Healthy Weight Partnership Meeting
Tuesday, September 23, 2008
MPHI Interactive Learning Center, Okemos, MI

Participating Organizations

- Allegiance Health
- American Heart Association
- Beaumont Hospital
- District Health Department #10
- Michigan Breastfeeding Network
- Michigan Department of Community Health:
  - Cardiovascular Health - Nutrition and Physical Activity Section
  - Diabetes Program
  - Arthritis Program
  - Cancer Section
  - Women Infants and Children
  - Other Chronic Diseases
- Michigan Department of Education, Coordinated School Health & Safety
- Michigan Fitness Foundation, Governor's Council on Physical Fitness, Health & Sports
- Michigan State University, Department of Food Science and Human Nutrition
- National Kidney Foundation of Michigan
- Racial and Ethnic Approaches to Community Health (REACH) Detroit Partnership
- Sparrow Health System: Health and Wellness
- University of Michigan:
  - Community Health Services
  - M-Fit
  - School of Public Health
  - Medical School Administration
  - Pediatric Comprehensive Weight Management Center
- Washtenaw County Public Health Department

Welcome & Progress Update

Gwen Imes welcomed the group to the meeting. She then explained the importance of the Healthy Weight Partnership (HWP) – including the Center for Disease Control (CDC) Guidelines, Program Details, Strategic Plan Details, and also the Burden Report. The goal of the group is to define a road map and plans for implementation; therefore, there will be exercises later in the day to help with the partnership planning.

Gwen then does an overview of the grants = 1st Grant 2001-2003 / 2nd Grant 2004-2008 / Current Grant 2008-2013. She discussed how the grant was a competitive one (23 granted out of 51 applicants) that had a very detailed application process. Also mentioned is that this grant will focus on implementation of the program and that the CDC will monitor developments and requirements.

The goal is to prevent/control obesity and other chronic diseases through healthy eating and physical activity initiatives including; increase physical activity, increase fruit/vegetable intake; decrease sugary beverage intake, increase breastfeeding initiation, decrease TV viewing, and decrease consumption of high energy dense foods.

Gwen discussed the plans within the first year such as changes to the infrastructure including adding two additional staff members, statewide training, technical assistance and dissemination. The plan also includes building strategic partnerships with state and other various partners. The state plan will still continue to be implemented such as expanding Healthy Communities Program using a science-based, socio-ecological approach. Expansion will also take place with MI Steps Up to focus on other health issues including decreasing TV watching. Other work will soon begin in Pre-schools and Headstart with various pilot testing programs. The group will continue their work with National Governors Association (NGA), Healthy Kids, Healthy Michigan. Surveillance will come from the epidemiology staff, evaluation will take place by Henry, and success stories will also be included.

The current 5 year strategic plan is 2005-2010 of which 68% of the objectives have been met with 2 years left so partner expertise and programs are key factors to successfully meeting objectives.

Pediatric Comprehensive Weight Management Center

Gwen then invited meeting attendees to share stories of success within their own programs. Susan Woolford provided information on Michigan's Pediatric Outpatient Weight Evaluation and Reduction (MPOWER) Program, a weight management program for adolescents ages 13 – 17. The program started in 2007. Students have been able to lose weight as well as decrease insulin and cholesterol levels. Insurance companies do not pay for the program, nor does Medicaid. They are working with the Healthy Kids, Healthy Michigan Program to get Medicaid coverage.

A program called MPOWER Jr. has been introduced for children ages 7 -11 and parents are included. The Center is also collaborating with the YMCA. Costs of the program are generally subsidized by the hospital, and the YMCA provides some scholarships. They would like to develop a website with money from the American Academy of Pediatrics.

REACH Detroit Partnership

Gloria Palmisano works with African-American and Latino communities to address Type 2 Diabetes in the Detroit area. They developed a process to bring physical activity to various sites. Training was provided for community members to become certified aerobic instructors. The classes have been successful and trained individuals can go anywhere to teach. Unfortunately, funding has ended and they've downsized from a staff of 15 to a staff of three. They want to apply for additional funding and hope to expand programs for youth and men.

District Health Department # 10

Kevin Hughes reported the health department is one of 26 health departments participating in the Building Healthy Communities Program. They were able to expand the program to seven communities with various physical activity and healthy eating initiatives – including improvement and creation of paths, signage, lighting, etc. District Health Department # 10 completed walking trails/routes in Manistee, Cadillac, and Big Rapids.

