

# MCH Obesity Over the Life Course

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MCHB Partnership Meeting

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# Utah's Efforts to Reduce Obesity

- In 2008, only one state (Colorado) had a prevalence of obesity less than 20%.
- Utah's rate of obesity is 22.5% - fifth lowest in nation in 2008

# Obesity in Utah

- More than half of Utah adults (59.5%) are overweight or obese
- Nearly one in four elementary school students (21.5 %) are overweight or obese.
- 8.6% of preschool children aged 2 – 4 years in 2003 (most recent)

# Utah Initial Efforts

- The Utah Department of Health sponsored the first The Utah Childhood Obesity Forum: Tipping the Scales Toward Healthier Children
- Over 100 participants started developing a Utah plan for obesity prevention

# Obesity in Utah

- On May 3, 2006, former Governor Jon Huntsman, Jr. announced the launch of Tipping the Scales Toward a Healthier Population: The Utah Blueprint to Promote Healthy Weight for Children, Youth, and Adults.

# Utah's Blueprint

## Tipping the Scales

**Toward a Healthier Population**

A Report of  
**Overweight  
and  
Obesity  
in Utah**

Utah  
Department  
of Health  
August 2005

# Utah's Blueprint

## ➤ What is the Blueprint?

- A comprehensive, statewide obesity prevention agenda, building on initiatives and efforts already underway in many settings in Utah.
- The focus is on policy and environmental changes to support healthier choices to improve physical activity and eating patterns.

# Blueprint Goals

## Expected Outcomes by January 31, 2010:

- Decrease the percent of Utah children who are overweight by 10%
- Decrease the percent of Utah youth who report being overweight by 10%
- Maintain the percent of Utah adults who report being obese (no increase)



# Utah Partnership for Healthy Weight

- The healthy choice is the easy choice at home, school, work, and play in Utah.
- Goal: Utah's families, communities, schools, worksites, media, health care providers and government will assume active roles in addressing childhood and youth overweight and adult obesity.

# Gold Medal Schools

- Designed to promote physical activity, healthy eating, and tobacco free schools
- The nationally recognized Gold Medal School Program awards bronze, silver, gold or platinum “medals” to schools for outstanding achievements in implementing policies and environmental supports that promote physical activity, healthy eating, and tobacco free schools.

# Gold Medal Schools

- In 2001 when the program started, 34 elementary schools participated; in 2006 a total of 284 elementary schools have participated.
- Currently just more than half of all Utah elementary schools participate in the Gold Medal Schools Program, reaching almost 105,000 students.

# Gold Medal Schools

**Gold Medal Schools**

## Spring Newsletter 2006

For more information, please talk to your principal or visit [www.hearhighway.org/gms](http://www.hearhighway.org/gms)

### GMS Is The Program of Champions

It's always exciting to watch athletes from all over the world compete at the Olympic Winter Games in hopes of receiving gold medals. It's also fun to remember Gold Medal Schools (GMS) was started in 2002 when Utah hosted the Olympic Winter Games!

We want to thank all of our own "gold medal" winners and those who support them for working hard to make this year one of our most successful yet! GMS is working to incorporate the healthy lifestyles of Olympians into Utah's schools and communities.

### How Did We Finish in '05-'06?

GMS achieved the following award levels:

Award Level	Count
Clear	33
Platinum	82
Platinum Plus	10
Gold	24
Bronze	19

### Mission: Creating opportunities for students to eat healthy, be active, and stay tobacco-free

Tobacco companies spend over \$34 million a day on advertising in hopes of attracting new, younger customers. Your children need to hear you, not the tobacco companies. For tips on how to help your kids stay tobacco-free, please visit: [www.tobaccofreekids.org](http://www.tobaccofreekids.org)

### Congratulations '05-'06 GMS of the Months

We would like to congratulate all of our GMS of the Months for the 2005-2006 school year.

