

CPHN Quarterly

The Center for Public Health Nutrition was funded in 2002 by vitamin anti-trust settlement money from the Washington State Attorney General's Office. CPHN is housed within the School of Public Health and Community Medicine and administered through the Nutritional Sciences Program in the Department of Epidemiology.

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Our Mission

To advance public health approaches to improve nutrition and physical activity through environmental and policy change.

- Build partnerships and collaborations with practitioners, government agencies and communities
- Provide technical assistance in the translation of research into policy and practice
- Shape obesity and chronic disease prevention and reduction efforts

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About this issue

This issue of the *CPHN Quarterly* features news of the P-20 grant, changes in Center staff, recent events in which partnership programs and students' work were highlighted, and final reports from our Healthy Youth grantees.

NIH P-20 Grant Will Help Translate Obesity Research into Policy Development

CPHN has recently been awarded an NIH grant for transdisciplinary research in obesity. The grant will fund an Exploratory Center for Obesity Research that will address biomedical, public health, social, economic and policy aspects of the obesity epidemic. The proposed "Lab to Leadership" model will be built on sustained interactions among researchers, clinicians, public health professionals, local and state government agencies, policy makers, and communities at risk. Activities will include commissioned papers, workshops, forums, and conferences. Funds will be provided for pilot/feasibility studies that actively promote cross-disciplinary thought by applying insights from laboratory and clinical research to environmental and policy studies - and vice versa. This funding will also support strategic planning for a Center of Excellence for Obesity Research, and the creation of a sustainable forum for researchers, policy makers, and community groups to advance the mutual integration of research priorities, state-level policy objectives and community goals. For more information, see <http://depts.washington.edu/uwcphn/P20/>

Staff Changes at CPHN

Molly Shaw, MPH, RD is the new Program Manager, replacing Caroline Tittel. Her most recent position was Health Promotion Manager for Puget Sound Neighborhood Health Centers in Seattle.

Claire Roach also joined our staff in September as Graduate Research Assistant. Claire is in the UW MPH program and plans to become a registered dietitian. She is coordinating the breastfeeding project in Moses Lake, among other responsibilities.

Janice Kao, MPH student, is working on the Center's NIH-funded program to reduce obesity in public high schools in Seattle. She has degrees in Psychology and Education and would like to continue working with nutrition education and/or policy issues in schools.

Community Partnerships Highlighted at the Washington State Joint Conference on Health

Nutritional Sciences graduate students work with community partners to expand the work of the Center. Three Nutritional Sciences students presented at the Washington State Joint Conference on Health, October 4-6 in Wenatchee.

Martha Yarbrough provided results from an evaluation of the Basic Food Nutrition Education Program Regional Trainings conducted in May 2004. A Partnership with the **WA Department of Health**, the evaluation included surveys and key informant interviews with recipients of the trainings that were designed to improve the quality of Basic Food Nutrition Education programs and applications across the state.

Erica Lamson presented a Poster on a successful farm-to-cafeteria program that provided fruits and vegetables to seniors at congregate meal sites. This partnership with **Senior Services** of Seattle/King County supported Washington produce growers, the local economy, and the appreciative seniors who enjoyed the fresh local produce.

Kirsten Best presented data from NIH funded surveys conducted in two **Seattle Public High Schools**. These data indicate that many youth who attend these schools have low rates of physical activity, high rates of TV viewing and consume many foods that are high in fat and sugar.

Student work was included in additional presentations at the Conference. Students provided evaluation results for regional meetings convened by the State Board of Health to address school policies for nutrition and physical activity.

Students are also participating in ongoing work to improve food security in King County WIC clients. Baseline data were collected by **Nicole Campbell, Erica Lamson, and Carrie Washburn** and presented by our partners at **Public Health-Seattle & King County**. UW graduate students and CPHN faculty will continue to work with PHSKC to examine the relationship between food insecurity and overweight family members in English- and Spanish-speaking households participating in the Supplemental Food Program for Women, Infants, and Children (WIC) in King County, WA.

Recent Events

Eric Bost visits the University of Washington Campus

The Honorable Eric Bost, Under Secretary for Food, Nutrition and Consumer Services, US Department of Agriculture returned to campus on October 13. Mr. Bost presented a seminar, "Promoting Healthy Lifestyles: What the USDA Can Do" to a standing room only crowd of over 200 people from campus and across the state. In July, Mr. Bost was on campus and announced that the successful Fresh Fruit and Vegetable Program pilot would be brought to the State of Washington. Twenty five schools were selected to participate, based on the number of children who qualified for the free and reduced lunch programs. Mr. Bost was hosted for lunch at the Faculty Club by Dean Wahl of the School of Public Health, Adam Drewnowski and Donna Johnson. Also attending the lunch were invited CPHN supporters Martha Marino of the Dairy Council, Brita Butler-Wall of Seattle School Board, Gaye Lynn MacDonald of Bellingham School District, and George Sneller of the Office of Superintendent of Public Instruction.

