



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 features recent nutrition events involving community partnerships, and updates on the Exploratory Center for Obesity Research (ECOR), as well as other news from the Center for Public Health Nutrition staff.

Recent Events

The first Northwest Healthy Foods Expo held on May 6 at the Puyallup Fairgrounds brought together producers and suppliers of healthy foods with people who purchase food for schools, hospitals, universities and other work settings. A survey completed by 144 attendees showed that 95% felt the Expo would help them establish healthier meal and vending options for their customers. Popular vending machine items included prepackaged fruits and prepackaged vegetables. By popular demand, another Expo is being planned.

Overweight Prevention Forum

As a culmination of months of action planning following last September's Obesity Prevention Forum, Public Health-Seattle & King County, together with CPHN and ECOR, sponsored the 2nd Overweight Prevention Forum on May 13, 2005 at the Shoreline Conference Center. The event brought together 150 leaders from throughout King County to review work group recommendations and to adopt an implementation plan to improve access to healthy foods and opportunities for physical activity in the County. In a survey conducted by ECOR, meeting participants (n=96) strongly agreed that obesity is an economic problem and that behavior change, as well as environment and policy issues, are valuable approaches to the obesity epidemic. Most did not see taxing fats and sweets as an effective means to stop people from eating unhealthy foods.

Participants also identified research topics that would further overweight prevention efforts. For more about the survey, go to

www.uwecor.org/projects/surveys.htm

Partnering with WIC



The Washington State WIC (Women, Infants and Children) Program provides nutritious foods, nutrition education,

referrals, and breastfeeding information to 260,000 low income women and children each year.

New Initiatives: In February, UW Nutrition graduate students convened focus groups to examine the relationship between food insecurity and overweight in WIC clients. Results indicate four major themes associated with this relationship: lack of time and financial resources, stress and fear of hunger, poor quality of emergency food, and lack of physical activity resources. *WIC foods can be part of the solution.* In the spring students responded to WIC staff needs for realistic materials that can help WIC clients use WIC foods as part of a healthy, low-cost, tasty and attractive diet. With considerable input from WIC clients, students developed and tested a set of recipes. Also this spring an exploration of the use of WIC Farmer's Market coupons by new immigrant groups found that participating clients valued being able to buy fresh and organic produce and thought that the FM is a fun and educational time for kids and families. *Physical activity activity can also be part of the solution,* and this summer a UW student is pilot testing a mother-child exercise class that will be used in WIC clinics across King County.

Getting Results: Healthy Habits is a statewide health promotion initiative in WIC. As the article referenced on page 2 indicates, Healthy Habits improved TV viewing patterns in WIC families (Johnson et al, 2005). Analysis of process data found that WIC staff will engage in new methods of health promotion when staff feel that the initiative is important, staff are adequately trained and the agency environment supports the initiative (Campbell, 2005). For more information, contact Donna Johnson at djohn@u.washington.edu

Exploratory Center for Obesity Research (ECOR)

New Obesity Research Resource

Where can I find funding for my research? Answers to that and other questions can be found on the new UW ECOR website. As part of ECOR's mission to foster transdisciplinary teams working toward real solutions to the obesity epidemic, the site is a resource for researchers and others involved in understanding, preventing, and treating obesity. In addition to information about ECOR activities, including pilot and feasibility studies, methodology workshops, and conferences, the site presents key funding and grant-writing resources; lists recent obesity articles and web links; and connects to information about the National Institutes of Health (NIH) Roadmap Initiative. Check out the site today!

www.uwecor.org

Progress and Planning

ECOR highlighted its first year accomplishments for stakeholders on June 7 at the University of Washington during an National Institutes of Health site visit with Dr. Greg Farber. ECOR staff summarized its transdisciplinary research planning activities and the "Lab to Leadership" model, which emphasizes communication from researchers to policy-makers—and back again.



Dr. Farber described the evolving vision for the second phase of the NIH Roadmap Initiative. ECOR currently has a P20 planning grant under this initiative and, in 2006, plans to apply for a \$15 million, five-year grant to develop a University-wide consortium of obesity researchers. The consortium model would fund five to seven RO1 research projects, conducted by transdisciplinary research teams. There will also be support for leadership development, training, and curriculum components. The ECOR consortium would build on the UW's substantial and strong research base in the biomedical, public health, and policy aspects.

ECOR's overarching goal is to transform the research environment at the UW by expanding the type of sustained, productive, and mutually beneficial relationships that CPHN has developed with the public health community to basic and clinical researchers.

Mark Your Calendars!



The Washington State Food and Nutrition Council Annual Conference "Advocating for Well Nourished Families: Progress Toward Policy Change"

supports the State Plan objective to reduce hunger and food insecurity in Washington State. Patricia Crawford, Dr. PH, RD, of the University of California, Berkeley and Linda Stone, Eastern Washington Director of the Children's Alliance are among conference speakers. Pat Crawford will identify differential contributions of race/ethnicity and food insecurity and socioeconomic status to the disparities of obesity. Linda will identify key public policy tools to address hunger and identify where additional effort is needed. The event will be held on September 23, 2005 at Highline Community College, near SeaTac airport. For registration, go to

www.uwecor.org/projects/WSFNC_conference.htm

Washington State Public Health Association (WSPHA) 12th Annual Joint Conference on Health:

Partnering for a Healthier Tomorrow October 10-12, 2005 at the Yakima Convention Center in Yakima, WA. A panel, "Partnerships to Evaluate Policy and Environmental Initiatives to Reduce Obesity," will be chaired by Donna Johnson.

www.wspha.org/JCH1.html

Washington State WIC Conference

October 17-18, 2005 at the Double Tree Hotel in Bellevue, WA. For more information visit

<http://www.walwica.org/stateconf/index.html>

Recently Published Articles

Drewnowski A, Darmon N. The economics of obesity: dietary energy density and energy cost. *Am J Clin Nutr*. 2005 Jul; 82(1):265S-273S.

Rolls BJ, Drewnowski A, Ledikwe JH. Changing the energy density of the diet as a strategy for weight management. *J Am Diet Assoc*. 2005 May;105(5 Suppl 1):S98-103.

Drewnowski A, Darmon N. Food choices and diet costs: an economic analysis. *J Nutr* 2005 Apr; 135(4):900-4.

Drewnowski A, Rolls BJ. How to modify the food environment. *J Nutr* 2005 Apr;135(4):898-9.

Johnson D, Birkett D, Evens C, Pickering, S. Statewide Intervention to Reduce Television Viewing in WIC Clients & Staff. *Am J Health Promo*. July/Aug 2005, Vol. 19, No. 6 418-21.

Staff News

Syd Fredrickson joined ECOR in early June as Program Coordinator. Her background in teaching and educational leadership, and experience in meeting facilitation and large-scale event planning makes her a valuable addition to the ECOR team. Welcome Syd!

Nicole Campbell, former graduate assistant at CPHN, graduated with her MPH degree in June 2005.

Erica Lamson, a member of the Center's community projects evaluation team, gave birth to Hazel Salix Vernon on June 9, 2005.

Martha Yarbrough, MPH candidate, has joined the CPHN team for the summer, providing program and research support.

