

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.

To provide technical assistance to government agencies and community groups, conduct research in public health nutrition and food policy, and provide continuing education and consumer outreach.

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Nutrition & Physical Activity State Plan

After a year of strategic planning by nutrition and physical activity professionals and representatives from collaborating agencies, organizations, and health systems, DOH released the *Washington State Nutrition & Physical Activity Plan: Policy and Environmental Approaches* in early June in SeaTac.

The overarching goals of the State Plan are to increase the proportion of Washington State residents:

- Whose diets reflect the Dietary Guidelines for Americans
- Who get at least 30 minutes of moderate activity on five or more days a week

Three nutrition and three physical activity objectives are outlined as well as priority recommendations to fulfill each of these objectives in the State Plan.

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

The goals and objectives of the plan will be realized through an ongoing collaboration between agencies, organizations, and communities throughout Washington State. These partners and stakeholders will come together on April 5 and 6, 2004 to share successful approaches and progress towards meeting the plan's objectives. To get involved in the implementation of the State Plan, contact Kyle Unland at kyle.unland@doh.wa.gov.

The state plan and executive summary can be downloaded from the CPHN website at www.cphn.org or requested in hard copy from Bill Raney at bill.raney@doh.wa.gov.

Upcoming Events

October 13-15 Yakima, Washington

The 10th Annual Joint Conference on Health, *Reaching Across Boundaries: Expanding Partnerships for a Safer and Healthier Washington*, will be held in Yakima. CPHN will be represented at two concurrent sessions on Monday (*Healthy Communities: Working with Non-traditional Partners* and *Mobilizing Communities to Address Nutrition and Physical Activity*) and will be an exhibitor at the conference.

For information about the conference program and to register, visit the Washington State Public Health Association website at: www.wspha.org/JCH1.html.

October 15 Yakima, Washington

The Board of Health is working in collaboration with the DOH, the Office of Superintendent of Public Instruction (OSPI), the Washington State School Directors Association, Children's Alliance, Action for Healthy Kids, CPHN and other interested organizations to improve nutrition and physical activity policies and practices in Washington schools. As part of their action plan, the BOH will work with its collaborators to make tools for assessment and action as well as model school nutrition and physical activity programs and policies available on a *Healthy School Environments* website. The BOH will also convene community forums throughout Washington State and highlight model policies and programs for local action. The first community forum will be held in Yakima and the website will be debuted at this time. For more information, visit: www.doh.wa.gov/sboh/



Grants for Healthy Youth



The five Healthy Youth grantees are making remarkable progress on their community-based projects. The purpose of Grants for Healthy Youth is to build upon and advance knowledge of primary prevention approaches to overweight and obesity in children and adolescents. Project updates will be available on the CPHN website as soon as grantees have reached their first benchmark as well as in the Winter issue of CPHN Quarterly.

Mark your calendars!

November 14
Safe Table Forum
SeaTac, WA

The Health Policy Analysis Program and CPHN are collaborating to present a Safe Table Forum on school nutrition and physical activity. This forum will provide information on the 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. HPAP and CPHN fielded a survey in late August and will use those results in the planning of this forum.

Safe Table forums are designed to bring together stakeholders in Washington for informed discussion on timely, often controversial issues. More information about Safe Table Forums is available at: www.hpap.washington.edu

Presentations

Washington State is doing good work to improve the health and well-being of our residents. Take a look at some of the places Washington State initiatives are being championed.

◆ State Board of Health

Urgency to Prevent and Reduce Overweight and Obesity in Children

Presenters: Donna B. Johnson from CPHN and Kyle Unland from DOH.

◆ Washington Coalition for the Promotion of Physical Activity Annual Meeting

The Washington State Nutrition & Physical Activity Plan: Policy & Environmental Approaches

Presenters: Charlotte Claybrooke and Kyle Unland from DOH.

