

BACKGROUND

- Tulare County reports 44% of adults aged 18+ are classified as obese, compared to the California statewide average of 28.2%¹
- Federally Qualified Health Centers (FQHCs), like Family HealthCare Network (FHCN), are essential to addressing regional disparities
- Addressing obesity through social determinants of health supports holistic, patient-centered care rooted in osteopathic principles

OBJECTIVES

- To identify key social, behavioral, and economic factors contributing to obesity in the FHCN patient population
- To explore patient perceptions and understanding of weight, health, and related behaviors
- To propose patient-centered, culturally appropriate interventions aligned with osteopathic principles

METHODS

- Survey Participants:** FHCN Patients who utilized food pantries in Hanford, Terra Bella, and Fresno, CA

Survey Content:

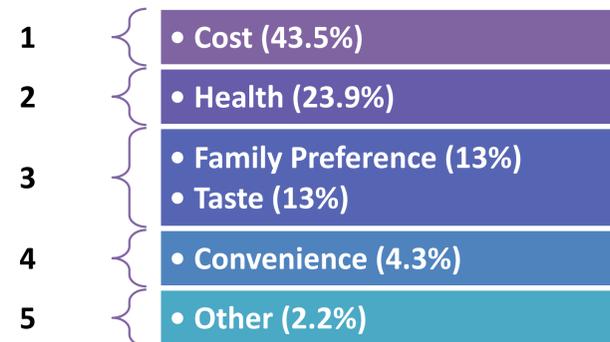


RESULTS

BMI Status of Participants (n=49)

- 87.5%: overweight, obese, or morbidly obese
- 10.4%: healthy BMI
- 2.1%: underweight

Top Factors Influencing Food Choices Ranked



- Sugar Intake and BMI:** Sugar Intake and BMI: 94% of overweight and obese participants consumed ≥ 1 meal with added sugars (Figure 1)

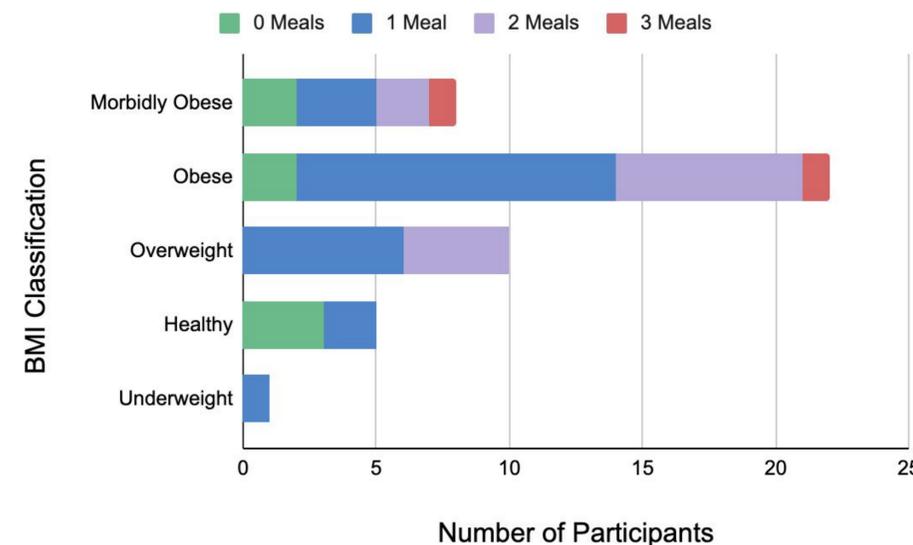


Figure 1. Added sugar meal frequency by BMI classification among participants (n=49)

CalFresh Enrollment: 49% were not enrolled

- Lack of awareness of program
- Unknown eligibility status

Perception of Weight and Health

- 66.7% underestimated their BMI
- 61.22% acknowledged their weight negatively affects their health
- 96% were actively working to improve their health

CONCLUSIONS & OSTEOPATHIC APPLICATION

Proposed Practice Applications Based on Findings



CalFresh Enrollment

- Bilingual flyers
- Instructions including program eligibility, enrolling and re-enrolling process



High Sugar Consumption

- Nutritional Workshops
- Culturally Tailored Meal Plans with low-sugar alternatives



Distorted Weight Perceptions

- Symposiums to enhance motivational interviewing skills for providers and patients

- Unity of Body & Mind:** High overweight/obesity prevalence (87.5%) with frequent BMI underestimation (66.7%) indicates that physiologic status and patient perception do not align
- Social Determinants & Community:** Food cost and low CalFresh enrollment (49% not enrolled) demonstrate that weight status is strongly influenced by access to resources rather than individual choice alone
- Osteopathic Integration:** Obesity in the FQHC setting reflects an interaction between biologic health, patient understanding, and social environment, requiring physicians to evaluate contributors beyond BMI

ACKNOWLEDGEMENTS

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