

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 and promote public health strategies for improving nutrition and reducing obesity rates among Washington State residents.

What We Do

We provide technical assistance to government agencies and community groups; develop continuing education and outreach materials; provide consultation on nutrition policy development; and fund innovative community projects.

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Grants for Healthy Youth



This summer and fall have been a very productive and exciting time for the Grants for Healthy Youth projects. Highlights of project activities include:

- The Spokane Regional Health District's "Grassroots Neighborhood Action Teams" held two conferences, recruited ten action teams, produced three media releases, and created a facilitator resource guide with information on evaluations and trainings.
- The Children's Alliance recruited three school districts for the evaluation of the school nutrition environment using a CDC assessment and planning tool, the School Health Index. These districts are: Ellensburg School District, Olympia School District, and Snohomish School District.
- The Public Health-Seattle & King County grantees presented "Fuel and Play the Healthy Way" in October and November. These conferences used the Sports, Play and Active Recreation for Kids program (SPARK) research-based training. More conferences are scheduled and additional activities focused on menu improvement for child care and out-of-school-time programs are in the works.
- The "Eat and Play for Health" program by Clark County Extension was very active this past summer in the training of middle-school mentors and facilitating interactions between the mentors and elementary students.
- The "Kids on the Move" project from the Seattle Nutrition Action Consortium (S.N.A.C.) program also completed its first phase this summer with their activities at the Orca School garden including planting, harvesting and consuming the produce along with nutrition education sessions.

In addition to the busy planning and implementation phases, all grantees also focused on the elements necessary for their program evaluations. More information as well as contact information for each project is available on the CPHN website.

Resources

The *Healthy Schools in Washington* website identifies resources and tools for students, parents, school



officials and community members in Washington State to work together to make it easy for children to choose health-promoting foods, to be physically active, and to be ready to learn at school. The site is a collaborative effort between CPHN, the State Board of Health, the Department of Health, the Office of Superintendent of Public Instruction, and Children's Alliance. The site is organized into tools and resources for key stakeholders as well as example programs, model policies, background data, reports and other materials supporting healthy school environments -- www.healthyschoolswa.org

Upcoming Events

April 5-6 2004

Creating Healthy, Active Communities -- Partnerships in Action
SeaTac, WA



The Washington State Nutrition and Physical Activity Annual Meeting will be held on April 5-6th at the Hilton Conference Center in SeaTac. The Department of Health (DOH) is accepting oral and poster session abstracts until January 12, 2004 for this event.

These oral and poster presentations will highlight and share successful approaches and progress towards meeting the plan's objectives:

Nutrition

- Increase access to health promoting foods
- Reduce hunger and food insecurity
- Increase the proportion of mothers who breastfeed their infants and toddlers

Physical Activity

- Increase the number of people who have access to free or low cost recreational opportunities for physical activity
- Increase the number of physical activity opportunities available to children
- Increase the number of Active Community Environments

Abstract submission forms can be downloaded from the CPHN home page. Send abstract application forms to Kyle Unland, Kyle.Unland@doh.wa.gov.

The state plan and executive summary can be downloaded from the DOH website, www.doh.wa.gov/Publicat/publications.htm.

Research & Funding

NIH P20 "Exploratory Center" for Interdisciplinary Research Grant

CPHN will be taking the lead in developing a proposal for interdisciplinary research in obesity. The NIH will fund approximately fifteen planning grants in 2004 under the NIH

Roadmap Initiatives.

This planning grant

seeks to integrate several disciplines for a sustained and systematic approach to solving biomedical problems of interest, including obesity. The Center will be looking to form collaborations with the University of Washington Medical School and Fred Hutchison Cancer Research Center, investigators from Schools of Nursing, Pharmacy, Social Work, and researchers in dental public health sciences, physical activity, geography, health policy analysis, education and outreach, and architecture and urban planning. The proposal will focus on translational research and build on partnerships with state and local governments and community groups. More information about this RFA is available at <http://nihroadmap.nih.gov/grants/> or by contacting Adam Drownowski at adamdrew@u.washington.edu.