October: Tabiona Elementary, Tabiona  
November: Cache Valley Learning Center, Logan  
December: Huntington Elementary, Huntington  
January: Mountain View Elementary, Layton  
February: Highland Park Elementary, Salt Lake City  
March: North Davis Preparatory Academy, Layton  
April: Thomas Edison-South, Providence

To read more about their individual stories visit: [www.hearhighway.org/Archive/archive.html](http://www.hearhighway.org/Archive/archive.html)

North Davis Preparatory showed their support for the fight against heart disease on Wear Red Day, Friday, Feb. 3. They earned paper hearts throughout the "Heart Healthy Month" by walking the Gold Medal Mile and passed them all over the halls. This activity helped support the school's policy encouraging students to get at least 90 minutes of physical activity each week.

Utah Department of Health • Heart Disease and Stroke Prevention Program • [www.hearhighway.org/gms](http://www.hearhighway.org/gms)

# Gold Medal Schools

Because of Gold Medal Schools...

**Students are pushing their limits.**  
Steven Cloward, a sixth grader at Sally Mauro Elementary in Helper, has had multiple surgeries on his ankle and leg to correct a club foot. Walking the Gold Medal Mile (GMM) is not easy for him. While walking his first GMM he fell behind the group and was offered a ride back to the school. He adamantly refused and continued walking through the pain so that he could say he had walked the GMM just like everyone else.

**Teachers are becoming better role models.**  
After attending the GMS training in August one of our school coordinators decided it was time to make some changes in his life. He started by walking one mile a day; he was soon up to 2.5 miles. He also began to swim three times a week and has already lost 12.5 pounds and has noticed a difference in his health.

**Students are doing better in the classroom.**  
Because of the increased physical activity at Academy Park Elementary in West Valley City, students are using energy, which constructively decreases aggression, behavioral problems, and office referrals. Students are able to talk with their friends while walking the GMM, which decreases classroom interruptions. Teachers have noticed that students are able to focus on their class work and test results have improved.

**Students are excited about health.**  
Mrs. Fiori at Grant Elementary in Murray said teachers have never seen students so excited to learn about health. They have become more aware of the importance of nutrition and all aspects of health and they cheer when it's time to go out and walk.

**Parents are getting involved with health.**  
Upland Terrace Elementary in Salt Lake City has created a jump rope club which meets during the first recess every Monday. In order for the club to function, they need a parent volunteer in attendance. Parents have been very helpful and have shown support for the GMS program and the health of their students.

**Schools are coming together.**  
Farrer Elementary in Provo is a new school this year. Students have been combined from two nearby schools and the school wanted a way to bring the students and the community together. They decided the best way to do this was to have a Sports Night each month. Faculty, students, and their families are invited to participate in a variety of fun activities. In the last half-hour, everyone enjoys fruits and vegetables. They have had great success getting entire families out to play together and have enjoyed a united school because of it.

Make eating fruits a fun summertime activity by creating your own fruit smoothie! Check out Tyler Thorpe's recipe. He is a student at North Ogden Elementary, a Platinum GMS. Tyler submitted his recipe for this year's 5 A Day Recipe Contest.

**Tyler's Fresh Fruit Smoothie**  
1 fresh banana  
1 fresh kiwi  
4 fresh strawberries  
1 can of frozen juice concentrate  
4 large ice cubes  
1/2 cup water  
Put juice concentrate into blender and add banana, strawberries, and kiwi. Add 1/2 cup water and blend on high speed until smooth and creamy. Pour and enjoy! There should be plenty to share.

Utah Department of Health  
Intermountain Healthcare  
Utah Department of Health • Heart Disease and Stroke Prevention Program • [www.hearthighway.org/gms](http://www.hearthighway.org/gms)

# Gold Medal Schools



campus   community   **school**   workplace

## Healthy School Award

This award program recognizes the outstanding achievements of schools in implementing health-related policies and ensuring healthy school environments. It acknowledges efforts to facilitate and encourage staff and student health. The program creates opportunities for students to eat healthy, be active, and stay tobacco free.

### Award Criteria

**B**  
Bronze: Must complete the following six criteria: 90 minutes of structured physical activity each week, teach the State Office of Education Nutrition Curriculum, walk the Gold Medal Mile, write and enforce Safe and Active Routes to School policy and Tobacco policy, and complete Heart Health Survey.

