Childhood Obesity in North Carolina: DPH Approaches

September 18th, 2008
Marcus Plescia, MD, MPH
Section Chief
Chronic Disease and Injury
NC Division of Public Health
Outline

- Prevention Settings
- Evidence-based approaches
- Policy
- Priorities
NC ranks 5th worst in Childhood Obesity

<table>
<thead>
<tr>
<th>Ranking</th>
<th>States</th>
<th>Percentage of Obese 10- to 17-Year Olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>D.C.</td>
<td>22.8%</td>
</tr>
<tr>
<td>2</td>
<td>West Virginia</td>
<td>20.9%</td>
</tr>
<tr>
<td>3</td>
<td>Kentucky</td>
<td>20.6%</td>
</tr>
<tr>
<td>4</td>
<td>Tennessee</td>
<td>20.0%</td>
</tr>
<tr>
<td>5</td>
<td>North Carolina</td>
<td>19.3%</td>
</tr>
<tr>
<td>6</td>
<td>Texas</td>
<td>19.1%</td>
</tr>
<tr>
<td>7</td>
<td>South Carolina</td>
<td>18.9%</td>
</tr>
<tr>
<td>8</td>
<td>Mississippi</td>
<td>17.8%</td>
</tr>
<tr>
<td>9</td>
<td>Louisiana</td>
<td>17.2%</td>
</tr>
<tr>
<td>10</td>
<td>New Mexico</td>
<td>16.8%</td>
</tr>
</tbody>
</table>

Obese children are almost six times more likely than children with healthy weights to have an impaired quality of life—equal to that of children undergoing treatment for cancer.

--JAMA, 2003

A statewide initiative promoting increased opportunities for healthy eating and physical activity.
Active Living by Design · Alice Aycock Poe Center for Health Education · Alliance for a Healthier Generation · American Heart Association/NC Affiliate · Association of NC Board of Health · Be Active North Carolina, Inc · Blue Cross and Blue Shield of North Carolina Foundation · Cape Fear Healthy Carolinians/UNC-W · Catawba Valley Medical Center · Duke University Division of Community Health · ECU/School of Medicine · FirstHealth of the Carolinas · Fit City Challenge · Healthy Carolinians, Inc · Inter-Faith Food Shuttle · John Rex Endowment · NC A&T State University · NC Academy of Family Physicians · NC Academy of Physician Assistants · NC Action for Healthy Kids · NC Alliance for Athletics Health, Physical Education, Recreation and Dance · NC Alliance for Health · NC Alliance of Boys & Girls Clubs · NC Association of Local Nutrition Directors · NC Citizens for Public Health, Inc · NC Dietetic Association · NC Department of Agriculture and Consumer Services · NC Department of Environment and Natural Resources · NC Office of Environmental Education · NC Department of Health & Human Services · NC Division of Public Health · NC Department of Public Instruction · NC Extension Association of Family and Consumer Sciences · NC Fruits & Veggies Nutrition Coalition · NC Health and Wellness Trust Fund · NC Local Health Directors Association · NC Medical Society · NC Medical Society Foundation · NC Office on Disability and Health · NC Partnership for Children, Inc · NC Pediatric Society · NC Public Health Association, Inc · NC Public Health Foundation · NC Recreation and Park Association · NC Senior Games, Inc · NC Society for Public Health Education · NC State Health Plan · NC State University · NC Cooperative Extension 4-H Youth Development and Family & Consumer Sciences · Office of Healthy Carolinians/Health Education · Rex Healthcare · RTI International · School Nutrition Association-NC · Southeast United Dairy Association · The Leaflight, Inc · UNC-CH Center for Health Promotion and Disease Prevention · University Health Systems of Eastern Carolina · Wake Forest University Health Sciences · WakeMed · YMCA of North Carolina
Targeted Sites for Systems Interventions

- Medical Setting
- School
- Community
- Worksite
Pediatric Obesity
Clinician Reference Guide

- Developed by a committee of NC physicians
- Based on recommendations released in *Pediatrics* in December 2007
- Includes color-coded BMI charts, blood pressure tables, and prescription pads
Energize! Program

• Intensive, 12-week, family-based healthy lifestyle program
• High risk children 6-18 with type 2 diabetes, pre-diabetes or risk factors.
• Goal: To prevent and treat type 2 diabetes through sustainable lifestyle change.
The original Toolkit has been modified to meet the unique needs of North Carolina schools.
8 Components of a Coordinated School Health Approach

- Family & Community Involvement
- Physical Education & Physical Activity
- Nutrition Services
- Counseling, Psychological & Social Services
- School Health Education
- Healthy School Environment
- School-site Health Promotion for Staff
- School Health Services
Nutrition and Physical Activity Self-Assessment for Child Care (NAP-SACC)

- Statewide program aimed at improving eating and physical activity environments
- NC child care centers with children ages 2-5
School Health Advisory Council (SHAC) Trainings

- Collaborative effort between DPI and DPH
- 3 trainings in 2004
- To improve community and SHACs collaborations
Healthy Carolinians

• Provides infrastructure for local public health activities
• Program certification granted to communities with broad-based community partnerships that represent the needs of disadvantaged and whose mission is prevention based
Healthy Carolinians Certified Partnerships (2007)

For more information, call the Office of Healthy Carolinians/Health Education (919-707-5150) or see our website: www.HealthyCarolinians.org
Community Development Specialists…

- Provide technical assistance and consultation to local staff supported by Program funds.
- Review community action plans submitted by health departments.
- Review progress toward community action plan objectives.
- Conduct annual county site visits.
- Coordinate regional meetings for local staff.
Local Programs...

- Designate staff to oversee local initiatives.
- Engage community partners in creating local solutions.
- Facilitate changes in policy and the environment to support physical activity, healthy eating, and tobacco use avoidance.
Eat Smart, Move More
Community Grants Program

Support projects in local communities that are changing policies and environments for eating smart and moving more.
The Guide to Community Preventive Services

Physical Activity
Environment and Policy

– Enhanced access with outreach
– Urban design and land use

Hyde County walking trail
Active Community Environments (ACEs)

- Increase opportunities for people to be physically active.

- Serves as a policy primer

- Provides guidelines for getting involved in land use and transportation planning
Behavioral and Social

– School-based physical activity
– Non-family social support
– Individually adapted behavior change

Jones County implements Take 10! Program
Informational

– Community-wide campaigns
– Point of decision prompts

NC Walk to School Day
Reducing the Barriers to Behavior Change

→ Media

→ Policy

→ Systems Change
Healthy Active Children Policy

- 30 mins a day in K-8

- Established School Health Advisory Councils

- No withholding recess for punishment or to do extra work

- No severe physical activity for punishment
Safe Routes to School
A statewide initiative promoting increased opportunities for healthy eating and physical activity.
Childhood Obesity Prevention Project (COPP)

- 1st state funds dedicated to Childhood Obesity
- Selected counties: Cabarrus, Dare, Henderson, Moore, and Watauga (Appalachian District)
- $380,000 per county
- Multi-level, multi-sector, integrated interventions
- Evaluation: partnerships, policy/environmental change, process measures, intervention specific
DPH Priorities

- Childhood Obesity Prevention Projects
- North Carolina State Employees’ Worksite Wellness Program, including teachers