

## East Tennessee 2-Step Healthy Weight Initiative

### Content Panel's Draft Recommendations

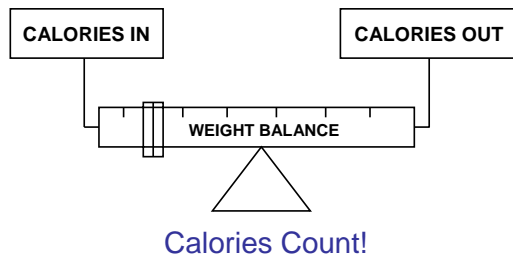
Betsy Haughton, EdD, RD  
Department of Nutrition  
The University of Tennessee-Knoxville

Edward T. Howley, PhD  
Center for Physical Activity and Health  
The University of Tennessee-Knoxville

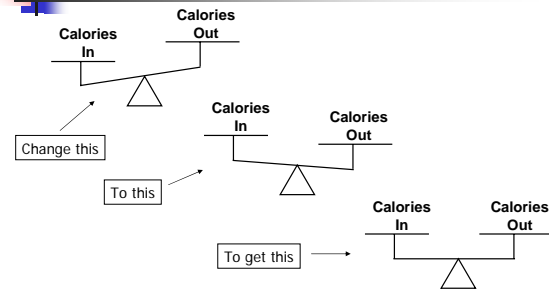
## Acknowledgments

- Knox County Health Department
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- East Tennessee Regional Health Office
- SPINE Knoxville
- Metropolitan Planning Commission
- The University of Tennessee
  - Department of Nutrition
  - Center for Physical Activity
  - Department of Psychology
  - College of Nursing
  - Family and Consumer Science
  - Department of Economics
- Oak Ridge National Laboratory
- St. Mary's Health System
- Southeast Dairy Association
- Carson Newman College

## What We Want: Stable & Healthy Body Weight



## Process to Achieve a Healthy Weight



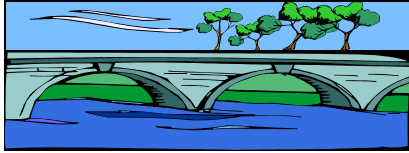
## Content Panel Process

- Goal: Based on published research, identify recommendations and "best strategies" to promote a healthy weight
- Formed 19-member panel of UT researchers & community professionals
  - Formed sub-committees to review research about *what works* in 4 sites:
    - Schools
    - Worksites
    - Healthcare systems
    - Community

## Content Panel Process (con't)

- Learned about the problem in East Tennessee
- Reviewed approximately 300 published research articles
- Discussed & finalized draft recommendations for today's Summit

## Overarching Recommendations



- Target both physical activity & nutrition
- Include combinations of:
  - Environment & policy recommendations
  - Education & counseling recommendations

## Schools



- Environment and Policy Recommendations
  - Commit additional resources to increase time spent in moderate or vigorous physical activity
    - Curriculum mandate for more "required" PE
    - Adopt proven PE programs
  - Improve access to healthy food choices in schools
    - Eliminate or control food/drink machines and snack bars

## Schools



- Education and Counseling Recommendations
  - Increase PE class time spent in moderate or vigorous physical activity
    - Change PE Class activities to higher intensity
  - Provide curricula that target chronic disease risk factor reduction
    - Adoption of health education curricula shown to be effective

## Schools



- Education and Counseling Recommendations
  - Increase curriculum strategies to reduce inactivity
    - Educational programs to reduce time spent watching TV
  - Provide education on healthy eating for students & staff
    - Nutrition education
    - Lifestyle choices training
    - Role model education

## Worksite




- Environment and Policy Recommendations
  - Use "point of decision" prompts
  - Provide on-site physical activity opportunities, ideally in a supervised exercise facility
  - Create a physical activity-friendly physical plant
    - Sidewalks, bike racks, shower facilities, satellite parking
  - Create policies that reinforce physical activity and healthy eating behaviors, while removing barriers
    - e.g., Flex-time to exercise, healthful foods at company functions

## Worksite




- Education and Counseling Recommendations
  - Provide one-on-one or group education/counseling with trained health professionals
  - Create social support among employees
    - Buddy System




## Worksite

- Education & Counseling Recommendations (cont.)
  - Use incentives for healthy eating and physical activity
    - On-site program incentives
    - Off-site physical activity
  - Promote the physical activity level associated with positive weight control
    - 30 or more minutes of moderate/vigorous levels of activity on 5 or more days a week (CDC/ACSM recommendation)




## Healthcare Systems

- Environment and Policy Recommendations
  - Provide easy-to-access places for physical activity with information outreach
    - Health-system facilities with information on health benefits
  - “Point of decision” prompts
    - Signs to promote stairwell use
    - Well lighted, attractive stairwells



## Healthcare Systems

- Education and Counseling Recommendations
  - Provide community campaigns for physical activity
    - “Buddy system”



## Healthcare Systems

- Education & Counseling Recommendations (cont.)
  - Provide education & counseling by health care professionals for individuals & small groups
    - Instructional classes
    - Behavior change strategies
    - Instruction with behavior change classes
    - Support groups
    - Low impact aerobic exercise & flexibility training classes
    - Group exercise classes
    - Diaries
    - Goal setting
    - Telephone follow-up
    - Physical activity classes in diverse settings
    - Health insurance reimbursement




## Community

- Environment and Policy Recommendations
  - Provide easy-to-access places for physical activity combined with awareness activities
    - Partnerships to review and develop planning practices
    - Pedestrian and bike friendly land use patterns
    - Build on community-wide awareness events
      - Walk our Children to School Day, Smart Trips Week
    - “Point of Decision Prompts”
      - Signs to promote stairs vs. elevators with clean, inviting stairwells




## Community

- Environment and Policy Recommendations (cont.)
  - Access to foods that promote healthy eating
    - Healthful foods and beverages, and appropriate portion sizes:
      - At organizational functions
      - In vending machines
    - Work with retail food business to encourage affordable and healthful food and beverage options
    - Regulate food advertising in public places
    - “Point of Decision Prompts” to encourage healthier food selections




## Community

- Education and Counseling Recommendations
  - Deliver structured programs using qualified professionals
    - Individual instruction
    - Interactive group education and support sessions
    - Tailored education messages
    - "Buddy" System
    - Parental reinforcement
    - Weight maintenance planning
    - Individual goal setting
    - Competitive programs
    - Newsletters
    - Self-help materials




## Community

- Education and Counseling Recommendations (cont.)
  - Provide Community-Wide Campaigns
    - Mass media in conjunction with environment and policy change
    - Use combinations of "East Tennessee 2 Step" strategies!




## Measuring and Determining Success

- Regularly measure height and weight
  - Calculate BMI
  - Compare BMI to standard
- Monitor physical activity and eating behaviors
  - Youth Risk Behavior Survey
  - Behavioral Risk Factor Survey



## Measuring and Determining Success

- Use long-term strategies and provide follow-up
  - Continuous, sustainable programs
  - Follow-up with program participants
- Collaborate with partners for planning and evaluation
  - Public health can facilitate connections!



## Summary Recommendations

- 2 overarching recommendations
  - Target both physical activity & nutrition
  - Include combinations of environment & policy, and education & counseling recommendations
- Work collaboratively across 4 settings
  - Schools
  - Worksites
  - Healthcare systems
  - Community
- Measure your successes!