**S**  
Silver: Must complete the Bronze and the three following Silver criteria: PTA/PTO coordinate one health related event per year, implement staff and wellness activities, and offer a variety of competitive and non-competitive physical activity programs. Three additional criteria must be completed.

**G**  
Gold: Must complete the Bronze, Silver and the following three Gold criteria: all Pre K-12 physical education courses be overseen by a PE specialist, no food rewards, and complete four of the nine options from the Changing the Scene Program. Two additional criteria must be completed.

**P**  
Platinum: Must complete the Bronze, Silver, Gold and the five following Platinum criteria: Strengthen school community council, Healthy choices @ school events vending machines school stores, fundraisers, and other venues, Staff/faculty wellness program, Involve families communities, Recess before lunch or adequate eating time

 For more information about Gold Medal Schools please visit [www.hearhighway.org/gms](http://www.hearhighway.org/gms).

### Our Partners:

Page 5   A Healthier You Legacy Awards   Web Site [www.health.utah.gov/ahy](http://www.health.utah.gov/ahy)  
SCHOOL

# Gold Medal Schools

campus   community   school   worksite



### Category Definitions

Policy	Infrastructure	Outcomes
Written and monitored school policies, procedures or ordinances	Basic facilities, equipment, resources and environmental supports provided in/by the school	Expected changes that will result from the implementation of the program/activity

### Award Criteria Samples\*

Criteria	Policy	Infrastructure	Outcomes
<b>Nutrition</b>	Policy that food is not to be used as a reward or punishment for students	Participates as a team nutrition school	Create healthy environment for students, faculty and staff
<b>Safety</b>	Policy for Safe Routes to school	Participates in Walk Your Child to School Day	Parents, students, and school employees will be aware of and utilize the "Safe Routes" map
<b>Preventive Services</b>	School immunization policies/performance	PTA/PTO coordinates one health-related event per year that includes parents and teachers	Each school will meet the state requirements for immunizations
<b>Physical Activity</b>	Teaches SOE PE Core Curriculum, including 90 minutes of physical activity per student per week	Has a Gold Medal Mile Track and goal for each student to walk at least one mile a week	A baseline assessment is conducted to determine policy and environmental supports
<b>Healthy Behaviors</b>	Methods to ensure awareness and compliance with tobacco policy	Has signs and decals to declare school tobacco free zones	Signs will communicate the no tobacco policy on school grounds to students, employees, parents and visitors

*\*For complete criteria visit our web site.*

A Healthier You Legacy Awards SCHOOL	Web Site <a href="http://www.health.utah.gov/ahy">www.health.utah.gov/ahy</a>	Page 8
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# Evaluation of the Gold Medal Schools Program

- A study published in the Journal of the American Dietetic Association suggests that Utah's Gold Medal Schools (GMS) program positively impacted body mass index and health behaviors among elementary students.

# Evaluation of the Gold Medal Schools Program

- Students in Gold Medal Schools (GMS) reportedly drank fewer soft drinks per day and walked or biked to school more often than non-Gold Medal School children.
- Body Mass Index increased significantly in non-GMS students over a one-year period, but not among GMS students.

# Other Strategies

- Vending machines
- School lunches
- Promotion of low TV time, etc

# Healthy Weight in Women

Prepregnancy

Pregnancy

Post pregnancy



# Healthy Weight in Women

- PRAMS data drove us to be concerned about weight among women of childbearing age
- Focused on excessive maternal weight gain because of its association with large for gestational age, cesarean delivery and long term weight retention

# Healthy Weight in Women

- PRAMS data showed that excessive weight gain during pregnancy has increased over time – 19% increase from 2000-2005
- More than 52% of Utah women gained too much weight during pregnancy.

