

OBESITY

Targeted Environmental Scan: Working Document

Prepared for the Governor's Interagency Council on Health Disparities

Updated August 2008

This document describes known programs that aim to address disparities in overweight and obesity in Washington State, including programs that focus on increasing physical activity and nutrition for communities of color. Programs that focus on disparities for chronic disease, such as diabetes, heart disease, and stroke, often include efforts to promote physical activity, nutrition and weight management. However, those activities are discussed in separate briefing documents and will not be repeated here.

King County Food and Fitness Initiative (KCFI)

KCFI is a community coalition formed in 2006, funded by the W.K. Kellogg Foundation. The Initiative is just beginning its second year of a two-year planning phase, which will be followed by eight years of implementation. The initiative is taking place in nine regions around the country. The vision for the Food and Fitness Initiative is “Creating vibrant communities that support access to locally grown, healthy, affordable food and safe and inviting places for physical activity and play—for everyone.” The Kellogg Foundation sees this initiative as a strategy for social change to not only address healthy eating and physical activity but to also move toward social and health equity and to support families and children. Targeted communities are the Delridge neighborhood and White Center community, two very diverse communities in the Seattle area. The end products of the 2-year planning phase are a diverse community-wide collaborative and a community action plan, which will then be implemented during the second phase of the project.

Children's Alliance Childhood Obesity Policy Project

The Children's Alliance, in partnership with the Comprehensive Health Education Foundation, Washington Dental Service Foundation, Washington Health Foundation, Seattle Foundation, Washington State Department of Health, and Public Health Seattle & King County are developing a multi-year childhood obesity prevention campaign focused on policy change at the state level. One of the guiding principles of the campaign is to have the existence of known health disparities drive policy priorities. The campaign will convene a broad coalition to include representatives from communities of color to create a 3-5 year policy roadmap, for implementation starting during the 2009 legislative session.

Washington Basic Food Program and Basic Food Nutrition Education Program (BFNEP)

The BFNEP is a nutrition education program for recipients of the Basic Food Program, Washington's food stamp program. The BFNEP provides training and technical assistance to local agencies serving families eligible to receive Basic Food Program benefits. The program improves the likelihood that people will choose healthy foods and active lifestyles consistent with dietary guidelines. The program is sponsored by the Department of Health, Department of Social and Health Services and the US Department of Agriculture and administered through BFNEP contractors across the state. Eligible contractors include governmental agencies (state agencies, county or local governments, schools, and Indian Tribal Organizations) and private non-profit agencies who provide nutrition education to low income individuals. The program operates on a reimbursement basis, with Tribes being reimbursed for 70% and local health

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jurisdictions, other governmental agencies and non profit organizations being reimbursed for 45% of allowable costs. Indian Tribal Organizations are targeted for participation, as well as low income communities, and some contractors can choose to target educational services for racial/ethnic groups based on the results of community needs assessments.

Food \$ense Program

Washington State University Extension offers a program similar to the BFNEP, mentioned above, called Food \$ense. Food \$ense is nutrition education for adults, families and children with limited incomes and includes the Expanded Food and Nutrition Education Program (EFNEP) in five counties and Food Stamp Nutrition Education (FSNE) in 25 counties. Local county projects provide fun, interactive classes to help people develop skills to stretch their food dollars and eat healthfully, promote family meals and support cultural traditions. Many local projects offer classes targeted for diverse audiences. As an example, the King County program is taught in multiple languages, including Spanish and Chinese and features culturally adapted educational materials. Similarly the Pierce County program offers nutrition classes targeted for diverse audiences (Hispanic, Cambodian, Vietnamese, and other Asian groups) and a gardening-enhanced nutrition education program for elementary school students designed to be culturally-relevant for diverse students.

Washington State Women, Infants, and Children (WIC) Nutrition Program

From 2003-2006, the Washington State Department of Health contracted with local health agencies to enhance direct client services for the Special Supplemental Nutrition Program for WIC and to translate and use WIC education materials that cover basic nutrition topics for families with limited-English proficiency. Materials were translated into Spanish, Russian, Cambodian, Chinese, Laotian, Vietnamese, Somali and Arabic. Bilingual staff from local health agencies held key informant interviews with 158 clients with limited or no English capabilities to review educational materials and provide feedback regarding their usefulness, educational value, appropriate content and presentation for their cultural groups. Local health agencies shared this information with state WIC staff in focus groups.

