



## DSHS Obesity Prevention Initiatives

The Department of State Health Services receives funds from the Centers for Disease Control and Prevention (CDC) to develop and implement science-based nutrition and physical activity interventions for obesity prevention and control. DSHS is currently funded to build capacity for obesity prevention and control in Texas. The Nutrition, Physical Activity, and Obesity Prevention program at DSHS houses the CDC Obesity Prevention Cooperative Agreement and is working on establishing statewide partnerships and collaboration around obesity prevention and control as well as working with Texas communities to promote nutrition and physical activity for the prevention of obesity. You can find out more about the program at <http://www.dshs.state.tx.us/phn/phn.shtm>.

### CDC Funded Activities:

#### ***Strategic Plan for the Prevention of Obesity in Texas***

The *Strategic Plan for the Prevention of Obesity in Texas* outlines the vision, mission, and goals for obesity prevention efforts and serves as the guiding document for obesity prevention in Texas. The *Strategic Plan* is currently being revised to include more specific examples of obesity prevention activities focused on all age groups and multiple sectors of society. To view the current *Strategic Plan*, go to: <http://www.dshs.state.tx.us/phn/obesity.shtm>. The revised *Strategic Plan* will be available for review and comment in October 2005.

#### **Demonstration Communities**

Corpus Christi and Fort Stockton are currently funded to promote nutrition and physical activity in their communities by either forming a community coalition or working through an existing coalition. Both communities have conducted visioning workshops, collected baseline data, formulated strategic plans, and are currently implementing interventions.

#### **Regional Skill-Building Workshops**

In 2004, DSHS piloted 3 regional Skill-Building Workshops. The purpose of these workshops was to teach community leaders the skills necessary to form community coalitions to promote nutrition and physical activity and impact obesity in their communities. Using what was learned from the pilot workshops, DSHS Regional Nutritionists conducted 5 workshops in 2005 covering 11 different counties/communities. From these workshops, 3 new community coalitions have been established. This project will continue to be evaluated and evolve.

#### **Texas Fruit and Vegetable Network**

The purpose of the Texas Fruit and Vegetable Network is to bring together the produce industry, health promotion professionals, and local/community organizations to integrate nutrition education messages and promote the health benefits of fruit and vegetable consumption. The first meeting of the network was held in January of 2005. Since then, the Network has held 2 conference calls and is planning another face-to-face meeting in September 2005.

### **‘Eat Smart. Be Active.’ Website**

In spring of 2005, the DSHS Nutrition and Physical Activity Workgroup (NUPAWG) unveiled a nutrition and physical activity website called ‘Eat Smart. Be Active.’ It will serve as a clearinghouse for tools, resources, and evidence-based approaches to promote healthy eating and safe physical activity in Texas communities. The web address is [www.eatsmartbeactive.org](http://www.eatsmartbeactive.org).

### DSHS Related Activities:

#### **School Physical Activity and Nutrition (SPAN) Childhood Overweight Surveillance, Part III**

DSHS has contracted with the University of Texas School of Public Health in Houston to collect statewide overweight data on 4<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup> grade students in Texas and has funded 8 local health departments to collect county-level data using the SPAN methodology. The project will be completed in October 2005. The original SPAN project was funded by a TDH Innovation’s Grant and collected state- and regional-level child overweight data for Texas. The data from the original project can be found at <http://www.dshs.state.tx.us/phn/pdf/SPAN%20AJPH%20Article%202004.pdf>

#### **Building Healthy Families**

Building Healthy Families is the result of a public-private partnership between DSHS, Blue Cross Blue Shield, the Caring for Children Foundation, HEB stores, the Texas Medical Association, the Texas Hospital Association, and the American Heart Association. The purpose of *Building Healthy Families* is to raise awareness of the long-term health risks associated with obesity in adults and children, and to inspire small lifestyle changes that can lead Texans to live healthier lives through exercise and better food choices. Beginning in June 2005, DSHS and its partners embarked on the second phase of the Building Healthy Families partnership – a worksite wellness pilot for Austin DSHS employees. More information on Building Health Families is available at <http://www.dshs.state.tx.us/dshstoday/obesity.shtm>

#### **Texas School Health Network**

DSHS coordinates the School Health Specialists that work in the Regional Education Services Centers across Texas. One of the activities of the School Health Specialists is to support schools working towards implementing Coordinated School Health programs into their school districts. A component of coordinated school health is the promotion of nutrition and physical activity that impacts obesity prevention in children. The DSHS School Health program website is <http://www.dshs.state.tx.us/schoolhealth/default.shtm>.

#### **DSHS Obesity Website**

For information on obesity in Texas, DSHS has created an Obesity website linked off of the main DSHS webpage, [www.dshs.state.tx.us](http://www.dshs.state.tx.us). In the DSHS Today box on the left side of the main DSHS webpage, click on Obesity, and you will be directed to the sight.

*Questions??? Contact Kim Bandelier, MPH, RD, LD, Program Coordinator for DSHS Nutrition, Physical Activity, and Obesity Prevention at 512-458-7111 ext 2126 or [Kim.Bandelier@dshs.state.tx.us](mailto:Kim.Bandelier@dshs.state.tx.us)*