



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 reports from other groups receiving vitamin anti-trust settlement money, as well as updates on projects associated with the State Plan, upcoming events, and other items of interest.

The Second Harvest Food Bank of the Inland Northwest (SHFB) used the Vitamin Settlement money to implement the Commodity Supplemental Food Program (CSFP) to Spokane and Whitman counties in August 2001. These counties are some of the first in the state to have CSFP. CSFP is a federal initiative which works to improve the health of low-income pregnant and breast-feeding women, infants and children through age 6, and the elderly. CSFP households receive about 40 to 60 pounds of food every month. The SHFB also provides referrals to other welfare, nutrition and health care programs, such as food stamps, Medicaid and Medicare. SHFB also used the award money to enhance their CSFP by purchasing a new Toyota forklift for their Perishable Food Distribution Project. The forklift is being used to safely handle a variety of fresh produce and other perishable foods in their 5,000-square-foot warehouse. The forklift can be used both inside and out.



Health Trek - Nutrition and Media Literacy was funded through the Attorney General of Washington Vitamin Settlement Grant. Since its inception Health Trek staff have conducted eight teacher/student training workshops and delivered programming to over 40 middle schools and community agencies throughout the state of Washington. In addition to teacher/student curriculum training workshops, Health Trek conducts day-long school visits with hands-on exhibits on nutrition and fitness and maintains an interactive website for youth and educators. The Attorney General grant funded the development of all the Health Trek-Nutrition and Media Literacy program components including a 12-lesson curriculum, 20 hands-on exhibits, a public service announcement "studio", and the program website. The program has reached nearly 20,000 youth, educators, and families. The Group Health Community Foundation has



received a \$200,000 grant from the Aramark Charitable Fund to expand its Health Trek program in Tacoma.

The Central WA University Foundation is using the awarded grant money for their project entitled "Nutrition Status Enhancement of Washington State Hispanic Clients Through Cultural Awareness." This project is a study abroad program in Morelia, Mexico, which is designed to expose future dietitians and health care providers to the Mexican culture and thus enhance their effectiveness in their future careers. The students all live with host families and attend language classes in addition to classes offered by a Central Washington University instructor. The classes instruct the students in the Spanish language, provide students with an understanding of the nutritional problems encountered by immigrants to our country, and allow the students to develop culturally sensitive nutrition educational materials to be used by grassroots organizations in the community. In 2005, the plan is to have students in Morelia from July 9 to August 21 to study Spanish and participate in a community based nutrition education outreach using the resources produced in the previous years of the study. The Central WA University Foundation also hopes to initiate a dietary intake immigration study during 2005.

The Heart Institute of Spokane is conducting the THIS-DIET (The Heart Institute of Spokane Diet Intervention and Evaluation Trial: The Comparative Efficacy of a Modified Mediterranean Diet and American Heart Association Step II Diet on Cardiovascular Morbidity and Mortality.) The effect of nutritional intervention on cardiovascular outcomes has not been well defined. In this study, heart attack survivors are randomized to a "heart healthy" diet, either Mediterranean style or American Heart Association Step 2. The primary difference between them is higher monounsaturated and omega-3 fats in the Mediterranean diet. For each diet group, effects on the composite of total and cardiovascular mortality and recurrent heart attacks will be evaluated and compared to a database control group. Study enrollment is currently 98 patients (goal enrollment 100). The dropout rate has been less than expected, approximately 7%. The initial participants are now at the four-year mark and will be followed one more year.

UCLA Nutrition Colloquium

On February 3rd Dr. Kathryn Dewey from UC Davis Department of Nutrition presented a research review entitled "Does Breastfeeding Prevent Obesity?" This conference was convened by the MCH Partners Learning Grant with UW, UCLA, USC, and OHSU. The slides and audio are available at: <http://www.ph.ucla.edu/chs/mchnutrition/>



Project Updates

Lewis County

The Northwest/Alaska Center for Oral Health Disparities has funded a pilot proposal entitled "Building a GIS Database to Describe the Nutrition, Physical Activity and Oral Health Environment in Lewis County." GIS has become an increasingly valuable tool in researching the relationship between the social, economic and physical environment and health outcomes. This project will be a collaborative effort between CPHN and the Lewis County Community Health Partnership, a community organization including county health officers, public health practitioners, clinicians, child advocates and educators. For updates, or to learn more about the project, visit the project website at:

http://staff.washington.edu/crehm/lewis_co_update.htm

Mt. Vernon

The Mount Vernon Healthy Communities Project has been taking huge strides. In spring 2004, the community advisory committee finalized the *Action Plan to Promote Nutrition and Physical Activity*, which outlines three priority recommendations that are based on the *Washington State Nutrition and Physical Activity Plan*: 1) ensure that schools kindergarten through grade 12 provide healthful foods and beverages; 2) utilize urban planning approaches—zoning and land use—that promote physical activity; and 3) encourage policies that provide kindergarten through grade 12 students with opportunities for physical activity outside of formal physical education classes. Implementation of those priority areas is well underway. Specifically:

- The School Nutrition and Physical Activity Policy Committee met from January through April to draft a school district nutrition and physical activity policy and will present their recommendations to the Mount Vernon School Board on April 27.
- The Healthy School Pilot Team is currently completing a thorough assessment of the nutrition and physical activity environment at Lincoln Elementary. The results will inform the development of an action plan to be implemented during the 2005-2006 school year.
- In November 2004, the Urban Trails Committee was awarded a grant from the National Park Service – Rivers, Trails, and Conservation Assistance Program to facilitate a community process to gain access to the Skagit River levees for public use.
- This project is administered by the WA Department of Health, CVD, Diabetes.

Nutrition and Physical Activity Section, and is funded by an obesity grant through the Centers for Disease Control.

Breastfeeding in Moses Lake

The *Washington State Nutrition and Physical Activity Plan* (1) was developed in 2003 to encourage policy makers to create environments that make it easier to choose healthy foods and be physically active. One objective of the plan includes "increasing the proportion of mothers who breastfeed their infants and toddlers."

The City of Moses Lake, WA is working with the WA Department of Health to implement portions of the State Plan and evaluate how the Plan's objectives can be carried out in communities. For one of its first efforts, Moses Lake chose to focus on building strong policies for breastfeeding in the local hospital, at worksites and in child care. The local breastfeeding coalition has called attention to the importance of the breastfeeding environment and has provided resources to local child care providers so that they can create baby friendly breastfeeding policies for their families. We are in the second year of a research project that is following women who deliver babies at the one hospital in Moses Lake and comparing their breastfeeding experiences in the hospital, at work and in child care settings to women who deliver in another community that doesn't yet have a commitment to supporting breastfeeding families.

For additional references on the State Plan and activities in Moses Lake, see also

- (1) http://www.doh.wa.gov/cfh/NutritionPA/wa_nutrition_pa_plan.htm
- (2) <http://depts.washington.edu/dohuwnps/MosesLake/>

Northwest Schools Obesity Prevention Consortium

By Donna Johnson



The purpose of the consortium is to build capacity to conduct meaningful, rigorous, translational research for obesity prevention in schools in the Pacific Northwest so that the children of Idaho, Oregon and Washington find it easy to choose healthy foods and be active every day. Members include experts in nutrition, physical activity, education and public health and represent local school districts, universities and state agencies.

The ultimate goal is to position the consortium so that it is highly competitive for funding for a large, multifactor randomized research trial of at least 100 schools from the National Institutes of Health. In order to achieve that goal, partners are writing smaller grants to develop interventions and methodology for measuring the impact of interventions in the following areas:

1. School food service
2. School physical activity
3. TV reduction and media literacy

A meeting of partners from the consortium will convene in Seattle in May to determine the best opportunities for nutrition research in schools.

Staff Changes



Juanita McCauley joins CPHN as Fiscal Specialist.

She has a Master of Public Administration from the University of Washington. Juanita has worked for public and private organizations in accounting and finance for over 20 years.

Laura Hewson is a Grants Consultant for CPHN. Laura is assisting with efforts to further the Center's work with community partners to improve nutrition and physical activity environments in public schools.

Laura Streichert, PhD has joined the Exploratory Center for Obesity Research (ECOR) as Manager of Program Operations. Her background bridges biomedical research, public health, and nonprofit management. Laura will earn her MPH from the UW Community-Oriented Public Health Practice program in June.

Kate Lynch has joined as Public Information Specialist assigned to the Washington Department of Health's Nutrition and Physical Activity Section in Olympia. Kate will provide technical assistance to communities to communicate successes through press releases and media awareness campaigns.

Congratulations

Erica Lamson has graduated! Now we all await the arrival of her family's first child.

Kara Ludlow gave birth to Matthew Noah on March 13, 2005.

Claire Roach gave birth to Mercedes (Sadie) Anna on March 11, 2005.

Call for Research Proposals

ECOR is now accepting letters of inquiry for projects that involve innovative and collaborative approaches to obesity research. These Pilot and Feasibility grants are intended to provide seed money for projects that include transdisciplinary research teams. A total of 3-4 one-year grants of \$10,000-\$15,000 will be awarded.

Research teams must include at least one UW faculty member as Principal Investigator. Partnerships between UW departments, government agencies, and community organizations are strongly encouraged.

Letters of Inquiry are due May 16, 2005. For more information, contact Laura Streichert at uwecor@u.washington.edu.

Upcoming Event



Second King County Overweight Prevention Initiative Forum on a Strategic Action Agenda: Friday, May 13 at the Shoreline Conference Center, 18560 1st Ave. NE, Shoreline, WA.