



Weighing In Quarterly Meeting Highlights September 21, 2017

Attendees:

Carol Ayers, Katrina Brennan, Lauren Butler, Jordan Carlson, Amy Cochran, Valorie Coffland, Michelle Dake, Emily DeWit, Sarah Hampl, Kate Hoppe, Emily Hurley, Chris Jehle, Megan Justice, Lori Lanter, Anabel Luna, Andrea Manlove, Nola Martz, Emily Meissen-Sebelius, Mallory Moon, Alicia Nelson, Jennifer Oakley, Carla Peuser, Nancy Sanchez, Robin Shook, Tazsia Starks, Shelly Summar, Melissa Ussery, Lisa Warman

Presentations:

"National Childhood Obesity Efforts: Lessons Learned from the Healthy Communities Study"

Presented by Stephen Fawcett, Ph.D.

Center for Community Health and Development, University of Kansas

"Promoting Nutrition and Physical Activity through the Latino Health for All Coalition"

Presented by Vicki Collie-Akers, Ph.D., M.P.H., Jerry Schultz, Ph.D., and Stephen Fawcett, Ph.D.

Center for Community Health and Development, University of Kansas

Speaker's bios:

Dr. Stephen B. Fawcett is the Senior Advisor for the Work Group for Community Health and Development & the Co-Director for the World Health Organization Collaborating Centre for Community Health and Development at the University of Kansas. Professor Fawcett uses behavioral science methods to help understand and improve how communities promote health and development. He is co-founder of the Community Tool Box, a capacity-building resource that reached 5.6 million unique users in over 200 countries last year. Emeritus Distinguished Professor of Applied Behavioral Science at KU, he has been honored as a Fellow in both Division 27 (Community Psychology) and Division 25 (Experimental Analysis of Behavior) of the American Psychological Association. He received the Distinguished Practice Award of the Society for Community Research and Action and the Higuchi/Endowment Award for Applied Sciences. He is co-author of nearly 200 articles and book chapters and several books in the areas of community development and public health. Dr. Fawcett has been a Scholar-in-Residence at the Institute of Medicine of the National Academy of Sciences and member of the IOM's Board on Population Health and Public Health Practice. He has consulted with the Robert Wood Johnson Foundation, the U.S. Centers for Disease Control and Prevention, and the World Health Organization and its regional offices for Africa and the Americas. He has also served as a visiting scholar at the World Health Organization in Geneva and a member of the WHO's Expert Panel on Health Promotion.

Dr. Vicki Collie-Akers is the Associate Director of Health Promotion Practice for the Center for Community Health and Development at the University of Kansas. She holds a Ph.D. in Behavioral Psychology from the University of Kansas, and a Masters of Public Health with a concentration in Behavioral Science and Health Education from Saint Louis University. Her research is primarily focused on applying a community-based participatory research orientation to working with communities to understand how collaborative partnerships and coalitions can improve social determinants of health and equity and reduce disparities in health outcomes. She is the principal investigator on the CDC-funded REACH project supporting policy, systems, and environmental changes in Kansas City, Kansas. In addition, she was a lead researcher for community measurement in the National Healthy Communities Study funded by the National Heart, Lung, and Blood Institute from 2010-2016. Dr. Collie-Akers played a lead role in the community measurement team of the long-term study that explored the association between community programs and policies and prevalence of childhood obesity in 130 communities. Since 2013, Dr. Collie-Akers has directed the Academic Health Department at the Lawrence-Douglas County Health Department.

NOTE: We are unable to share the presentation because the slides are embargoed. Highlights are below. The full publication should be available shortly.

- Association between community characteristics & children's weight
- Not a trial – only observational study (large study)
- 130 communities, 3,000 children
- Direct observations of kids at home & consenting for medical records (BMI)
- Overall goal = reduce BMI in children
- Physical activity correlates with improved nutritional intake
- Greater intensity with multiple sectors = lower BMI

Member Updates:

Healthy Lifestyles Initiative – Emily DeWit

- 377 HLI partners
- 673 page likes on **Facebook** (please click like if you haven't done so already)
- **YouTube** channel has Partners 4 Health Video uploaded as well as a video that showcased work in WyCo and a KCTV News 5 video where Shelly was interviewed about packing healthy school lunches.
- Our fall intern, Tazsia Starks is supporting our work in developing social media content and expanding resources on our YouTube channel.
- **Fittastic.org** website updates are coming- look for a mobile friendly, easier to navigate site in the upcoming months.

Healthy Schools – Emily DeWit

- We met Sept. 6th in NKC school district and heard from an elementary school principal about several successful wellness policy changes at their building.
- A high school teacher presented a gardening project that he led with ELL students.
- Dr. Chrisman gave an overview of a research project that involves him collecting data from K-12th grade teachers and principals to better understand their knowledge of the MyPlate nutrition guide published by USDA. Once the study is complete, his goal is to address any gaps that exist to improve nutrition education for all students.
- Meeting highlights are posted on the Healthy Schools working group page, so please take a look at those to find additional resources shared as well as contact information for the folks that shared their successes at the meeting.
- Next meeting: Dec. 6th at Don Chisholm Building/Center for Children's Healthy Lifestyles & Nutrition from 2:30-4:00.
- Last week's Safe Routes to School Regional Summit was a hit! Topics included funding & evaluation strategies, case studies, success stories of SRTS programs in action, BLAST training, & Policies for walkable/bike-able communities.
- **SRTS community resources folder**- a public Dropbox folder to house different resources about Safe Routes to School. Feel free to add your own, utilize what is in here, and pass along to other champions! (link in today's meeting highlights)
<https://www.dropbox.com/sh/kh3rvl3bahacyyd/AAAdlym4nYmSiRaVgwBn095Aa?dl=0%20>
- Oct. 4th is International walk to school day! Visit <http://walktoschoolkc.com/> to find resources & to register your event.