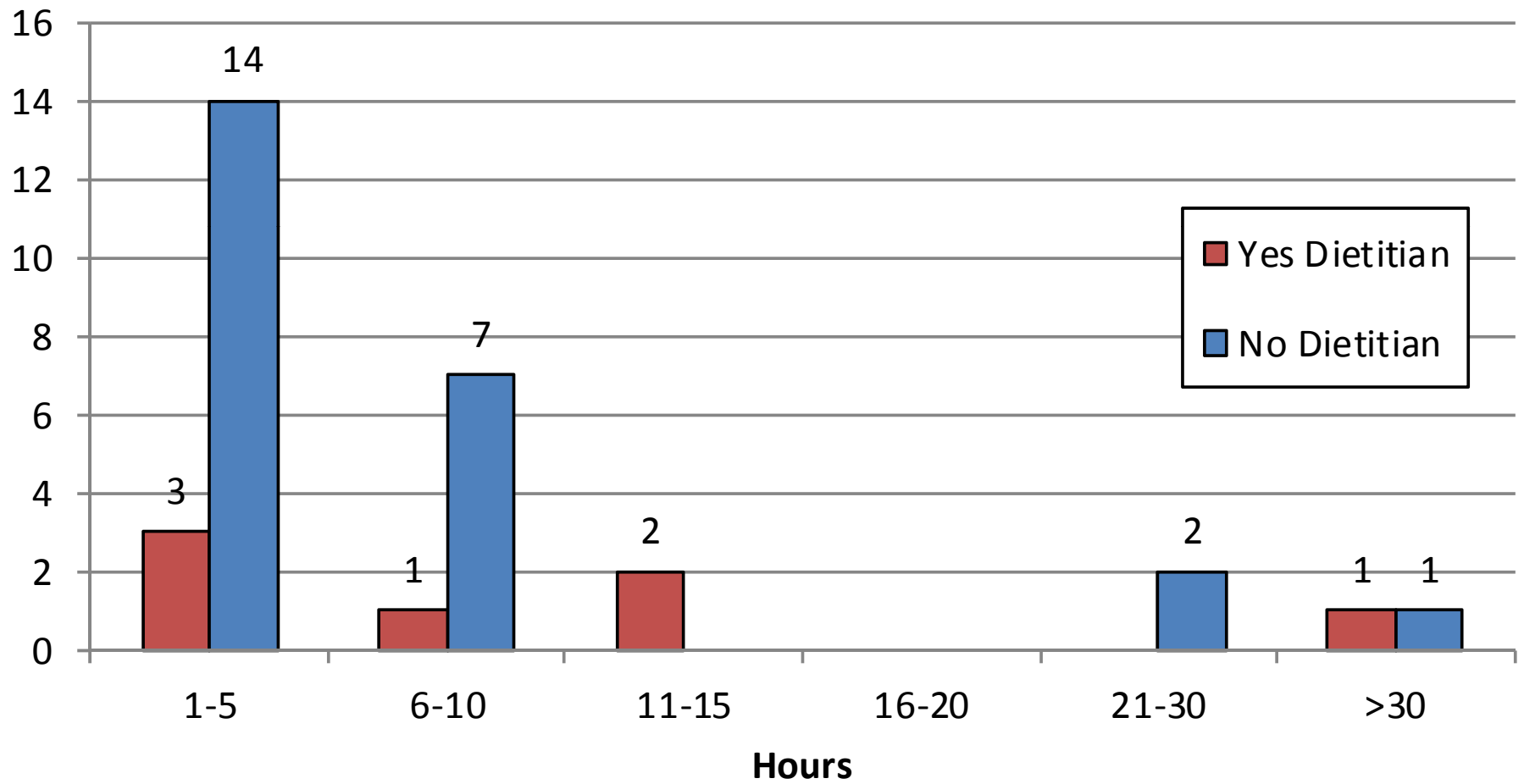
Do you believe the families served by your EI program would benefit from services of a RD?



