

Take Action: Healthy Weight for Life



Indian Health Service





Objectives

As a result of having attended this seminar, participants will be able to:

1. Summarize the vision for healthy weight across the lifespan for American Indians and Alaska Natives.
2. Incorporate evidence-based clinical practice recommendations and community strategies for promoting healthy weight and prevention of chronic diseases such as diabetes.
3. Give one example of how you plan to change your practice and “Take Action” as a result of this training.





“Promoting a healthy weight across the lifespan is critical to improving health status and well-being of AI/AN, to reducing health disparities, and to maximizing the limited resources of the Indian Health System.”

IHS, 2011





Special Diabetes Program for Indians



Everyone Has a Role to Play!



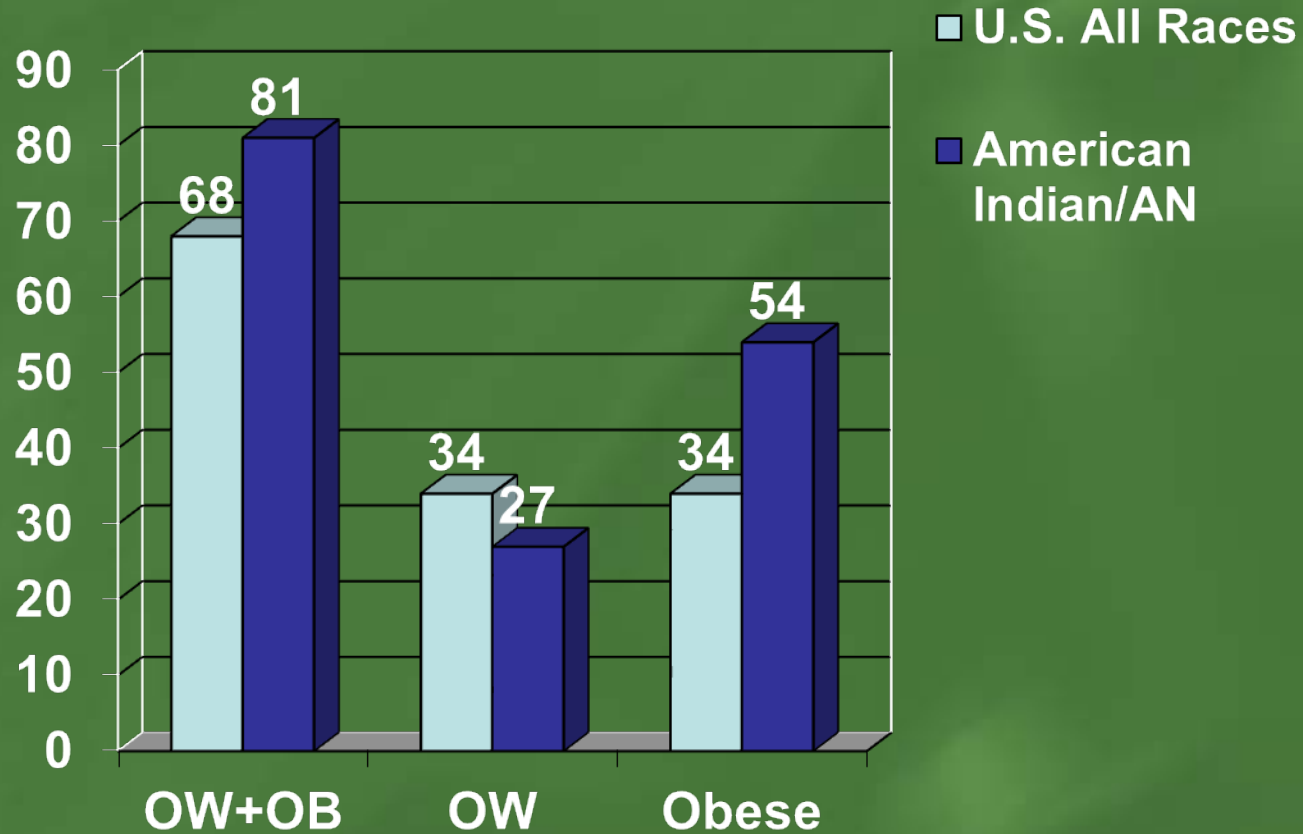
SDPI DPP Team, Shiprock, NM

Everyone has a role to play in promoting healthy weight across the lifespan, including parents and caregivers, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies.