National Kidney Foundation of Michigan

Brenda Sears from the National Kidney Foundation of Michigan discussed adult and student initiatives to prevent diabetes. The first program is for families and is called A Healthy Family Starts with You. The program discusses health one-on-one with parents and includes what changes they can make to control and improve health within their families. Another program is for children and is called Reggie Rainbow. It has six stories that are complete with rhymes and colors that match various fruits and vegetables. Reggie gets strength from eating colorful food. The last program is called NAP SACC which teaches those involved in Head Start to recognize where changes could be made to improve eating.

Governor's Council on Physical Fitness, Health, and Sports & Michigan Fitness Foundation

Marci Scott discussed the Exemplary Physical Education Curriculum (EPEC) which collaborates with various partners including MDCH. The curriculum is proven to improve fruit and vegetable consumption as well as improve physical education skills. Marci also works with a program called Healthy Classroom, Healthy Schools which helps teachers to recognize non-food or non-candy ideas for rewards and treats in the classroom. They also aim to involve principals by having them add nutrition/health messages to morning announcements or newsletters.

Mike Maisner discussed the Promoting Active Communities (PAC) assessment tools for communities that are used to assess physical activity levels within communities. Eighty have completed the assessment. They have also partnered with the MDCH and MDE on the Safe Routes to School Program, and they are working with 383 trained schools. They have had tremendous success and are excited to soon be naming next year's grant recipients.

American Heart Association (AHA)

Sarah Poole reported that the AHA is currently working with health departments and state partners to develop programs, initiatives, and tools to improve health. She mentioned the Alliance for a Healthier Environment online assessment for schools. Twenty schools have participated, and they have staff available for technical assistance. They also have partnered with Nickelodeon and Rachel Ray for online challenges for kids to access online. Sarah also mentioned the Go Healthy Program.

Michigan Data Orientation & Evaluation Advisory Group Member Selection

Sarah Lyon Callo reviewed obesity data with the group. She discussed data sources, target areas, and limitations for the burden report. She covered the Behavioral Risk Factor Survey (BRFS), Youth Risk Behavior Survey (YRBS), Pregnancy Risk Assessment Monitoring System (PRAMS), & Pediatric Nutrition Surveillance System (PEDNESS) and prevalence of overweight and obese among MI and US residents.

Sarah then discussed how various counties have different levels of obesity (Marquette highest – Shiawassee lowest). While Physical Activity levels are increasing, fruit and vegetable intake is holding steady and fast food consumption increases. These topics and more (including breastfeeding) will be on the burden report which will also include fact sheets, data sources, and more. She asked the group to please communicate what they might like to see on the report.

Henry Miller asked the group for five volunteers to serve on the Evaluation Advisory Group:
Business: Amy Schultz, Allegiance Health
Faith: Wendy Lombard, National Kidney Foundation of Michigan
Health: Susan Woolford, Pediatric Comprehensive Weight Management Center
Community: Katherine Alaimo, Michigan State University
Schools: Nicole Benedict, Sparrow Hospital and Katherine Alaimo
General: Kevin Hughes

Partnership Strategic Planning Session

Monique started her presentation by reminding the group that obesity is an epidemic. She also stated that the team would like to learn more about collaboration and also take a second look at past research to see what other programs and partners might be out there to share resources. Monique discussed findings of the HWP survey from January 2008 – she pointed out which goals we are succeeding at and which need improvement. She mentioned that once the partnership is further defined that the benefits/drawbacks will improve. Afterwards, small groups were formed to provide feedback on the Partnership Survey that was conducted. Reponses follow:

Group 1

- Not sure they completed the survey
- Uncertain about what the partnership is
- Need more marketing
- Needs to be a balance between too many meetings and not enough
- Use conference calls
- Review the last meeting at the start of each meeting (to refresh memories)
- Use email updates
- Provide education session

Group 2

- Infrequent communication
- Provide differentiation between groups participating
- Develop a slogan
- Need core interventions to take back with them from the meetings
- Need training on interventions
- What is best way to collect success stories?

Group 3

- Identify what groups are around the state and what they are doing

Group 4

- Webinars
- What were outcomes of the meeting – let the group know
- Partners share specific role – who is doing what?

Group 5

- Definition of partnership – don't understand what is wanted
- Communication needs to be improved
- Make meetings of the group into a living document

Group 6

- Low number of respondents to the survey – encourage groups to participate
- Look at mission and set goals and objectives
- Should there be a leadership team?
- Recruit more members
- Get health departments involved with regional meetings
- Collaborate and integrate

Closing

Gwen assured the group that all information will be available to others as part of the published plan. She also discussed how new staff will be in place to assist with trainings as needed.