Seattle Nutrition Action Consortium (SNAC)

SNAC's mission is to improve the health and nutritional well being of limited income families with children in Seattle and King County. SNAC promotes the good taste of healthy food and encourages families to eat meals together. One example of a SNAC community program is “Eat Better, Feel Better”, a comprehensive nutrition, physical activity and health program that is also supporting food access through policies and system changes and partnering with school food service, and other community agencies. The program is implemented in seven King County elementary schools where 50% or more of the students qualify for free and/or reduced lunch. SNAC is a part of King County’s Overweight Prevention Initiative sponsored by Public Health - Seattle & King County, the King County Board of Health and the University of Washington’s Exploratory Center for Obesity Research and Center for Public Health Nutrition. The Initiative is led by a Steering Committee and four workgroups: Nutrition, Physical Activity, Design for Active Communities, and Communications.

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Yakima Valley Farm Workers Clinic Healthy Teens Program

Healthy Teens is a peer health education model developed and implemented at Toppenish and Wapato High Schools in rural Yakima County. The program has two goals: (1) to increase physical activity and improve nutritional intake among students, and (2) to engage youth in health policy and advocacy. Through the first year of the program, twelve high-school students received intensive 2-day training in learn about community advocacy and school health and nutrition policy as well as how to become effective peer-educators. The students then provided education on health and nutrition to other students in classes or one-on-one, in addition to participating in community advocacy activities. Students are supported by volunteer adult facilitators/advisors that are recruited and trained to work with the students through the program. Healthy Teens is funded through a Washington Rural Health Leadership Grant from the Washington Health Foundation.

Nutrition and Physical Activity Program

The Department of Health's Nutrition and Physical Activity Program works to change policies at the state, regional, and local levels to improve the environments where Washingtonians live, learn, work, and play. It does this by implementing the Washington State Nutrition and Physical Activity Plan, which was launched in 2003. The program funds communities to test the effectiveness of the strategies in the Washington State Nutrition and Physical Activity Plan. Because the program's focus is on implementing environmental and policy changes, approaches tend to benefit populations broadly. However, some communities that are funded through the program have large populations of certain racial/ethnic groups and work to ensure that the programs are effective at reaching those communities.

Steps to a Healthier Washington

The Department of Health's Steps to a Healthier Washington program works to reduce chronic diseases in communities, schools, worksites and healthcare settings by addressing asthma, diabetes, obesity, smoking prevention, nutrition, and physical activity. From September 2003-September 2008, the program received about 2.5 million a year, approximately 1.8 million of which goes to obesity prevention work related to policy, systems, organization and environmental change using the Nutrition and Physical Activity Policy Resource Guide. The program is implemented by the State Department of Health in four communities: Chelan, Douglas and Okanogan Counties; Clark County; the Confederated Tribes of the Colville Reservation and Thurston County. King County also has a Steps community which is funded directly through the CDC. Like the Nutrition and Physical Activity Program, mentioned above, Steps focus is on implementing environmental and policy changes, and therefore, approaches tend to benefit populations broadly. However, some activities have targeted communities of color and activities implemented by the Confederated Tribes of the Colville Reservation have obviously benefited those tribal members. For example, the Colville Steps program worked with the YMCA to provide train-the-trainer aerobic courses to community members who have started providing classes and walking support groups for tribal members. In addition, the Chelan-Douglas-Okanagan Steps program's Hispanic community health worker program trained community members to provide basic education on asthma and diabetes self-management. King County's Steps to Health program specifically targets South Seattle due to the ethnic diversity

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and lower income communities that reside there and have worked to provide physical activity opportunities and healthy eating options which address cultural values.

Austin Foundation

The Austin Foundation is a nonprofit organization that provides fitness training and health education and nutrition awareness programs to youth in the greater Seattle area. Programs address cardiovascular health, strength training, flexibility and nutrition. Some programs meet during the school day, giving youth in alternative schools or at detention centers a chance to participate in physical education. Other programs meet after school, enhancing the out of school time offerings of community centers and public schools. The Austin Foundation also fosters community education by encouraging family participation in all of its fitness programs, by participating in community health events, and by actively advocating for community policies and practices that promote healthy lifestyle. The Austin Foundation focuses its efforts in communities where the proportion of youth experience poor physical health and obesity; lack sufficient options for healthy, positive activities; lack economic resources; and demonstrate negative outcomes, such as delinquency, teen pregnancy, and school failure.

