



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

By working with Nutritional Sciences graduate students, CPHN has opportunities to expand its work with community partners. This issue highlights recent projects and outcomes achieved through the combined efforts of students, staff, and faculty.

Healthy Communities: Sharing Successes

The Healthy Communities (HC) pilot projects in Moses Lake and Mount Vernon are implementing novel strategies to support nutrition and physical activity by changing environments and policies. Evaluating this collaborative work has also required innovative techniques. Lynne Smith, Donna Johnson, Erica Lamson, and Marilyn Sitaker (WA DOH) shared the framework used in developing the partnership assessment tools in the April 2006 issue of *Preventing Chronic Disease*.*

• Moses Lake Case Study •

Preventing Chronic Disease also published a case study on HC Moses Lake by Donna Johnson and Lynne Smith.* Tracking cumulative actions in the project's first three years documented the active work of the city's trails, breastfeeding, and community garden teams. The study also highlighted the strong commitment of city leaders and volunteers as a critical theme in the project's success.

• Moses Lake Youth Wellness Team •

A Youth Wellness Team (YWT) established by the HC ML leadership team and the Columbia Basin Job Corps (CBJC) created an opportunity for youth involvement in the community garden project. A case study of the YWT completed by Martha Yarbrough, a recent MPH graduate, identified several successes including increased confidence and positive self-image for youth. Youth were involved in activities ranging from walking challenges and wellness fairs to state and national conferences. CBJC also benefited from improved recognition and a healthier environment. This study demonstrates the positive outcomes for both youth and their community that can be achieved through meaningful involvement of youth in community-based health promotion projects.

*Please see reverse side for references

Television Reduction

CPHN faculty and student efforts continue to build awareness of television reduction as a key intervention in reducing the prevalence of overweight in children.

• Achieving Results •

Recent MPH graduates, Anne Lund and Acacia Larson identified effective strategies for reducing television by modifying child care environments. Anne wrote and evaluated a lesson plan on television viewing and physical activity policy development. Childcare providers receiving the training were more likely to distribute TV guidelines and discuss them with families. Acacia evaluated the use of *ClicKit!* TV reduction materials by ECEAP providers. At follow-up most providers reported increasing use of TV reduction activities to at least once or twice per month. Children and parents in the intervention group were also more likely to report decreased TV viewing.

• Sharing Expertise •

Donna Johnson, PhD, RD presented on evaluating TV reduction initiatives at a Centers for Disease Control Program Evaluation Workshop in January 2006. Donna was also asked to join the CDC Expert Panel on TV Reduction.

• Increasing Access to Resources •

We are pleased to announce that a new website, *Active Bodies Active Minds*, will soon be launched. This site provides access to resources and background information about limiting television and encouraging physical activity in early childhood. Angela Kong, a doctoral student in Nutritional Sciences, worked with a diverse advisory group of early childhood professionals to select and revise materials developed and tested in earlier TV reduction projects. The result is a colorful, user-friendly site that offers access to the well-tested tools and information. The site will be available on www.waabam.org in mid-May.

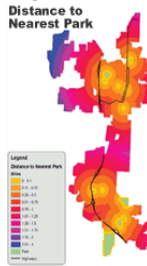


Characterizing Nutrition and Physical Activity Environments

Geographic Information Systems (GIS) offer a powerful tool for exploring the relationships between environmental characteristics and health outcomes. Recent faculty and student projects have demonstrated the use of GIS to characterize nutrition and physical activity environments.

• Asking Questions in New Ways •

GIS provides a new approach to questions surrounding nutrition, physical activity and health and can generate information needed to direct policy and program decisions. In a presentation to the Lewis County Community Health Partnership Nutrition and Physical Activity Sub-Committee, Donna Johnson and Colin Rehm, an Epidemiology MPH student, illustrated potential applications for GIS analysis. In response to a short survey, eight of nine attendees reported an enhanced understanding of GIS and its capabilities following the presentation. Participants also rated their interest in four potential GIS projects. While all projects received positive support, mapping areas of Lewis County that promote walking and physical activity and examining environmental determinants of food insecurity were of particular interest. The presentation is available on: www.cphn.org/activities/projects/Lewis_Co_GIS.html



