



# Michigan's Nutrition, Physical Activity and Obesity Program Update

SUMMER 2009 EDITION

## NPAO Program Update

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The past few months have been busy at the NPAO: the Healthy Weight Partnership Annual Meeting was held; the Surveillance Chapters were completed, and several program interventions saw great successes. The Head Start program is to be featured in a poster presentation at The Weight of the Nation conference in Washington, D.C. What a great honor for Michigan to be chosen out of all the applicants! The NPAO is also in the process of revising the current State Plan— collaboration with our Partners will no doubt produce a document that will guide Michigan's fight against obesity for 2010 and beyond. The upcoming months promise to be busy yet productive ones!

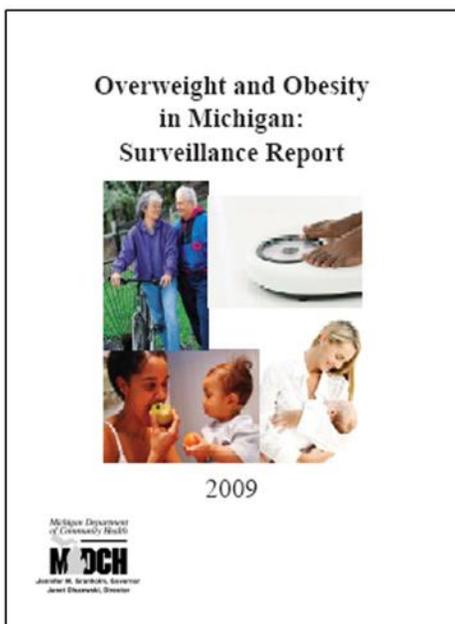
With the lovely change in the weather, one almost feels the sun beckoning one to come outside. This is a great time to begin being more physically active and enjoy the vegetables and fruits now so readily available. We invite you to be active and healthy this summer!

### News flash: Just Released!

You can now find the full report 'Overweight and Obesity in Michigan Surveillance Report' and each of the four chapters (obesity, physical activity, nutrition and breastfeeding) online.

Go to [www.michigan.gov/preventobesity](http://www.michigan.gov/preventobesity) to download them.

If you have any questions, please contact  
Beth Anderson, Epidemiologist,  
[andersonb@michigan.gov](mailto:andersonb@michigan.gov).



## Highlights: Healthy Weight Partnership Annual Meeting

The Healthy Weight Partnership (HWP) Annual Meeting was held at the Genoa Woods Conference Center in Brighton, Michigan on June 9, 2009. Forty-five partners were able to meet to learn more about our success in achieving the objectives of our current State Plan, the status of the Obesity Burden Report, Enhanced Fitness, NPAO Program Communications, and the impact of environments on obesity and Health Disparities. Partners had the opportunity to hear about a member's success in making policy and environmental changes in Ingham County.

The HWP co-chair, Kevin Hughes, was introduced at the meeting. Kevin acted as the meeting facilitator and discussed our plans for seeking an additional co-chair and developing a leadership team.

Gwen Imes, NPAO Program Manager, gave an overview of the Strategic Planning Process, as the current Strategic Plan is set to expire in 2010. Partners received information on the Michigan NPAO Update, the new website, the Healthy Weight Partnership Listserv, and other forms of communication.

The meeting evaluations completed by the HWP members indicated they appreciated the information, thought the meeting was well planned, and REALLY enjoyed the food. Comments received will assist us in planning future meetings. Please email Pamela Bacon at [baconp3@michigan.gov](mailto:baconp3@michigan.gov) with any comments or questions. Power point presentations and meeting information are posted on the NPAO website and is to be found at [www.michigan.gov/preventobesity](http://www.michigan.gov/preventobesity)



Sheryl Weir, Manager, MDCH Health Disparities & Minority Health, assisted by U of M student intern, Lauren Ramsey, addresses the topic: 'We eat where we are: The impact of environments on obesity and health disparities'.



Healthy Weight Partnership Co-Chair, Kevin Hughes, addresses the Partnership.



NPAO program Evaluator, Henry Miller, gives an overview of the program evaluation strategies.



