

Statewide Approaches to Prevent Child Obesity

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Objective

Identify the various approaches and strategies that CDC's funded States are implementing the "Nutrition and Physical Activity Programs to Prevent Obesity and Other Related Chronic Diseases."



Program Goals

- Decrease levels of obesity or
- Reduce the rate of growth of obesity in communities reached through interventions
- Increase the number of nutrition and pa interventions that are evaluated
- Increase the number of communities that implement a nutrition and pa plan for the prevention and control of obesity and other chronic diseases



Purpose of the Program

- To prevent and control obesity and related chronic diseases by supporting states in the development and implementation of science based nutrition and physical activity interventions, through population-based strategies such as:
 - policy-level change
 - environmental support
 - and using the social marketing planning process



Program Goals

- Increase the number of state or community nutrition and physical activity policies, environmental supports and or legislative actions that are planned, initiated or modified for the prevention or control of obesity and other chronic diseases
- Increase physical activity and better dietary behaviors in communities reached through interventions



State Requirements

- Develop a plan for the priority population (s),
- Develop appropriate internal and external partnerships, and
- Develop, conduct, and evaluate nutrition and physical activity intervention projects in the population (s).



State Activities

- Establish a state infrastructure
- Conduct strategic planning activities
 - Identify one or more priority populations for intervention projects.
 - Conduct an assessment
- Identify data sources
- Identify and involve internal and external partners



State Activities

- Develop a focused state plan for the priority population (s)
- Provide or make available training and technical assistance.
- Develop and pilot intervention projects.
- Evaluate progress and impact of the state plan and intervention projects.



Background

- Six funded states in 1999 - 2000
- Six funded states in 2000 - 2001

Average funding of \$300,000 - \$415,000 year.



First six funded States

- California
- North Carolina
- Texas
- Connecticut
- Massachusetts
- Rhode Island



California

- Population
 - 11-14 year old girls in two pilot sites
- Strategy
 - Reducing TV viewing time by one hour
- Intervention
 - Two schools in CA to use web-based program



North Carolina

- Population
 - Child Care Centers (Child and Adult Care Feeding Programs) 3 – 5 years old
- Strategy
 - Increase PA and improve dietary intake in environmental changes
- Intervention
 - 8 counties that are intervention counties in NC cardiovascular health grant



Texas

- Population
 - Six public elementary schools in Austin
 - 4th and 5th grade students
- Strategy
 - Food Service environmental and policy changes
 - Increase physical activity



Texas

- Intervention
 - Curriculum (I CAN)



Connecticut

- Population
 - Health districts (rural and urban)
- Strategy
 - Community Planning Phase
 - Community Assessment and profiles underway



Massachusetts

- Population
 - 6th, 7th, and 8th grade students
- Strategy
 - addresses multiple levels of influence:
school policy
school environment



Massachusetts

- body weight
- individual behaviors in
 - TV
 - 5 a day
 - dietary fat
- Intervention
 - Planet Health in 13 middle schools, SHI



Rhode Island

- Population
 - Four high-risk elementary schools
 - 30% Hispanic /Latino enrollment
 - 50% or more are eligible for free or reduced lunch
- Strategy
 - Environmental changes- using the School Health Index



Second group of Funded States

- Montana
- Pennsylvania
- Florida
- Michigan
- Washington
- Colorado



Montana

- Population
 - Crow and Fort Peck Tribes
 - Middle School Children
- Strategy
 - Increase physical activity, improve diet
- Intervention
 - Considering school based PE and food environment



Pennsylvania

- Population
 - Low income elementary school children
 - 3rd, 4th, 5th grade classes
- Strategy
 - addresses multiple levels of influence:
school policy,
school environment
body weight and individual behaviors



Pennsylvania

- Interventions
 - Fruit and vegetable intake
 - Sugar sweetened beverages
 - Water
 - Milk



Pennsylvania

- Vending healthy choices
- Frequency of visit to fast food outlets/week
- Increased physical activity
- Hours of TV



Florida

- Population
 - Middle schools in five rural counties
- Intervention
 - Based on focus groups in 5 counties



Washington

- Population
 - Rural community in Moses Lake, WA
- Strategy
 - Community – wide campaign for environmental and policy changes
- Intervention
 - Moses Lake, WA community to increase physical activity and 5 A Day



Michigan

- Population
 - African American women- Flint, Michigan and their providers
- Strategy
 - Increase physical activity and healthy eating to decrease body weight .