Other Activities to Promote Physical Activity and Nutrition

In addition to those activities that were identified to promote nutrition and physical activity to address overweight and obesity among communities of color, there are many activities in the state that work to do so for the broader population in Washington. Many of these are included in the document called, “Resources for Obesity Prevention and Health and Fitness for Children and Families” (see attached).

Discussion of Statewide Gaps and Sustainability

The following concerns and possible solutions were brought up by contacts working on obesity prevention and nutrition/physical activity promotion programs in Washington State. Please note that some stakeholders indicated that their comments apply to the other chronic diseases being considered by the Council and are therefore included in multiple briefing documents.

- It is difficult to talk about obesity prevention programs for communities of color, because there is a negative stigma attached to being overweight or obese. Therefore, obesity prevention efforts are framed as physical activity and nutrition promotion activities or are linked to health outcomes such as diabetes.
- Disparities in obesity rates can be addressed by addressing disparities in income and education.
- There is a need for improved data on obesity rates for different community groups at the county level to drive decisions about where programs need to be targeted. Further, there is a need for best practices and evidence-based interventions for diverse community groups.

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- Chronic disease programs at the local level are severely under funded.
- The Council can play an educational role to help policy makers understand how poor health outcomes for communities of color are interconnected and related to the social determinants of health.
- The Governor needs to hold agencies accountable for addressing the social determinants of health. There should be a mandate for agencies to assess how their work contributes to or works to redress health disparities, such as through using health impact assessment or other tools. And there should be reporting back, similar to what is done through the GMAP process.
- The Council can play a role in translating knowledge and disseminating best practices to local health jurisdictions to help improve the ability of the public health workforce to address health disparities.
- The Council can assist local community efforts where they lack authority to make change, e.g., by helping communities obtain more local control or by addressing an issue at a statewide level where local control is not available.
- A more collaborative effort is needed to work with Tribes on chronic disease prevention programs, rather than a compartmentalized approach based on disparate funding sources.
- The integration of health services needs to be encouraged as much as possible so that communities are not receiving services based only on funding silos.



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RESOURCES ON OBESITY PREVENTION AND HEALTH AND FITNESS FOR CHILDREN AND FAMILIES

Washington State Resources

Nutrition and Food Safety

The Obesity Prevention Project is a CDC-funded program to curb obesity in Washington State by implementing a number of projects, including the Washington State Nutrition and Physical Activity Plan and the Healthy Communities Projects in Moses Lake and Mount Vernon. It also includes efforts to: promote breastfeeding the community and worksites; increase access to healthy foods, including fruits and vegetables; reduce sedentary lifestyles in children; promote active community environments; and engage people at risk for diabetes in primary prevention activities.

http://www.doh.wa.gov/cfh/NutritionPA/obesity_project.htm

The Small Farm and Direct Marketing Program operates through the Washington State Department of Agriculture (WSDA). It strives to connect farmers and producers with new markets for their goods, "increase the economic viability of small farms, build community vitality, and improve the environmental quality of the region."

<http://agr.wa.gov/Marketing/SmallFarm/markets>

The Access to Healthy Foods Coalition is a collaborative effort that brings together a diverse group of partners to increase the availability of health-promoting foods. Some of the coalition's projects include: the *Annual Northwest Healthy Foods Expo*, which brings together buyers and suppliers of healthy foods; the *Food For Life Database*, which helps Washington food assistance programs locate sources of healthy foods; the *Mobile Farmers Markets*, which provides businesses, institutions, and schools with opportunities to host mobile kitchens and farmers markets in areas without supermarkets; and the *Statewide Food Recovery Transportation Needs Assessment*, which works to facilitate the transfer of produce from agricultural industry resources to food bank programs.

<http://www.accesstohealthyfoods.org/>

The *Basic Food Nutrition Education Program (BFNEP)* is an educational program affiliated with the Basic Food Program, which is the food stamp program for Washington State. BFNEP

offers technical assistance and training to entities serving families that receive food stamps, to help these families make healthy food choices.