The Healthy Weight Partnership members take part in a physical activity break, led by Melissa Lilje from the YMCA

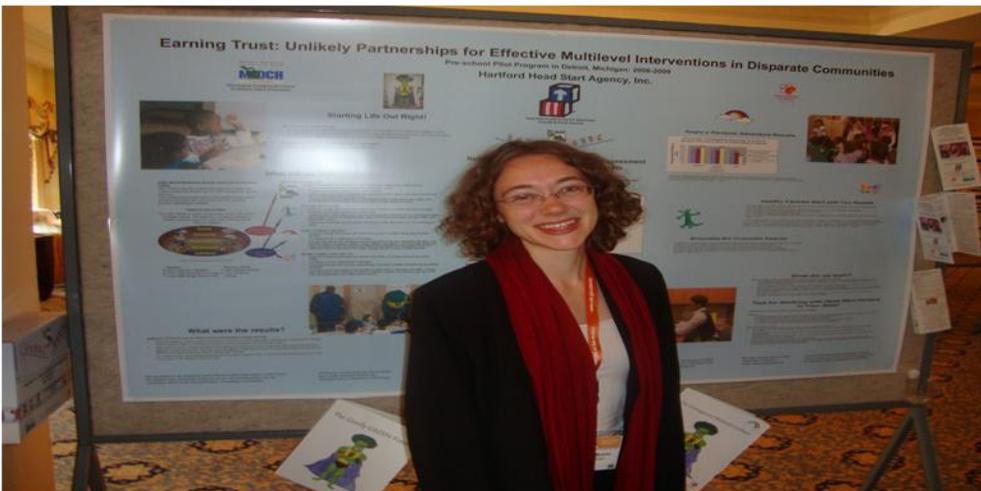
## Highlights: CDC Weight of the Nation Conference– 7/25-27 2009



NPAO Program staff during a break: standing, Henry Miller (Program Evaluator). Seated left, Gwen Imes (Program Manager) and Beth Anderson (Program Epidemiologist).



CDC DNPAO Project Officer for Michigan, Annie Carr (seated foreground) with Rochelle Hurst, Michigan Dept. of Community Health Cardiovascular Health Section Manager.



Pictured left is Monique Boivin during her Poster presentation of the Hartford Detroit Head Start program.

On July 27-29, 2009, the Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity, hosted its inaugural conference on obesity prevention and control, Weight of the Nation in Washington, D.C. Weight of the Nation provided a forum to highlight progress in the prevention and control of obesity through policy and environmental strategies and was framed around four intervention settings: community, medical care, school, and workplace.

Conference objectives included identifying strategies that overcome barriers to the primary prevention of obesity for youth and adults in communities, medical care, schools, and workplaces; discussions on economic analysis of obesity prevention and control efforts (e.g., cost burden of obesity on healthcare system and employers, cost effectiveness of prevention) and of the use of law-based efforts to prevent and control obesity (e.g. legislation, regulations) and the importance of evidence-based strategies in programs/interventions.

Michigan was well represented at the conference, with NPAO staff taking part in several plenary and break-out sessions. Michigan was also one of the few states to present a poster at this prestigious and inaugural CDC sponsored conference on obesity prevention and control.

## Program News from the field

### Standards of Practice in Maternity Care to Promote Breastfeeding



Photo: Courtesy of the Centers for Disease Control and Prevention

While practices aren't mandated by the state or federal government, CDC has identified best practices. In 2007, hospitals and birthing centers nationwide were surveyed about their maternity care practices. The overall results and aggregate data by state were published in the Morbidity and Mortality Weekly Report on June 13, 2008\*\*

In Michigan, 76 facilities responded out of 96 surveyed. Michigan hospitals and birth centers received a total score of 64/100, just slightly better than the national average of 63. Those practice areas in which Michigan scored higher than the national average were: "Labor and delivery", "Breastfeeding assistance before discharge", "Mother-newborn contact", "Newborn feeding practices", and "Structural and organizational factors related to breastfeeding." Those practice areas in which Michigan scored below the national average were "Breastfeeding Support after discharge" and "Nurse/Birth attendant breastfeeding training and education". The CDC intends to repeat the survey in 2009.

The CDC has a guide outlining evidence-based recommended interventions in several areas, including maternity care practices. Please visit <http://www.cdc.gov/breastfeeding/resources/guide.htm> to download the guide. Some of the recommendations include:

- Pay for training for hospital staff on breastfeeding
- Establish links between maternity care facilities and networks in the community that support breastfeeding

If you are interested in supporting efforts in Michigan related to breastfeeding, please join us this fall as we develop our new Five-Year State Plan to prevent obesity.