Michigan

- Intervention (considering)
 - Providers individually adapted behavior change
 - Social support in secondary prevention to improve treatment outcomes



Colorado

- Population
 - Peetz, Colorado – 100 participants
 - 12 Black Churches in Metro Denver
- Strategy
 - Increase by 2,000 steps/day from baseline



Colorado

- Intervention (Colorado On the Move)
 - 100 Participants to all ages for 10,000 steps/day
 - 403 members to participate in 10,000 steps for 12 weeks



Summary

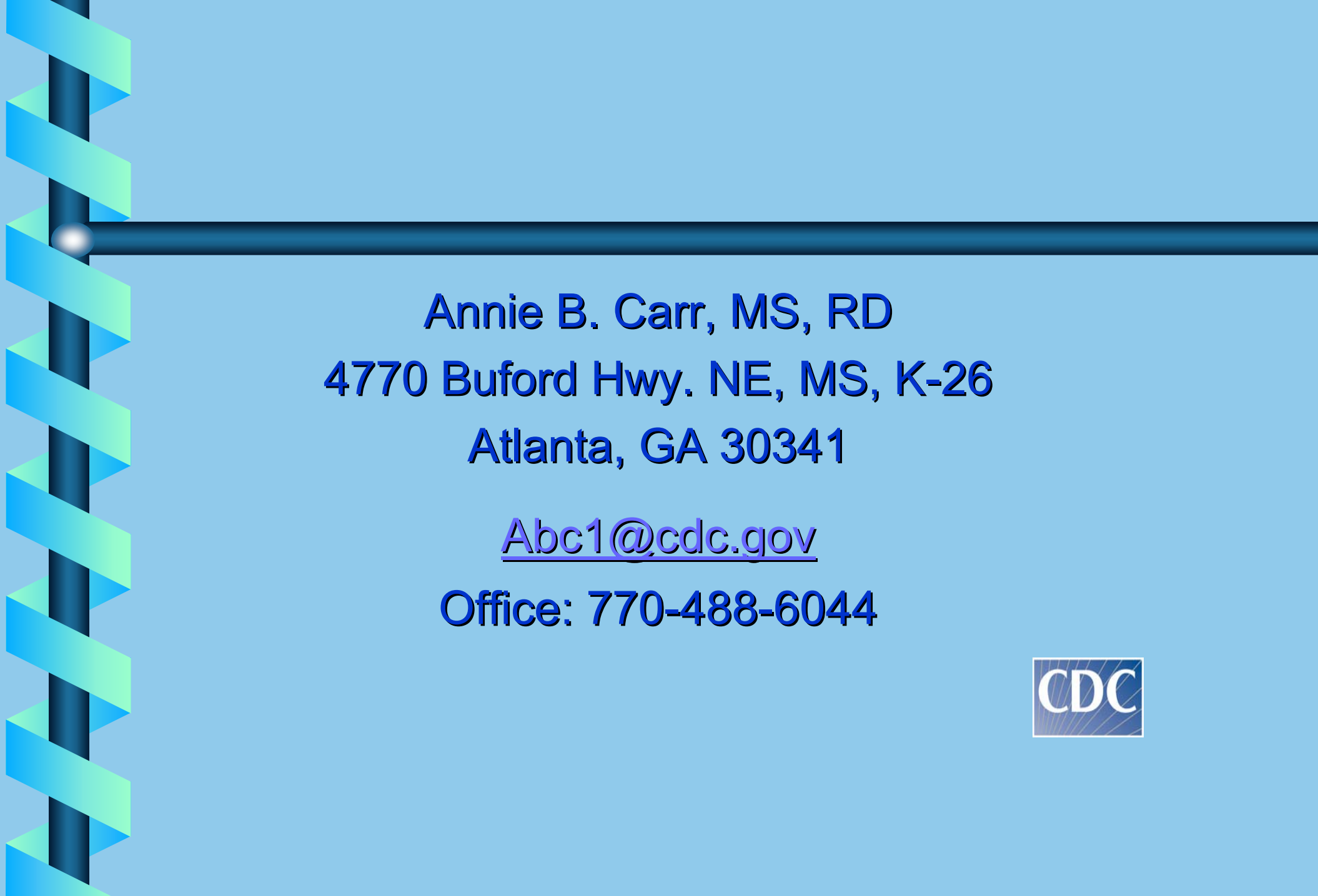
- Programs in third year are further along
 - By the end of this fiscal year
 - Data
 - Interventions
 - State plans available



CDC Web-Site

- www.cdc.gov
- Funding
- Cooperative agreement





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