



# 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 highlights news from CPHN and ECOR's work with school and community partners, upcoming events, and news from the Centers' faculty and staff.*

## Recent Events

### Adam Drewnowski and CPHN Honored

Dr. Adam Drewnowski was the 2005 recipient of the *Science Trophy*, a French Food Spirit Award. The award was made in recognition of Dr. Drewnowski's contributions to nutrition research in France, his work with French scientists, and his studies on health disparities, diet quality and diet cost. The award ceremony and reception took place on December 7, 2005, at the French Ministry of Foreign Affairs, Quai d'Orsay, Paris, in the presence of the Minister M. Philippe Douste-Blazy and representatives of the French government, science, and industry.



CPHN received a *Partner in Advancing Public Health Nutrition Award* from the Centers for Disease Control and Prevention. The citation reads: "The University of Washington's Center for Public Health Nutrition has played an instrumental role in the development and implementation of the Washington State Nutrition and Physical Activity Program's State Plan. The devotion and focused efforts of the Center's staff on policy and environmental change have dramatically increased the possibilities for access to healthy foods in the state. The CPHN staff have consistently exhibited a 'can-do' attitude and have never passed up a challenge to further nutrition in the public health arena." Donna Johnson, Ph.D., R.D. accepted the award from William Dietz, M.D., Director of the Division of Nutrition and Physical Activity at CDC, during a Program Evaluation Workshop in San Antonio, Texas in January.

## Community Partnerships and Evaluation

The Center for Public Health Nutrition, the Washington State Department of Health, and our community partners presented progress and lessons learned in initiatives based on the Washington State Nutrition and Physical Activity Plan.

- Washington State Joint Conference on Health, October 2005  
*Partnerships to Evaluate Policy and Environmental Initiatives to Reduce Obesity*  
Evaluation strategies applied in the Moses Lake and Mount Vernon Healthy Communities projects. Presented by Donna Johnson, Erica Lamson, Liz McNett Crowl and Monica Dixon.
- Washington Coalition for Promoting Physical Activity Annual Meeting, December 2005  
*Measuring Success*  
Conceptual framework for multi-level partnerships. Presented by Donna Johnson, Marilyn Sitaker, Lynne Smith and Julie Walwick.
- American Public Health Association Annual Meeting, December 2005  
*Policy and Environmental Strategies to Reduce Obesity: The Moses Lake Case Study*  
Applying and evaluating environmental and policy approaches to improving nutrition and physical activity in communities. Presented by James Kisse on behalf of Donna Johnson.



## Five School Districts to Receive Technical Assistance

The Washington state team of the Action for Healthy Kids Coalition received a \$25,000 grant from the Kellogg Foundation to help five school districts implement school wellness policies. The Center for Public Health Nutrition will conduct pre-interviews with schools to identify barriers to change, technical assistance and resources needed, and potential school district champions. Five districts will serve as intervention sites and five as control sites. Evaluation results will be used by the AFHK Coalition to improve training to help school districts implement school wellness policies.



## **Eat Better, Feel Better Project Partnership**

Have we met our goals? Are we making a difference? ECOR and CPHN are working with Seattle Public Schools and Feet First to address these questions in an evaluation of the *Eat Better, Feel Better* project being implemented at TT Minor Elementary School in Seattle.

This project is one of the national Healthy Eating by Design community partnerships supported by the Robert Wood Johnson Foundation. The overall goal of the project is to help children and their families make healthy food choices by supporting nutrition policies, expanding opportunities for nutrition education, and making physical improvements in the cafeteria. The evaluation will involve a series of lunchroom observations, student surveys, and interviews with parents, teachers and administrators. It will also engage UW nutritional sciences students in the community. The results of this study will add to the evidence-base for effective nutritional interventions and can inform future programs and policies that address childhood obesity.



## **ECOR Staff News**

**Mary Podrabsky, RD, CD** (MPH, Nutritional Sciences) and **Colin Rehm** (MPH, Epidemiology) joined ECOR as research assistants this fall. Mary comes to ECOR after 25 years as the Associate Director of the Nutrition Projects at Senior Services of Seattle/King County. Colin has worked with ECOR faculty on community nutrition projects and is interested in the environmental determinants of obesity and the use of Geographic Information Systems to address public health problems.