Breastfeeding Evaluation

Our proposal to the Association of Schools of Public Health (ASPH) in Cooperation with the Centers for Disease Control and Prevention (CDC) was funded in late September. This funding is for evaluation of breastfeeding promotion and support programs. Building on our work with the Department of Health in Moses Lake, Washington we will evaluate the impact of interventions in the hospital, workplace, childcare, and other community settings on breastfeeding practices and outcomes of interest. We will also develop a breastfeeding environmental and policy audit tool that can be used for assessment and community action.

Donna Johnson will be Principal Investigator and Dr. MaryAnn O'Hara, physician and public health practitioner will be a consultant to the project. Dr. O'Hara focuses on human lactation in her role as clinician, teacher, researcher, lecturer, and public health advocate.



Poverty and Obesity

Poverty and obesity: energy density and diet costs was recently recommended for funding under the obesity research initiative of the US Department of Agriculture.

Economic aspects of the obesity epidemic are a new direction in research. At this time, relatively few studies have addressed the issue of diet composition in relation to diet costs and the hypothesis that food insecure consumers select inexpensive energy-dense foods remains largely untested. One reason may be the lack of suitable tools to assess diet costs and food expenditures among low-income or minority groups. Development and validation of such procedures is a key feature of this proposal. The research, to be conducted in collaboration with the Cooperative Extension of the University of California Davis, will address the cost of diets of low income Latinas in California who are recipients of food assistance.

Program Planning & Evaluation

Evaluation of Nutrition Education Program

Take Charge of Your Health is a nutrition education curriculum for seniors developed by a partnership involving the Georgia Division of Aging Services, the University of Georgia, and Wellness Inc., a private health education company. The curriculum was awarded the Dannon Institute's *Awards for Excellence in Community Nutrition* and USDA's Food and Nutrition Service *Leadership, Innovation, and Nutrition Collaboration Excellence in Practice Award*. The intervention focuses on three primary behavior changes to improve health: take down fat, take five a day, and take action. The program seeks to improve the nutritional status and general health of the participants, to reduce their risk of developing chronic diseases that result from poor nutrition and physical inactivity, and to lessen the impact on health and quality of life for those already living with a chronic disease.

The State Unit on Aging plans to implement this intervention in five senior centers throughout Washington State. CPHN will be working with Aging to evaluate *Take Charge of Your Health's* impact on nutrition and physical activity knowledge and behavior.

If you have any questions, or would like more information about this project, please contact Jaclyn Burm at CPHN at burmj@u.washington.edu or Kim Kelley with the State Unit on Aging at KelleKE@dshs.wa.gov.

STEPS to a HealthierUS



STEPS to a HealthierUS is a program from the US Department of Health and Human Services that advances the President's HealthierUS goal of helping Americans live longer, better, and healthier lives by reducing the burden of diabetes, overweight, obesity, and asthma by addressing three related risk factors ~ physical inactivity, poor nutrition, and tobacco use. Washington state was successful in securing **both** state and local level funding. Washington state was one of four states to receive funding and Seattle & King County was one of seven large cities. More information about STEPS can be found at www.healthierus.gov/steps/.

Recent Events & Announcements

The Health Policy Analysis Program (HPAP) and CPHN partnered to present a Safe Table Forum on school nutrition and physical activity in November. This forum provided information on issues and concerns regarding childhood obesity, the arguments and policy rationale for employing schools to address these issues, and the strategies being considered for improving the school environment. The forum consisted of two, half-day informational seminars given to legislators and their staff, as well as to key stakeholders working with schools. The collaboration with HPAP on this forum produced two briefing papers, *Childhood Nutrition and Physical Activity in the Schools and Background Briefing* and *Inventory of Major Nutrition and Physical Activity Programs and Initiatives*.

Safe Table Forums are designed to bring together stakeholders in Washington for informed discussion on timely, often controversial issues. To view the briefing papers or for more information about this and other Safe Table Forums visit www.hpap.washington.edu.

Washington State partners gather to discuss access to healthy foods

The inaugural Access to Healthy Food Coalition Meeting was held in Wenatchee November 6-7. A diverse group of stakeholders joined together to discuss healthy food accessibility issues. The group developed and approved an action plan that focuses on access to healthy foods in worksites, point of purchase locations, and through food assistance programs. The next meeting for the coalition will be on April 6 2004 in SeaTac. For more information, please contact Monica Dixon at monica.dixon@doh.wa.gov.