\*\*Morbidity and Mortality Weekly Report (June 13, 2008) "Breastfeeding-Related Maternity Practices at Hospitals and Birth Centers --- United States, 2007", Available at:

<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5723a1.htm>



Photo: Courtesy of the Centers for Disease Control and Prevention

### Strategic Planning for 2010-2015 Obesity State Plan

The State Plan: "The Michigan Healthy Eating and Physical Activity Plan: A Five-Year Plan to Address the Epidemic of Obesity" will expire in June of 2010 (a copy of the current Plan can be found at [www.michigan.gov/preventobesity](http://www.michigan.gov/preventobesity)). The NPAO would like to involve all state partners in the development of a new Five-year State Plan, 2010-2015, which will guide Michigan in its continued obesity prevention and control efforts. On June 24, 2009, a Healthy Weight Partnership Strategic Plan Survey was launched on Zoomerang. The survey is intended to determine if and how partners have used the present Strategic Plan and gather suggestions on the development of the new Five-Year Strategic Plan. Some areas of focus in the new Plan will include: strategies to address the Program's 6 target areas; emphasis on reducing health disparities in priority populations; multi audience approach (so partners/consumers see where they 'fit'; sustainability of interventions and evaluation/surveillance data).

# Healthy Kids, Healthy Michigan (HKHM)



Healthy Kids, Healthy Michigan  
*Advocates for Healthy Weight in Children*

HKHM is a group of advocates for healthy weight in Michigan children, with a 5-year plan to prevent pediatric overweight and obesity. Some members of the Healthy Weight Partnership are already members of HKHM. If you aren't a member, you may not know that HKHM has recently taken part in some great advances in state policy. These include:

- A law was passed in 2008 granting tax abatements to grocery stores locating or improving in underserved areas, and HKHM is helping to educate the public.
- A bill mandating and regulating Health Education and Physical Education in Michigan schools was introduced in the House and the Senate this year.
- A letter was sent to pediatric providers from Medicaid Services Administration clarifying how to bill for child obesity prevention services.
- Michigan began a process to add Body Mass Index Surveillance to the Michigan Care Improvement Registry.

If you would like more information on these topics, or if you would like to join *Healthy Kids, Healthy Michigan*, please visit [www.michigan.gov/hkhm](http://www.michigan.gov/hkhm)



## Head Start

The Hartford Detroit Head Start pilot program completed the year on a high-note: the pre-school students, teachers and parents reported significant behavior and environmental changes due to the NAP SACC and Brocodile the Crocodile interventions. Parents reported that they were spending more time with their children engaged in physical activity, the children were watching less T.V. (and influencing their families to follow suit!) and were also requesting their parents to buy more fruit and vegetables (they went to the stores with their own 'shopping lists' with pictures of healthy foods). The pilot program success has led to planned program expansion in the 2009/2010 school year to reach 40 Head Start centers. But, the most exciting news we have to share is that CDC selected the Hartford Detroit Head Start pilot program to be featured in a poster presentation at the Weight of the Nation Conference in Washington, D.C. from July 27-29.



## ***Nutrition, Activity and Obesity Program Physical (NPAO)***

Washington Square Building  
109 W. Michigan Avenue—6th Floor  
PO Box 30195  
Lansing, MI 48909  
(517) 335-8766



**Michigan's Nutrition, Physical Activity and Obesity Program aims to prevent and control obesity and other chronic diseases through healthful eating and physical activity.**

### **SPOTLIGHT: NPAO SIX TARGET HEALTH AREAS**

- Increase physical activity
- Increase the consumption of fruits and vegetables
- Increase breastfeeding initiation, duration and exclusivity
- Decrease the consumption of sugar sweetened beverages
- Decrease the consumption of high energy dense foods
- Decrease television viewing

### **Conferences and Trainings**

Weight of the Nation - The CDC's Inaugural Conference on Obesity Prevention and Control  
July 27-29 at the Omni Sheraton Hotel, Washington, D.C. For more information, please go to  
<http://guest.cvent.com/EVENTS/Info/Summary.aspx?e=815f3980-e9c7-4a48-8569-a6daf4e39e8b>

The Business Case for Breastfeeding Training– Steps for creating a breastfeeding friendly worksite  
August 24-25 (9 AM to 4 PM daily) at the Botsford Hospital, 28050 Grand River Ave., Farmington Hills, MI. For more information, please go to  
<http://www.mibfnetwork.org/the-business-case-for-breastfeeding>

**We're on the Web! <http://www.michigan.gov/preventobesity>**

### **Message from the NPAO Program Manager**

Dear Healthy Weight Partners,

I'd like to send my heartfelt appreciation for your continual support of our state's obesity prevention plan, the *Michigan Healthy Eating and Physical Activity Plan: A Five Year Plan to Address the Epidemic of Obesity*. Over the past year, the Healthy Weight Partnership members have made tremendous progress in implementing the objectives in the plan.

As we embark on a new planning process, I'd like to personally invite your participation to ensure our new strategic plan includes the most critical strategies needed to prevent and control obesity and other chronic diseases within our state.

Gwen Imes, MS, RD