• Mapping to Identify Patterns •

In her thesis, MPH graduate Shoko Kumagai documented the menu quality of licensed child care programs in King County, WA. The study also explored possible associations between menu quality and child care program type, location, and neighborhood characteristics. GIS was used to map information about the child care programs and their menu quality scores by their addresses. Although the overall menu quality differed by location and type of program, quality did not differ by the program's neighborhood characteristics. The findings of this study provide baseline data for analysis of Public Health Seattle and King County's *Fuel and Play the Healthy Way* training for child care providers.

Mark Your Calendars!

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



4th King County Overweight Prevention Initiative Forum

May 12, 2006 - Highline Community College, Des Moines, WA. This meeting is part of an ongoing countywide effort to bring together community organizations, government agencies, and academic researchers to develop innovative and effective strategies for preventing and controlling overweight and obesity in our region. James Sallis, PhD, from San Diego State University will talk about *Policies to Promote Evidence-Based Physical Activity Interventions*. Promising healthy eating and active living programs in King County will also be showcased. Sponsored by the King County Board of Health, Public Health-Seattle & King County, the UW Exploratory Center for Obesity Research (ECOR) and CPHN. To register, please see: www.metrokc.gov/health/overweight/

Association of State and Territorial Public Health Nutrition Directors Annual Meeting: Into the New Frontier

June 11-13, 2006 - Seattle, WA - ASTPHND and the Western States Maternal & Child Health Nutrition Leadership Group have partnered to provide the sessions on June 13th. A panel discussion, *Partnerships for Evaluating Policy Change*, will be presented by Donna Johnson, PhD, RD from CPHN, Amy Rousset, PhD from RTI International, Shelley Curtis from Children's Alliance, and Victor Colman, JD and Marilyn Sitaker, MPH from the Washington State Department of Health. Kyle Unland, MS, RD from WA DOH will moderate the discussion. The panel presentation will be followed by discussions during a working box lunch and a wrap-up session with Amy Rousset. For additional information, please see <http://www.astphnd.org/>

Recently Published Articles

Duncan GE. Exercise, fitness, and cardiovascular disease risk in type 2 diabetes and the metabolic syndrome. *Curr Diab Rep.* 2006 Feb;6(1):29-35.

Duncan GE. Prevalence of Diabetes and Impaired Fasting Glucose Levels Among US Adolescents: National Health and Nutrition Examination Survey, 1999-2002. *Arch Pediatr Adolesc Med.* 2006 May;160:523-528.

Johnson DB, Smith LT. Testing the recommendations of the Washington State Nutrition and Physical Activity Plan: The Moses Lake case study. *Prev Chronic Dis [serial online]* 2006 Apr. Available on: http://www.cdc.gov/pcd/issues/2006/apr/05_0096.htm

Smith LT, Johnson DB, Lamson E, Sitaker M. A framework for developing evaluation tools used in Washington State's Healthy Communities projects. *Prev Chronic Dis [serial online]* 2006 Apr. Available on: http://www.cdc.gov/pcd/issues/2006/apr/05_0097.htm.

Tsuchiya A, Almiron-Roig E, Lluch A, Guyonnet D, **Drewnowski A.** Higher satiety ratings following yogurt consumption relative to fruit drink or dairy fruit drink. *J Am Diet Assoc.* 2006 Apr;106(4):550-7.

Congratulations!



To our Winter 2006 MPH graduates :

- **Jaclyn Burm , MPH**
Impact of Take Charge of your Health Senior Nutrition Education Program
- **Acacia Larson, MPH**
ClickIt! To Reduce Television in Early Childhood: Evaluation of a Pilot Intervention to Reduce Television Viewing and Increase Physical Activity in the Washington State Early Childhood Education and Assistance Programs
- **Kirsten Leng , MPH**
Assessing Potential Adolescent Use of Dance Simulation Games for Physical Activity
- **Martha Yarbrough , MPH**
The Moses Lake Youth Wellness Team: A Case Study