<http://www.doh.wa.gov/cfh/bfneq/default.htm>

Physical Activity

Pedestrian and Bicycle Transportation Grants. Washington State Department of Transportation (WSDOT) administers two grant programs—the *Safe Routes to Schools Program*, and the *Pedestrian Bicycle Safety Program*. Fourteen million has been allocated to support walking and biking projects in Washington communities.

http://www.wsdot.wa.gov/TA/ProgMgt/Grants/Ped_Bike.htm

Washington Coalition for Promoting Physical Activity's website provides a list of contacts for local coalitions that promote physical activity. <http://www.beactive.org/local.html>

Nutrition and Physical Activity

Partners in Action: Nutrition & Physical Activity in Washington is a Web resource that “highlights programs and activities that are making it easier for Washington State residents to choose healthful foods and to be physically active.”

<http://depts.washington.edu/waaction/index.html>

The Mount Vernon Healthy Communities Project in Skagit County strives to improve access to healthful foods, engage in urban planning that promotes physical activity, and increase physical activity opportunities for children.

<http://depts.washington.edu/dohuwnps/MountVernon/>

For updates on programs in Washington State, go to <http://depts.washington.edu/waaction/>

Programs for Children and Families

Lincoln Elementary Healthy School Pilot Program in Skagit County promotes good nutrition by creating a school garden and offering healthy cafeteria choices at its salad bar.

<http://depts.washington.edu/waaction/Issue9/nutr1.html#1>

Active Bodies Active Minds is a Web resource to help early childhood professionals and parents of 2- to 5-year-olds create environments that minimize screen time and maximize physical activity.

<http://depts.washington.edu/tvhealth/>

The *Youth Wellness Team (YWT)* was established by the Healthy Communities Moses Lake Leadership Team and the Columbia Basin Job Corps (CBJC). YWT participated in the Moses Lake Community Garden project, which included activities such as growing vegetables for food banks and constructing compost bins, as well as participating in “walking challenges,” wellness fairs, and state and national conferences.

<http://depts.washington.edu/waaction/Issue9/nutr1.html>

Policy

School Wellness Policy—*Senate Bill 5436* requires school districts to design and carry out “comprehensive school health policies” addressing their schools’ fitness and nutritional curricula, and the nutritional quality of foods sold in schools.

<http://depts.washington.edu/waschool/ImplementationResources.html>

The Washington State Legislature in 2002 directed an interdepartmental collaboration to facilitate the purchases of Washington-grown products by state agencies, schools, and other institutions.

<http://www.farmtoschool.org/wa/>

“*The Washington State Nutrition and Physical Activity Plan* was launched in June 2003, to promote environmental and policy changes that encourage healthy eating and physical activity.” The overarching goal is to create environments that enable and encourage Washington State residents to eat healthfully and engage in physical activities.

http://depts.washington.edu/waschool/Background_State.html#plan

Twelve current interventions in the state are described at:

http://www.cdc.gov/nccdphp/dnpa/obesity/state_programs/washington.htm

WA State Active Living Leadership Network supports local and state leaders in their efforts to develop policies and activities that foster healthier communities. It supports projects such as the Active Community Environments Grass-Roots Project, which “aims to increase active living for older adults by providing safe places to walk, cycle and use other non-motorized vehicles.”

http://www.doh.wa.gov/cfh/NutritionPA/physical_activity.htm

Counties in which other community-based physical activity projects are located include:

- Skagit County (<http://www.beactiveskagit.org/>)
- Spokane County (<http://www.srhd.org/health/activity/default.asp>)
- Kitsap County
(http://www.kitsapcountyhealth.com/community_health/health_promotion/physical_activity.htm)

Resources in King County & the Puget Sound Area

Nutrition and Food Safety

“*Healthy Eating for a Lifetime*” is a regularly updated website entitled that lists resources for healthy food choices/the USDA’s Food Pyramid, steps to a healthy diet, information on the 5-A-Day program, how to read nutrition labels, how to make healthy food choices on a limited budget, how to eat healthfully in spite of dietary restrictions, good nutrition practices for children, nutrition in schools, and recipes.