**If you could overcome major barrier(s),
about how many hours/month would you
utilize services of a RD?**



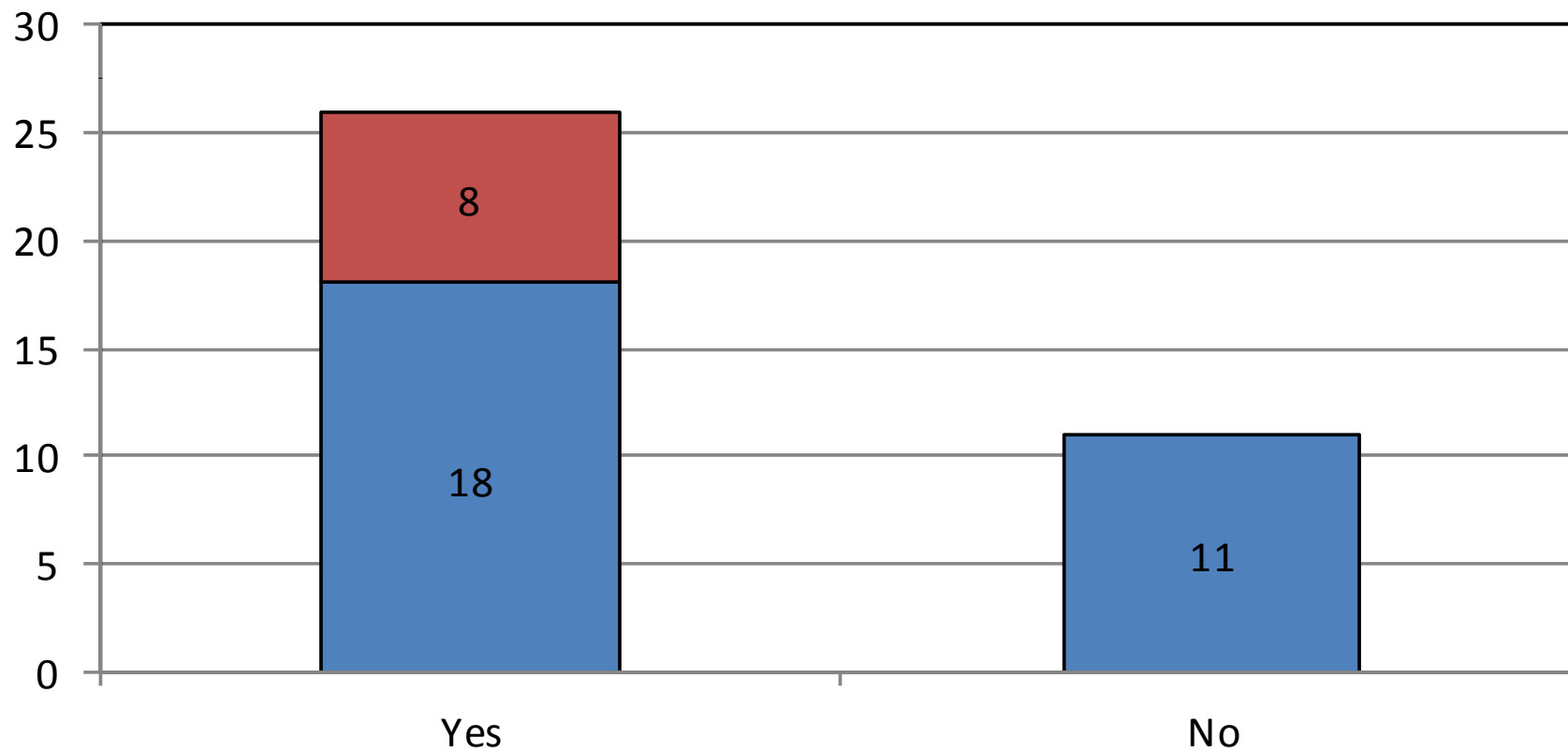
Actual vs. Desired RD Hours



Questions for all on Feeding Therapy

Provide Feeding Therapy?