◆ ASTHO-NACCHO Joint Conference

Allying Forces to Address the American Pandemic of Overweight and Obesity

Presenters: Donna B. Johnson from CPHN, Dorothy Teeter from Public Health-Seattle & King County, and Sheryl Pickering from the Washington State WIC Program.

◆ APHA Annual Meeting

Mobilizing WIC Families and Communities to Promote Nutrition and Physical Activity

Presenters: Donna B. Johnson from CPHN, Sheryl Pickering from the Washington State WIC Program and Diana Birkett from the University of Washington Nutritional Sciences Program.

Food & Nutrition Policy

Federal Legislation

S1392 and HR2987 are nearly identical pieces of legislation that have been introduced to reduce the presence of nutrient poor foods in schools. The amendments to the National School Lunch Act would require the Secretary of the Agriculture to work with the Institute of Medicine of the National Academy of Sciences to recommend regulations for competitive foods and would provide funding for an incentive program that provides grants to schools that improve the school nutrition environment. Where the money would come from to support an incentive program is a key concern of those who support child nutrition programs.



Local Legislation

In the 2003 Legislative Session, two bills (SB5436, HR1866) were introduced to improve the school nutrition environment. In addition, WSPHA issued a resolution "Calling Upon School Officials to Partner with Public Health Officials to Improve Student Diets, Dietary Messages and Levels of Physical Activity." Local community and advocacy groups are gearing up as the 2004 Legislative Session approaches. To get involved, please contact Shelley Curtis at Shelley@childrensalliance.org.

Research & Funding

Chronic Disease Prevention and Health Promotion Programs

The Division of Nutrition and Physical Activity at the CDC announced continued funding for state nutrition and physical activity programs in July. Washington, Massachusetts, and Pennsylvania received funding for the Basic Implementation Program and 17 other states received funds for Capacity Building Programs for the prevention of obesity and other chronic diseases. Seven applications for the Basic Implementation level and 51 applications for the Capacity Building level and were considered.

Washington received initial funding in 2001 to develop a statewide nutrition and physical activity program for the prevention of obesity and related chronic disease. With this funding the Department of Health and their statewide and community partners developed a statewide nutrition and physical activity plan with an emphasis on policy and environmental strategies and initiated work in Moses Lake to pilot priority recommendations outlined the state plan.

STEPS to a Healthier US

The DOH and four communities submitted a cooperative agreement application to the Centers for Disease Prevention and Control in July. This "small cities and rural communities" category application was submitted on behalf of Clark County, Thurston county, Chelan / Douglas / Okanogan counties and the Confederated Tribes of the Colville Reservation. Over 50 letters of support were submitted and over \$700,000 of in-kind and financial support was committed to this program from Washington state. If awarded, first year funding will be approximately \$1.5 million, with funds being doubled or more in the subsequent four years of the five year program. Washington will know if we are being funded by September 22. For more information, contact Karen Krueger at karen.krueger@doh.wa.gov.



Both Public Health-Seattle & King County and Spokane Regional Health District also submitted a grant proposal for the large city and urban community program.

Publications of Interest



Chronic Disease Prevention

Promising Practices in Chronic Disease Prevention and Control:

A Public Health Framework for Action provides information about promising practices, resources, state-of-the art strategies, methods, and tools as well as training opportunities. Order or download from the CDC website at: www.cdc.gov/nccdphp/promising_practices/

Urban Design

The *American Journal of Health Promotion* and the *American Journal of Public Health* devoted their September issues to the examination of how community design affects health. Studies and reports from these special issues are available at www.ajph.org and www.healthpromotionjournal.com

In the News

Congratulations go out to Caroline Tittel! The Center's Program Manager has been awarded the 2003 Young Member of the Year Award by the Public Health / Community Nutrition Practice Group of the American Dietetic Association. Caroline will receive her award at the annual meeting in San Antonio, Texas in October. PHCNPG is on the web at www.phcnpg.org.