<http://www.metrokc.gov/health/nutrition/index.htm>

Healthy Eating for a Lifetime: Public Health Nutrition Programs is a website that provides information and links to various public health nutrition programs around the county, including WIC, the Seattle Nutrition Action Consortium (SNAC), Diabetes REACH Program, and Healthy Eating for Healthy Aging (HEHA), among others.

<http://www.metrokc.gov/health/nutrition/programs.htm>

The mission of *Seattle Nutrition Action Consortium (SNAC)* is “to improve the health and nutritional wellbeing of limited income families with children in the Greater Seattle Area.” It accomplishes this mission by helping families to improve their knowledge of nutrition and food preparation.

<http://www.metrokc.gov/health/nutrition/snac.htm>

Reducing Diabetes Health Disparities Experienced by Communities of Color (REACH) REACH’s goal is to reduce diabetes in communities of color by 2010 “through strong partnerships, ...and the empowerment of individuals, families, and communities” and the creation of “sustainable long-term approaches to prevention and control of diabetes.”

<http://www.metrokc.gov/HEALTH/reach/index.htm>

Puget Sound Fresh provides Web resources to locate farms and farmers markets in the 12-county Puget Sound region.

<http://dnr.metrokc.gov/wlr/farms/>

Physical Activity

The King County Physical Activity Coalition has a web resource that details physical activity data in King County (<http://www.metrokc.gov/health/exercise/>) and links to physical activity-related events in King County, such as cycling, indoor activities, and gardening events (<http://www.metrokc.gov/HEALTH/exercise/events.htm>). Another useful link offers walking maps for several King County locations (<http://www.metrokc.gov/HEALTH/exercise/maps.htm>).

Fit and Active Bellevue is a collaborative effort between the city of Bellevue, Public Health - Seattle & King County, the PTSA of Bellevue Schools, and the local branch of the YMCA to support public and private schools’ physical education programs.

http://www.metrokc.gov/health/overweight/forum3/kcopi_fit_bellevue.pdf

Child Care Health Program: The power of physical activity is a website for agencies that provide child care. It explains the importance of physical activity for children and suggests physical activities.

<http://www.metrokc.gov/health/childcare/physical.htm>

Programs for Children and Families

Children's Obesity Action is a program of Children's Hospital and Regional Medical Center in Seattle. Its on-line resource manual about childhood obesity includes practical tips and information on factors that contribute to childhood obesity.

<http://www.childrensobesityaction.org/>

Food \$ense CHANGE (Cultivating Health And Nutrition through Gardening Education) is a nutrition education program for limited-income, school-age children and their families. CHANGE uses hands-on learning experiences with gardening and cooking, and holds family nights and other outreach activities.

<http://king.wsu.edu/Nutrition/change.htm>

Extension Family Nutrition Education Program (EFNEP) uses a workbook curriculum to teach “nutrition, cooking skills, food safety, and food budgeting to limited income families with children under 18 residing in urban areas.” A youth-centered component of the program uses “interactive, hands-on activities in nutrition and food safety.” EFNEP also offers a course for expectant mothers.

<http://king.wsu.edu/Nutrition/efnep.htm>

Live Outside the Box is an educational campaign for parents and caregivers that aims to reduce the amount of time that children spend in front of the TV. The campaign includes radio PSAs, a series of posters, and a toolkit in English and Spanish that offers suggestions for activities to replace TV time.

<http://www.metrokc.gov/health/reducetv/index.htm>

Healthy Eating for Lifetime: Healthy Eating for Kids is a website of resources on nutrition needs for children of all ages. It also includes a link to information on eating disorders.

<http://www.metrokc.gov/health/nutrition/kids.htm>

The *Healthy Snacks Calculator* can be found on Seattle Public Schools' website, and is affiliated with STEPS to Health—King County. The calculator helps children and their parents figure out how various snack food items fit into their school district's nutrition policies.

<http://www.seattleschools.org/area/nutrition-svc/calculator/calculator.html>

Seattle Public Schools' Nutrition Services has put together a website of *Useful Websites for Healthy Kids* on subjects such as healthy food service options, junkfood-free ways to raise money for schools, healthy vending machine choices, exemplary school district policies, and success stories of schools across the country that have improved nutrition for their students.

http://www.seattleschools.org/area/nutrition-svc/nutrition_web_links.html

TT Minor Elementary School (www.ttminor.org) is engaging in innovative nutrition activities with a program called *Eat Better, Feel Better*. A brief evaluation of this program can be found at http://courses.washington.edu/nutr531/HEBD/brief_paper.doc.

