

“Come to the Table” A Pediatric Primary Care Healthy Weight Initiative for Children and Families Module 1 Personas

Personas

Type of persona	Profile
Health Center personas	<p>The Good Health CHC Care Team works in a sprawling small city area in a neighborhood known as <i>Little Oaxaca</i> because so many immigrants from that area settled there to work in nearby meat packing plants. The population of the center also includes local cattle and dairy workers, and a mix of race, ethnicity and family compositions. The care team consists of an MA who is Mexican-American but not Oaxacan; an Indian-American family doctor doing a NHSC loan repayment and in the last year of that before leaving for her hometown; a middle-aged female interpreter who is Oaxacan; a Black male mental health counselor who does not speak Spanish or the indigenous languages of Oaxaca; a young female WIC and Nutrition staff member who is on site three days a week and who is fluent in the languages of the patients; and an older female bilingual patient navigator who assists with eligibility and referrals.</p> <p>The Care Team has been rather fluid during the pandemic and only recently formed as a full unit on site. They huddle in the morning to discuss the day’s schedule. Behavioral health is integrated into primary care, but the mental health counselor mostly sees adults with substance use disorders. The Care Team selected childhood overweight and obesity as a topic they wanted to address after learning about the lack of resources for their families and the burden of adult obesity, particularly in teens and women, in the population. There is also a high rate of diabetes in the population.</p> <p>Several of the Care Team are also overweight or obese. They are worried about their own children’s health, particularly given the pandemic. The patient navigator, interpreter and MA live in the community. The other Care Team members commute. There is an elementary school and a church across the street from the center and many staff have connections to these organizations.</p> <p>The center is cramped for space. The Care Team meets in a busy provider room at the start of the day but has no formal office space as a team. Since the pandemic, there have been a lot of staff changes and discontinuity in patient care. Sometimes the MA and interpreter get pulled away for half the day and a floating MA, who speaks the dialects, takes their place. Often the mental health counselor feels all he can do is go to one crisis and then another.</p>
Family Personas	<p>There are several family personas, but two comprise the lives of the majority of pediatric households.</p> <ul style="list-style-type: none"> • Eliana Cruz is 5 years old and will be starting kindergarten. She attended Head Start preschool, but much of it was closed in the past two years. Eliana lives about a mile from the center in a low-rise apartment building. Her parents and three brothers are also in the two bedroom apartment. Her father works at the meat packing plant, various shifts, and her mother babysits other children in the day. The father has a car which he drives to work. Her brothers are 2, 7 and 9. The three younger children are US citizens; the parents and oldest child are not. The father has a work visa. Eliana’s mother speaks Mixteco and understands a bit of Spanish. She is functionally illiterate. Her father speaks “workplace” English but does not read English. His Spanish is fairly good. The older brothers are fluent in English and attend the primary school across from the center. The two older brothers are 85% BMI. Elian’s BMI is at about 75%. The father’s is WNL and the mother is >95%. The children are on the free lunch program but often dislike the food. Eliana’s Care Team notes that her BMI has increased rather dramatically since the start of the pandemic. • Lucas Johnson is 11 years old. He has ADHD and regularly sees his Care Team to get more medicine, but otherwise doesn’t use the center often. He has an infant half sister and lives with his single mother in a trailer about five miles from the clinic. His mother is a breast cancer survivor and a survivor of domestic violence. She is very anxious about Lucas as he has started acting sullen and having more difficulty in school. The baby is healthy and on WIC. Lucas’s mother is always going from one job to the next. She says she wants to be an MA. The family has moved several times in the past two years and often has interrupted phone service due to finances. Lucas would love to play basketball after school with the intramural team, but he doesn’t have a ride home. Lucas gained 20 pounds in the past year--he admits he sat around and ate junk food because there wasn’t much to do. His BMI is 85%.