**Kathy Foster** joined ECOR as Program Coordinator. She comes to ECOR from the UW Business School where she worked with Executive Education. Kathy is taking classes to apply towards a MS in Nutrition.

## **Mark Your Calendars!**



### **Your Brain on Food: Food Reward and Obesity**

February 23, 2006 - Henry Art Gallery Auditorium, UW. This ECOR symposium will cover the important role of neural mechanisms in obesity. Please see <http://depts.washington.edu/uwecor/events.htm>

### **School-Based Nutrition Interventions: Measuring Dietary Intake of Children**

March 7, 2006 - Kane Hall, Walker-Ames Room, UW. This ECOR-sponsored workshop explores the latest research and current best-practices for assessing dietary intake in children. Please see <http://depts.washington.edu/uwecor/events.htm>

### **Obesity: An Urgent Public Health Priority**

March 15, 2006 - Shoreline Conference Center, Seattle, WA. School of Nursing continuing education program open to all public health and community health professionals. Donna Johnson will present *Critical Periods in the Development of Obesity* and *Supporting Healthy Options through Environmental Change*. Please see [www.son.washington.edu/cne/](http://www.son.washington.edu/cne/)

### **2006 Washington State Dietetic Association Conference "Nutrition the Road Ahead: Paving the Way"**

April 23-25, 2006 - Spokane, WA. Donna Johnson and Jessica Donze Black, MPH, RD will present *Navigating the Roads to Solving the Obesity Crisis*. Please see [www.nutritionwsda.org](http://www.nutritionwsda.org)

### **Breastfeeding Help Beyond the Hospital Stay**

May 11, 2006 - UW Center for Urban Horticulture, Seattle, WA. Sponsored by Great Starts and Public Health Seattle-King County. Donna Johnson will present *Making it Work @ Work: Factors that Make a Difference for Breastfeeding Families*. Please see [www.greatstarts.org/breastfeeding/conference2006.htm](http://www.greatstarts.org/breastfeeding/conference2006.htm)

### **4th King County Overweight Prevention Initiative Forum: Momentum!**

May 12, 2006 - Please see [www.metrokc.gov/health/overweight/](http://www.metrokc.gov/health/overweight/)

## **Recently Published Articles**

Andrieu E, Darmon N, **Drewnowski A**. Low-cost diets: more energy, fewer nutrients. *Eur J Clin Nutr*. 2005 Nov 23; [Epub ahead of print]

Boushey C, Harris J, **Bruemmer B**, Archer SL, Van Horn L. Publishing nutrition research: a review of study design, statistical analyses, and other key elements of manuscript preparation, part 1. *J Am Diet Assoc*. 2006 Jan; 106(1):89 - 96.

**Drewnowski A**. Concept of a nutritious food: toward a nutrient density score. *Am J Clin Nutr*. 2005 Oct;82(4):721-32.

**Duncan GE**, Anton SD, Sydemann SJ, Newton RL Jr, Corsica JA, Durning PE, Ketterson TU, Martin AD, Limacher MC, Perri MG. Prescribing exercise at varied levels of intensity and frequency: a randomized trial. *Arch Intern Med*. 2005 Nov 14; 165(20):2362-9.

**Johnson DB**, Gerstein DE, Evans AE, Woodward-Lopez G. Preventing obesity: A life cycle perspective. *J Am Diet Assoc*. 2006 Jan; 106(1):97-102.



Congratulations to **Anne Lund** and **Shoko Kumagai** Autumn 2005 MPH graduates! Their thesis projects were:

- **Anne Lund, MPH, RD**  
*Evaluation of a Lesson Plan for Child Care Providers on Television Viewing and Physical Activity Policy Development*
- **Shoko Kumagai, MPH**  
*Towards Healthier Meals and Snacks at King County Child Care: "Fuel & Play the Healthy Way" Child Care Menu Evaluation*

**Barbara McLaughlin** joined CPHN in November as a Fiscal Specialist. Barbara worked most recently as a Grant Accountant in Snohomish County, and has over 15 years fiscal experience at the University of Washington.

**Shannon Kirkpatrick** also joined CPHN this fall as a Graduate Research Assistant. Shannon is pursuing an MPH in Nutritional Sciences.