Policy

King County Overweight Prevention Initiative “brings together a diverse group of organizations from throughout the county in order to make changes that promote healthier eating and more active living.” It focuses on four areas: nutrition, physical activity, built environment, and communications. The Initiative holds forums, and has developed an action plan for communitywide nutrition and physical activity that includes best-practices activities and a communications strategy. Sponsors include the local health department and health board, as well as university-affiliated nutrition programs.

<http://www.metrokc.gov/HEALTH/overweight/index.htm>

As part of the Overweight Prevention Initiative, Seattle Public School District will be working to develop *Fitness Policies* for the district. “A committee comprised of community experts and district staff is reviewing available research and best practices in regards to facilities, playgrounds, equipment, walk to school, physical education, PE waivers, athletics, intramurals, after school programs, sports clubs, health education, recess, staff wellness and community fitness opportunities. The committee will develop policy recommendations to the school board with the intent of passing a comprehensive set of policies that support student and staff fitness.”

<http://www.metrokc.gov/health/overweight/10pointplan.htm>

National Resources

Nutrition and Food Safety

The U.S. government’s *Center for Food Safety and Applied Nutrition* has a website that provides food safety and applied nutrition news, links to national food safety programs, and FDA documents on the subject.

www.cfsan.fda.gov/

The USDA’s *Steps to a Healthier You* details the new food pyramid, and discusses the benefits of physical activity.

<http://www.mypyramid.gov/>

Produce for Better Health is a website that explains the advantages of a produce-rich diet.

www.5aday.org

Physical Activity

The purpose of the *National Center for Bicycling and Walking (NCBW)* is to help create bicycle-friendly and walkable communities across North America by encouraging and supporting the efforts of individuals, organizations, and agencies. NCBW’s website offers publications, forums, and other resources to promote the organization’s cause.

<http://www.bikewalk.org/>

The American Heart Association’s *Choose to Move* is a 12-week physical activity and nutrition program for women.

<http://www.choosetomove.org/>

The National Recreation and Park Association's *Step Up to Health* program details success stories from communities across the nation (including Kirkland, WA) engaging people and communities in physical activities.

<http://www.nrpa.org/content/default.aspx?documentId=2768>

Programs for Children and Families

The Centers for Disease Control has organized the Kids-Walk-to-School program, “a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults.”

<http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm>

The Alliance for a Healthier Generation, a partnership between the American Heart Association and The William J. Clinton Foundation, offers an on-line toolkit for its Healthy Schools Program.

http://www.healthiergeneration.org/schools.aspx?id=78&ekmense=1ef02451_10_12_btnlink

Safe Routes to School seeks to help more young people meet recommended physical activity guidelines by increasing the percentage of those who walk or bike to school. One way they do this is by working to improve the walkability and bikeability of areas around schools. Web resources include a Policy & Planning section with useful ideas and plans.

<http://www.saferoutesinfo.org/>

Healthy Kids Challenge is a national nonprofit group working to help schools and communities fight childhood obesity through exercise and healthier eating habits. Nationally, more than 1,000 schools in 42 states have joined the challenge.

<http://www.healthykidschallenge.com/>

The *Teens Health* website offers information about food and fitness, dieting, body image, sleep, strength training, sports, and other topics of interest to teens.

http://www.teenshealth.org/teen/food_fitness/

Policy

This website links to examples of School Wellness Policies developed by a number of states. It also details Washington State's Senate Bill 5436.

<http://depts.washington.edu/waschool/ImplementationResources.html#Guidelines>

Active Living Leadership was developed to help government leaders as they create and promote policies, programs, and places that support healthy community environments and enable active living and healthy eating to improve the health, well-being and vitality of communities.

<http://www.activelivingleadership.org/>

Active Living by Design is “a national program of The Robert Wood Johnson Foundation and is a part of the UNC School of Public Health in Chapel Hill, North Carolina. This program

establishes innovative approaches to increase physical activity through community design, public policies and communications strategies.”