Coming Together Washington Showcases CPHN Work

The Center for Public Health Nutrition represented the UW School of Public Health and Community Medicine at Hec Edmundson Pavilion on October 15. A total of 32 UW programs displayed their work. The free event was open to the public and visited by students as well as faculty, staff, and interested community members. Our display included a map and a slide show of our diverse community projects and identification of the partnerships that make them successful. Faculty, staff and graduate students were on hand to answer questions about work that is contributing to obesity research and chronic disease prevention across the state.

Access to Healthy Foods Coalition Meeting, Yakima, WA, October 21-22

Hosted by the State Department of Health, coalition members representing public and private organizations from Washington and 5 other states met to discuss progress with making healthy foods more accessible, especially to low income populations, and to plan ways to change the food environment to combat obesity and hunger in our State. In addition to reporting and planning, attendees participated in a winery tour, a buffet of Washington foods, and bagging 18,000 pounds of apples and carrots at the Northwest Food Harvest facility in Yakima. Kudos to our DOH partners for a fine event!

Grants for Healthy Youth

Project Completion

Final reports have been received from the five Grants for Healthy Youth projects. We celebrate the accomplishments of those leaders and share highlights of their hard work and dedication to improving nutrition and physical activity for our youth!



The Child Care Health Program staff of Public Health-Seattle & King County (PHSKC) provided four training conferences for childcare program staff, demonstrating simple and easy-to-implement changes to increase physical activity opportunities and healthy eating among the children in the programs. More than 90% of the providers who attended reported an increase in knowledge in the two areas as a result of the training. Of the 37 providers who received follow up calls and/or visits, an average of 50% reported making at least two changes to improve the physical activity and nutrition offerings to the children in their care.

Seattle Nutrition Action Consortium, also of PHSKC, developed a partnership with eight organizations in the Rainier Valley to recruit and involve youth in community gardening and food preparation of their crops, and in walking to various sites around the community, including a bike shop and recreational center. A video and DVD were produced, highlighting the accomplishments of the youth.

WSU Cooperative Extension and partners in Spokane held two conferences for parents and children on the obesity epidemic. Parents then joined one of six Grassroots Neighborhood Action Teams (GNAT) to develop projects to improve children's choices for healthy food and physical activity. From the six GNAT, six community projects were planned and implemented, including Walk Your Child to School Day, Breastfeeding Advocacy training, a Family Fun Fair, a community garden, a skate park, and plans to develop a playground accessible to developmentally challenged children.

The Children's Alliance of Seattle worked with three pilot middle schools to increase student access to healthy food and beverages in Ellensburg, Olympia, and Snohomish school districts. In each school, committees of various stakeholders were formed to assess the nutrition and physical activity environments, using the School Index. From the assessments, top priority actions were identified and implemented. Information was presented on childhood obesity and environmental and policy approaches to prevention at ten conferences over the course of the year.

The Washington State University Cooperative Extension in Clark County coordinated the project Eat and Play for Health. They trained middle school students to be mentors for elementary school children from Marshall Elementary school, *Impacting Kids First* through the Parsley Center, and The Boys and Girls Club of Southwest Washington. The overall goal of the project was to teach elementary and middle school students to select healthy after-school snacks and participate in fun physical activities instead of playing video games and watching TV. In addition to accomplishing this goal, an excellent partnership was created with The Boys and Girls Club of Southwest Washington.

More information on these projects can be found on our website, www.cphn.org

More Students and Faculty in the News...

Shannon Turner, MPH student, has been hired as Executive Director for Washington Coalition for Promoting Physical Activity. Congratulations, Shannon! Now you need to graduate...

Barbara Bruemmer is a co-investigator in a worksite study that will evaluate the effectiveness of an intervention with nutrition and physical activity messages to measure reducing or maintaining body mass index in a randomized controlled trial of worksites. This study is being done in a partnership with the UW Dept of Epidemiology and Fred Hutchinson Cancer Research Center, Public Health Division.

Erica Lamson, MPH student, is co-author of a WA Department of Health document, "Nutrition and Physical Activity: A Policy Resource Guide." The guide will be useful for those who wish to make or affect policy decisions regarding nutrition and physical activity in Washington State and will soon be posted on the DOH website.



Mark Your Calendars for Upcoming WA Events!

Healthy Worksite Summit: Policy and Environmental Approaches to Health and Productivity
Thursday, November 4, 2004
Hilton Seattle Airport
Register online at: www.awcnet.org/wellness

Washington Health Legislative Conference
December 14, 2004
Seattle Airport Hilton Conference Center
Registration: www.hpap.washington.edu