



# Obesity Networking Conference Call Summary Notes

January 29, 2015, 2:00-3:00pm

## Welcome

Alison Long, Office of Planning and Partnerships (OPP), welcomed participants to the call, reviewed logistics, and the agenda. She thanked Patty Boyd, Tri-County Health Department, for facilitating the obesity networking calls for local public health agencies over the past year. OPP will facilitate the calls going forward and will rely on local health agencies and CDPHE obesity program staff to suggest and provide content for the calls.

## CSU Extension Research and Programming: Nutrition and Health Promotion

Jessica Clifford, MS, RDN, Extension Nutrition Specialist and Fuel for Fun Program Intervention Coordinator, with the CSU Department of Food Science and Human Nutrition shared information related to nutrition and health initiatives and opportunities for collaboration with local public health agencies. She referred to two websites:

[www.ext.colostate.edu](http://www.ext.colostate.edu) (Nutrition, Health and Food Safety Programs)

and

[www.liveeatplay.colostate.edu](http://www.liveeatplay.colostate.edu)

Jessica provided an overview of CSU Extension and explained how to contact programs based in Colorado counties. (Visit [www.ext.colostate.edu](http://www.ext.colostate.edu) and click on “County Offices” tab at top of website).

Three main research projects:

- 1) GROW Healthy Kids and Communities: a collaboration with Oregon State University Extension Service to identify barriers and supports to healthy eating and physical activity in rural communities. Conducted in four communities in Colorado.
- 2) LEAP Study: evaluation of the Food Friends program for picky eaters. Food Friends is a program of CSU to encourage healthy eating and physical activity in preschool children. CSU is currently evaluating the program.
- 3) Fuel for Fun: a school-based nutrition education program that includes cooking and tasting lessons in the classroom, connections to the cafeteria to encourage students to make healthy choices, and connections to families and parents to reinforce what students experience at school.

Health communications initiatives:

- 1) Live Eat Play: [www.liveeatplay.colostate.edu](http://www.liveeatplay.colostate.edu) is a resource that includes research-based nutrition and health information. Fact sheets are available on a variety of topics for downloading. Also includes a related Facebook page.
- 2) News You Can Use: Monthly newsletters distributed to extension agents in county offices on nutrition and food safety.



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## CSU Extension Research and Programming: Nutrition and Health Promotion (Cont'd)

Efforts in the field:

- 1) StrongWomen program is a national evidence-based strength training and nutrition program for midlife and older women.
- 2) Cooking Matters: community-based nutrition information and classes to help families learn how to cook and eat better on a budget.
- 3) LiveWell Colorado partnerships
- 4) Dining with Diabetes: classes led by a registered dietitian, for persons with pre-diabetes or type 2 diabetes that combine nutrition information and social support with meal planning and cooking skills practice. Also includes guidelines for physical activity.
- 5) Local Newsletters and Articles

## State Public Health Improvement Plan Update

Cambria Brown, Office of Planning and Partnerships, provided an update on the state public health improvement plan, entitled: [Healthy Colorado: Shaping a State of Health: Colorado's Plan for Improving Public Health and the Environment, 2015-2019](#). She reported that the final plan was officially announced via a press release today (January 29<sup>th</sup>) and disseminated electronically. Hard copies will be mailed in February.

The plan brings together local public health improvement plans and initiatives such as CDC's Healthy People 2020, Colorado's Winnable Battles and Governor Hickenlooper's 2013 "State of Health" report. It was also informed by the 2013 Colorado Health and Environmental Assessment. Obesity prevention and mental health/substance abuse are the state's flagship priorities.

Cambria reviewed the obesity section of the plan (pages 6-11). The statewide goal is to decrease the obesity rate by 10 percent over the next five years with strategies that target various life stages to create a positive shift in nutrition and physical activity. The state strategies were informed by strategies in local health improvement plans.

- Indicators- shared set of indicators in development:  
HEAL/obesity indicators from local plans have been analyzed for frequency of occurrence in local PHIPs and mapped to state and national efforts, such as Healthy People 2020, the statewide PHIP, the governor's state of health report, and CDPHE grant reporting. Indictors are now being mapped to survey questions. The HEAL Surveillance Committee has been a part of this effort, and an update and more information will be shared during the next call.
- Communication/monitoring/evaluation  
The plan was released on January 29<sup>th</sup> via a press release and promotional email. Hard copies will be mailed to LPHAs and other partners in the upcoming weeks. The plan has and will continue to be announced and promoted at



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meetings and on conference calls. Ongoing communication plans include building a data dashboard to monitor and display progress; developing topic-specific reports on goals and progress during national obesity and mental health awareness events; providing updates at conferences such as Public Health in the Rockies and Colorado Environmental Health Association; and producing yearly progress/evaluation reports each January.

## Future Calls and Technical Assistance

Alison Long solicited input related to future Obesity Networking calls. She shared a table that describes calls currently facilitated by the Office of Planning and Partnerships, and introduced Jordana Sabella who will be facilitating and coordinating the Obesity calls going forward. Participants were invited to share ideas for topics, presentations or discussion on future calls.

## Suggestions:

- Presentations on state level initiatives related to obesity strategies in State Public Health Improvement Plan; including updates on progress on state strategies.
- Presentations from local public health agencies on promising initiatives.
- How to revisit our communities who adopted LiveWell Colorado HEAL Cities and Towns resolutions to support our obesity work.
- Moving up the pyramid; focus on policy, environment and system change. Provide examples.
- Reports from participants who attend national HEAL conferences, including resources, websites, whitepapers, etc.
- Types of HEAL coalitions; how do these connect to CHIP task forces? How to make sure our coalitions are representative, policy-focused, etc.
- Statewide HEAL policy update.
- Emerging sciences on the impacts of sugary drinks on obesity rates.
- Sharing local experiences with messages and communication strategies (such as the 5-2-1-0 campaign, and messages like “Rethink Your Drink”).
- Data and use of common indicators for measuring progress towards goals.

Office of Planning and Partnership staff will coordinate topics and speakers and send out a schedule for the year.

## Next Conference Call

Date/Time: March 25 at 1:00 - 2:15 pm

## Topics:

- Built Environment (state plan strategy 6) including LiveWell Colorado HEAL Cities and Towns - Julie George (LiveWell Colorado) and Cate Townley (CDPHE)
- HEAL indicators and data issues, including the HEAL Surveillance Workgroup - Renee Calanan (CDPHE)

Summary notes submitted by Alison Long