<http://www.activelivingbydesign.org/>

“The chief aim of *Active Living Research* is to increase knowledge about active living by supporting research to identify environmental factors and policies with potential to substantially increase levels of physical activity among Americans of all ages, incomes and ethnic backgrounds.”

<http://www.activelivingresearch.org/>

Children’s Environmental Health Research is a national multi-disciplinary organization that works to promote health in education, policy, and research. A resource guide is offered to help policy makers, health and environmental specialists, members of the advocacy community and media, and the general public “in identifying and accessing key resources in children's environmental health.” The organization provides a training manual for faculty in health care to help them incorporate pediatric environmental health into their teaching programs.

<http://www.cehn.org>

The Child Nutrition and WIC Reauthorization Act of 2004 is a requirement by Congress that charges all school districts with a federally-funded school meals program to “develop and implement wellness policies that address nutrition and physical activity by the start of the 2006-2007 school year.” *The National Alliance for Nutrition and Activity (NANA)*

(www.nanacoalition.org), in response to requests for assistance, “convened a work group of more than 50 health, physical activity, nutrition, and education professionals from a variety of national and state organizations to develop a set of model policies for local school districts, which can be found at the website below.

<http://www.schoolwellnesspolicies.org/>

Council of Educational Facility Planners (CEFPI) is a professional association with one mission – to improve the places where children learn. CEFPI members—individuals, institutions and corporations—are actively involved in planning, designing, building, equipping and maintaining schools and colleges. <http://www.healthyschools.org/>

For the 50 states and the District of Columbia, the Center for Science in the Public Interest (CSPI) evaluated the policies for foods and beverages sold in schools through vending machines, school stores, fundraisers, and a la carte foods. CSPI looked at nutrition standards for foods and drinks, and the grade levels, hours, and locations on campus to which the states' policies apply.

<http://www.cspinet.org/new/200606201.html>

Washington Kids Count
Human Services Policy Center
Evans School of Public Affairs
University of Washington
www.hspc.org

Overweight and Obesity Briefing Document
Presented to the Governor's Interagency Council on Health Disparities
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Overweight and obesity refer to ranges of weight that are generally considered unhealthy for a given height. For adults, the body mass index (BMI) is used to determine overweight and obesity ranges, because it correlates well with body fat percentage. BMI is calculated by dividing weight in kilograms by height in meters squared. **Overweight** is defined by having a BMI between 25.0 and 29.9 and **obesity** is defined by having a BMI greater than 30. For children and adolescents, overweight is generally defined as being above the 95th percentile for BMI, while children between the 85th and 95th percentile are classified as being at risk for overweight.

CRITERION #1: PREVALENCE / INCIDENCE

- In 2005, 23% of Washington adults were obese and another 36% were overweight; this translates to more than 2.5 million Washington adults.
- The age-adjusted obesity rates increased sharply from 10% in 1994 to 23% in 2005, a relative increase of 130%.
- Results from the 2004 Healthy Youth Survey found that 10% of Washington tenth graders were overweight and 13% were at risk of being overweight.
- From 2003-2005, 22% of Washington women who gave birth were obese prior to pregnancy and 49% of all women gained more weight during pregnancy than recommended.

CRITERION #2: SEVERITY

- Obesity is associated with many adverse health outcomes, including diabetes; colon, uterine, and breast cancer; respiratory problems; hypertension; elevated blood cholesterol; heart disease; stroke; and gall bladder disease, liver disease, osteoarthritis, sleep apnea, and decreased emotional well-being.
- Excessive weight gain during pregnancy increases the risk of obstetrical complications, giving birth to a high birth weight infant, hyperglycemia in the infant, and weight retention after pregnancy.

CRITERION #3: DISPARITY

- In Washington, from 2003-2005, American Indian and Alaska Natives and Blacks had the highest prevalence of obesity at 31.8% and 29.7%, respectively, followed by Hispanics (24.3%), whites (22%), and Asians and Pacific Islanders (11.5%). The Index of Disparity for obesity prevalence was 134%.
- From 2003-2005, there was no difference in obesity prevalence between Washington men and women.

The Index of Disparity is the average of the difference in rates between the racial/ethnic group with the "best" rate and all other racial/ethnic groups.

Keppel KG et al., Measuring progress in healthy people 2010. Statistical Notes, no 25. NCHS, 2004