

# **American Dietetic Association**

## **Activities Addressing Healthy Weight for Children**

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American Dietetic Association

# Expert Panels

- **American Dietetic Association Foundation**
  - **Selected Healthy Weight for Kids as 5 year Initiative**
    - **Expert panel (CDC, NIH, USDA, Marketing, Researchers, ADA Members)**
      - **Identified potential activities – Four Categories**
- **Member and ADA Staff Working Groups**
- **ADA Board of Directors – Leadership Concepts**
- **ADA Board level Obesity Task Force- Evaluate progress & recommend future activities**



# Categories of Activities

- Family Focus
- Community Focus
- Professional Development
- National Planning



# Family Focus

- Family Nutrition & Physical Activity Screening Tool
- Activate Partnership
- Healthy Lifestyles Research
- Healthy Parenting Initiative
- Healthy Start Partnership



# Family Nutrition & Physical Activity Screening Tool

- Identify family patterns that are associated with higher prevalence of overweight or risk of overweight in children
  - Nutrition
  - Physical Activity (inactivity)
- Develop instrument
- Validate longitudinally



# Activate Partnership

- Create information on healthy lifestyles for “tweens”
  - Website: [Kidnetic.com](http://Kidnetic.com)
    - Launched in June 2002
    - +300,000 hits in first 3 months
    - Creative way to reach tweens
      - Nutrition information
      - Promote physical activity while on-line
        - Scavenger hunts
        - Wet head challenges



# Healthy Lifestyles Research

- Collaboration with CDC & Pediatric Research in the Office Setting
  - Train RD and Pediatricians in Motivational Interviewing
  - 3 arm study
    - Minimal (MD only – 15 min + video)
    - Intensive (MD + RD (multiple visits))
    - Control
- Pilot study in 2003



# Healthy Parenting Initiative

- Partnership with Wellpoint (Insurance company)
  - Develop web-based material
  - Adaptation of material in ADA Publication on helping parents & providers discuss healthy weights
  - Identifies RDs as sources of counseling on topic



# Healthy Start Partnership

- Partnership with Gerber to develop infant and toddler feeding guidelines
  - Using evidence-based approach
  - Healthy Start Expert Panel
  - Consumer guidance brochure
  - JADA Supplement of research



# Community Focus

- Hearts 'N Parks Partnership
- Champions Youth Nutrition & Physical Activity Grants
- Partners in Program Planning for Adolescent Health



# Hearts 'N Parks

- ADA joined NHLBI & NRPA
  - Selected State and community advisors in 50 Magnet Sites
  - ADAF funded RD advisors to attend training
  - Selected RD to provide part of training in 2003
  - FNCE sessions



# Champions Youth Nutrition & Physical Activity Grants

- Partnership with General Mills and President's Council on Physical Fitness
  - 50 grants annually that include community programs that address both nutrition & physical activity
  - May celebration
  - FNCE sessions



# Partners in Program Planning for Adolescent Health (PIPPAH)

- Four year project with two major activities
  - Development of web-based nutrition cases
    - One is overweight teen
  - Community leadership & assessment
    - Focus on environment that promotes healthy lifestyles leading to healthy weights



# Professional Development

- Position Papers
- Certificate Programs
- Dietetic Practice Group
- Expert Partners Program
- FNCE Sessions
- Publications
- Nutrition Guides for Practice



# Position Papers

- **Weight Management for Adults (Aug 2002)**
- **Nutrition Standards for Child Care Programs**
  - **Balance energy and nutrient intake w/ appetite**
- **In development now**
  - **Pediatric Weight Management (new)**
  - **Child & Adolescent Food & Nutrition Programs (update)**
  - **School-based Nutrition programs & Services (update)**
  - **Local Support for Nutrition Integrity in Schools**



# Certificate Programs

- Adult Weight Management
  - In second year
- Pediatric Weight Management
  - Pilot summer 2003



# Dietetic Practice Group (DPG)

- New Weight Management DPG
  - Organizational meeting at FNCE 2002
- Pediatric DPG Subgroup
  - Weight management



# Expert Partners in Practice

- Partnership with Mead Johnson
  - Training for expert RDs in marketing
  - Placement of RD as expert presenter in pediatrician's offices



# FNCE Sessions

- Obesity/Overweight Track in 2001
- 2002 FNCE
  - 8 sessions on children; 6 on adults
  - Pre-FNCE ADAF Workshop – Healthy Weight for Kids
  - Motivational Interviewing workshop
- Continued emphasis in 2003



# Publications

- *The American Dietetic Association Guide to Healthy Eating for Kids: How Your Children Can Eat Smart from 5 to 12,*
  - 2002
- *If Your Child is Overweight*
  - 2002
- *Child and Adolescent Obesity: The Health Professional's Guide to Identification, Treatment and Prevention*
  - 2003



# MNT Nutrition Guides for Practice

- Adult and Pediatric Weight Management Consensus Groups formed
- Evidence Analysis to begin
- Potential 2003 publication date
  - CDs



# National Planning

- Healthy Schools Summit
- Public Policy Strategies for Reducing Prevalence of Overweight/Obesity
- Section of ADA Public Policy Issues related to obesity



# Healthy Schools Summit

- ADA as one of 30+ partners
- Martha Conklin is ADA Liaison
- Many RDs as State Planning Leaders
  
- <http://www.actionforhealthykids.org/docs/fs.pdf>



# Public Policy Strategies for Reducing Prevalence of Overweight/Obesity

- Guiding principles
  - From ADA Position Papers
- Strategies endorsed by ADA
  - Promote healthy weight for children
  - Designate obesity as disease
  - Support multidisciplinary health programs
  - Increase funding for research
  - Nutrition Monitoring
  - Involve stakeholders
  - Create programs with both nutrition & physical activity
  -

[www.eatright.com/gov/policyobesity.html](http://www.eatright.com/gov/policyobesity.html)



# ADA Public Policy Issues

- 7 Major Priorities
  - Child Nutrition
    - Childhood weight management
  - Obesity
    - IMPACT bill
    - Child overweight
- Identifies principles and strategy approaches
- <http://www.eatright.com/images/gov/lppc102202.ppt>



# More to come....

- [www.eatright.org](http://www.eatright.org)



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