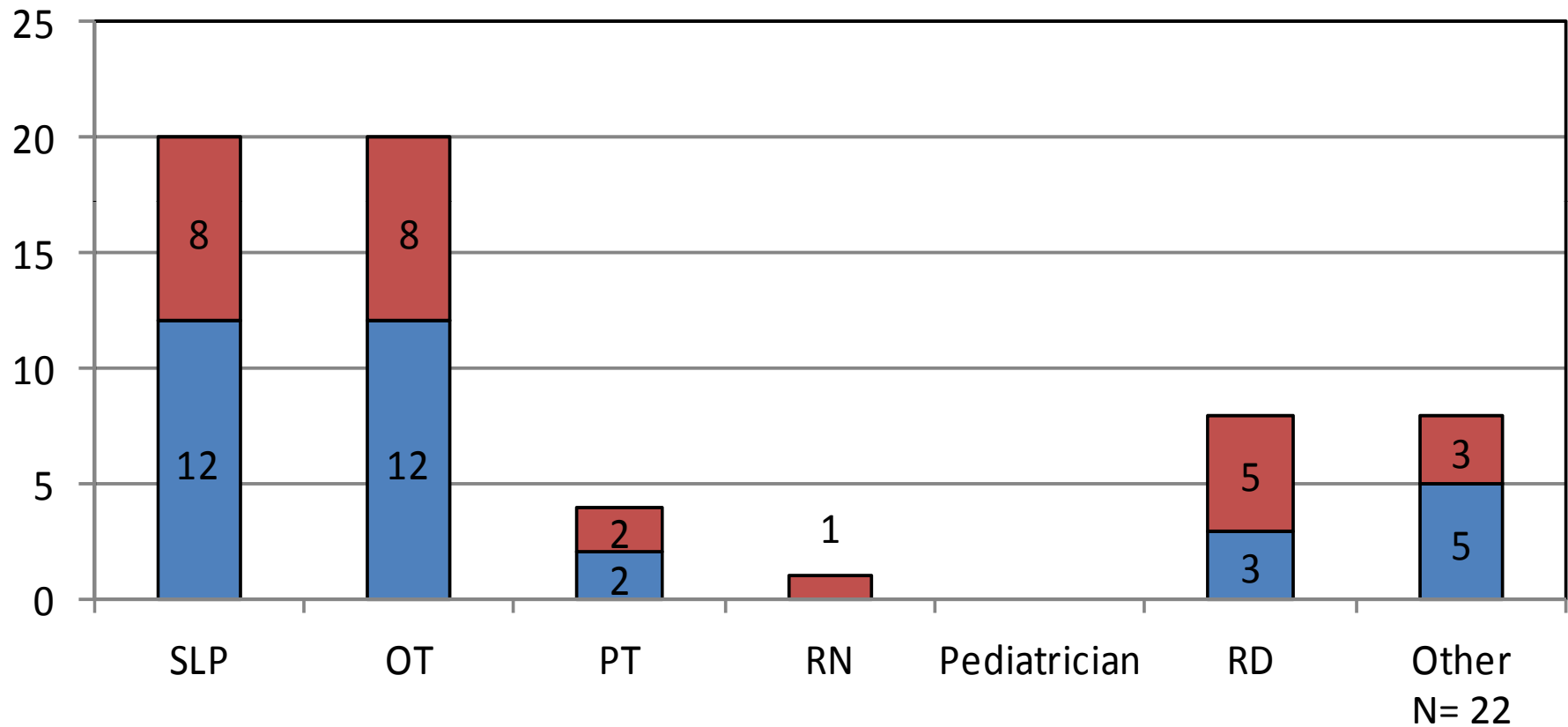
■ Yes Dietitian
■ No Dietitian



Who is on the Feeding Team?