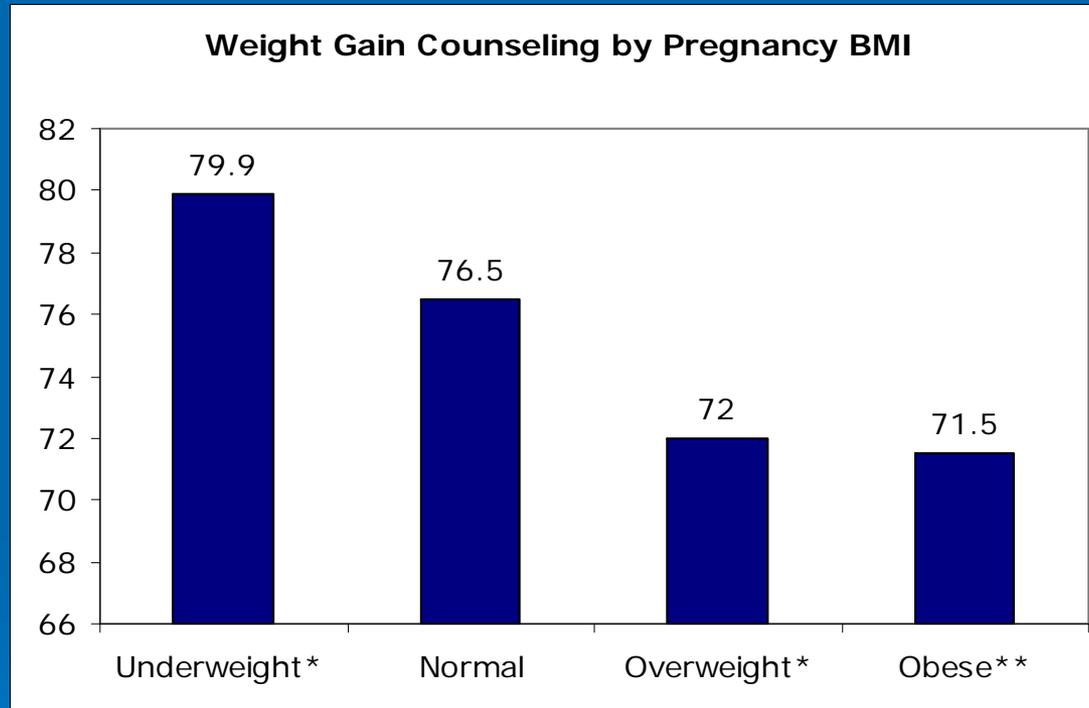
# Weight Gain in Pregnancy

- Excessive pregnancy weight gain is contributing to the increase in obesity.
  - Women who gain too much weight during pregnancy are at risk for long term weight gain and retention.
- 

# Utah Women

- Characteristics of women with excessive weight gain
  - Lower education level
  - Unintended pregnancy
  - Single
  - First or grand multiparity
  - Overweight or obese before pregnancy
  - Other than white race

# Provider Counseling on Pregnancy Weight Gain



\*  $p < .05$ ; \*\*  $p < .01$

Normal Weight = referent group

# IOM Guidelines

- IOM standards did not address the weight gain during pregnancy for women who were obese – just needed to gain at least 15 pounds, but no upper limit on weight gain

# Health Care Provider Approach

- “Pregnancy Weight Gain in Utah”
- Weight gain charts – based on new IOM guidelines
- Promotion of availability of prenatal nutrition counseling through Medicaid enhanced services
  - List of RDs
  - Copy of Medicaid policy on “Nutritional Assessment and Counseling” services for pregnant women
- Brochures

# Public Awareness

- Weight gain grids for women to track weight gain during pregnancy
- Brochures:
  - “I’m gaining too much weight during my pregnancy, what can I do?”
  - “I’m gaining too little weight during my pregnancy, what can I do?”
  - “How can I get back to my pre-pregnancy weight?”

# Healthy Weight Efforts

- Title V Performance Measure work
- WIC – breastfeeding promotion
- Chronic Disease Prevention
  - PANO grant
  - Diabetes – GDM
  - Others

# Employee Wellness

- Public Employees Health Program (PEHP), the organization providing health coverage to many Utah state employees, provides resources and support to Healthy Utah, a comprehensive employee wellness program.

# Contact Information

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