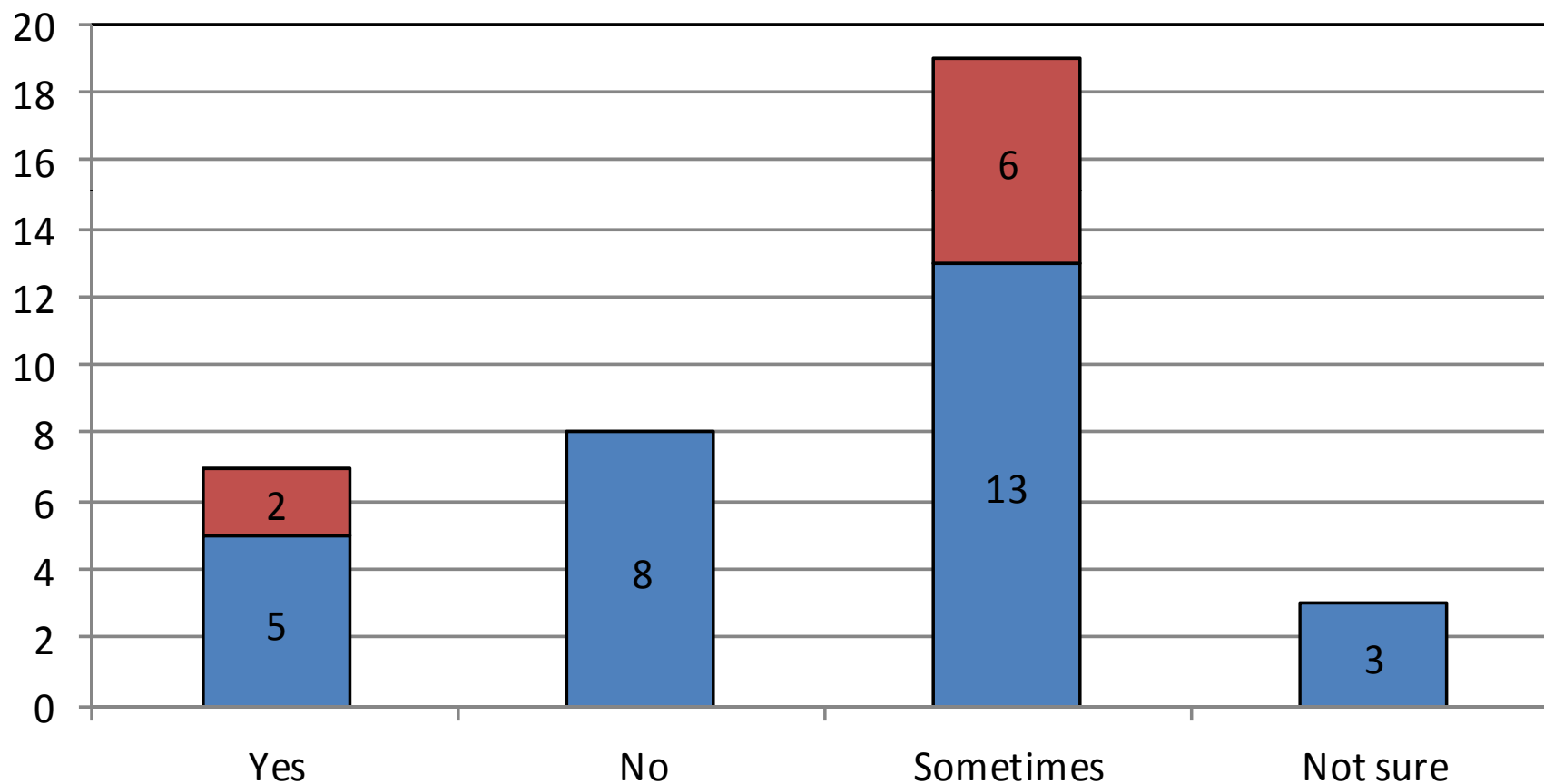
Yes Dietitian

No Dietitian



If children see a RD at another location do you receive a copy of the report?

Yes Dietitian
No Dietitian



Summary of Observations

- Majority of ESIT and NDCs do not offer nutrition
- Those who have RD seem to serve more clients per year
- Funding is provided from a variety of sources
- RDs are offering variety of services to programs
- Programs not employing RD perceive a need for 10 or less hours/month from RD
 - Biggest barriers were lack of funding and not enough perceived need

Limitations

- Unable to contact all EI providers
- Limited response
- Surveys subject to bias of responder

Next Steps

- Create a profile of programs with RDs to serve as a model to those that do not
- Provide education to ESIT and NDCs that do not offer nutrition services or feeding therapy on the need and potential model

Thank you

- Questions or comments?

- Resources:

1. Boyle CA, Boulet S, Schieve LA, Cohen RA, Blumberg SJ, Yeargin-Allsopp M, Visser S, Kogan MD. Trends in the Prevalence of Developmental Disabilities in US Children, 1997–2008. *Pediatrics*. Published online May 23, 2011 (doi: 10.1542/peds.2010-2989).
2. Bayerl CT, Ries JD, Bettencourt MF, Fisher P. Nutrition issues of children in early intervention programs: primary care team approach. *Semin Pediatr Gastroenterol Nutr*. 1993;4:11-15.