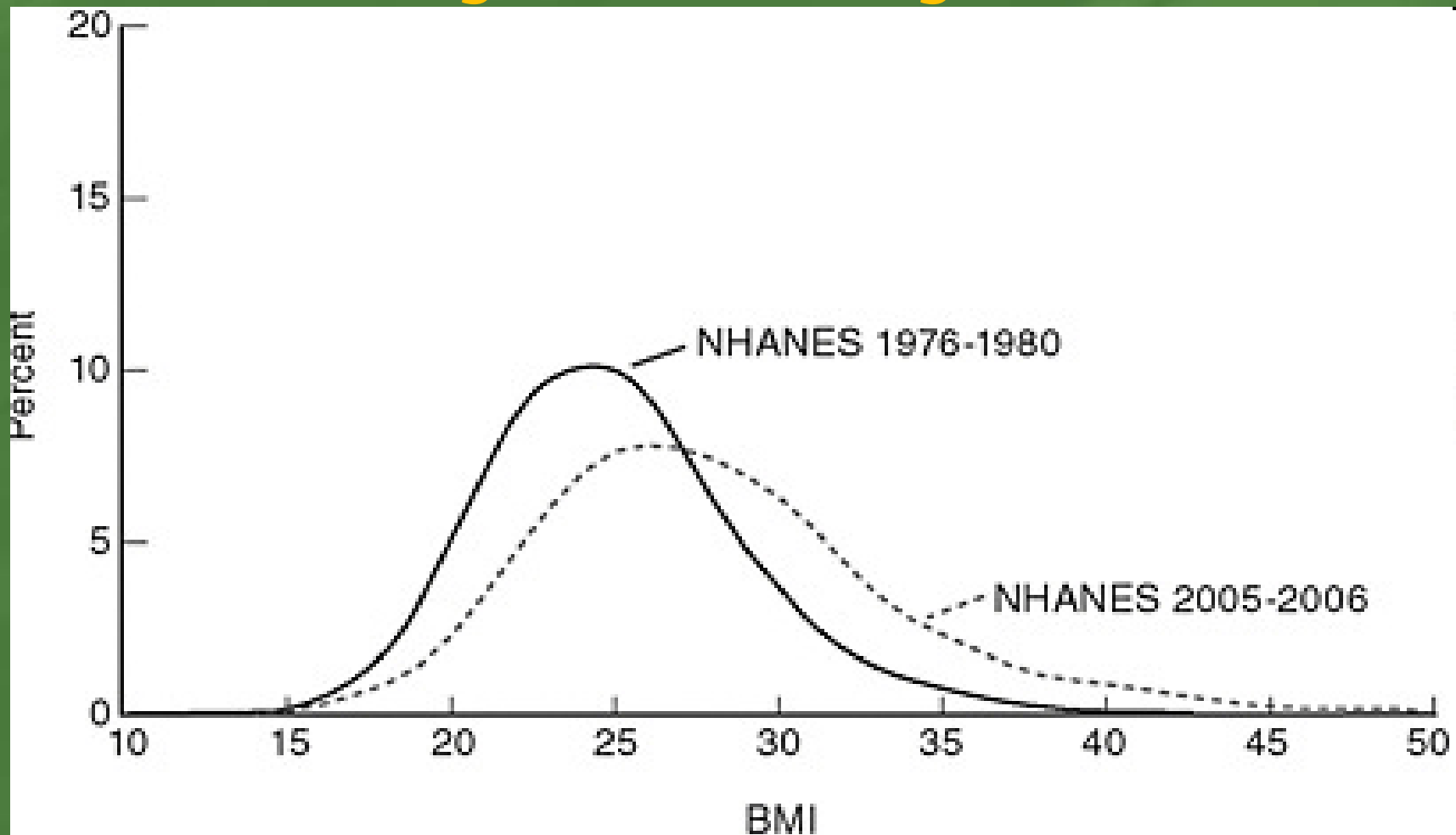


U.S. All Races¹ and American Indian/Alaska Native² Prevalence of Overweight and Obesity in Adults

¹ NHANES 2007–2008; ² FY 08 IHS Clinical Reporting System



Changes in the Distribution of BMI Between 1976–1980 and 2005–2006 Among U.S. Adults Ages 20–74

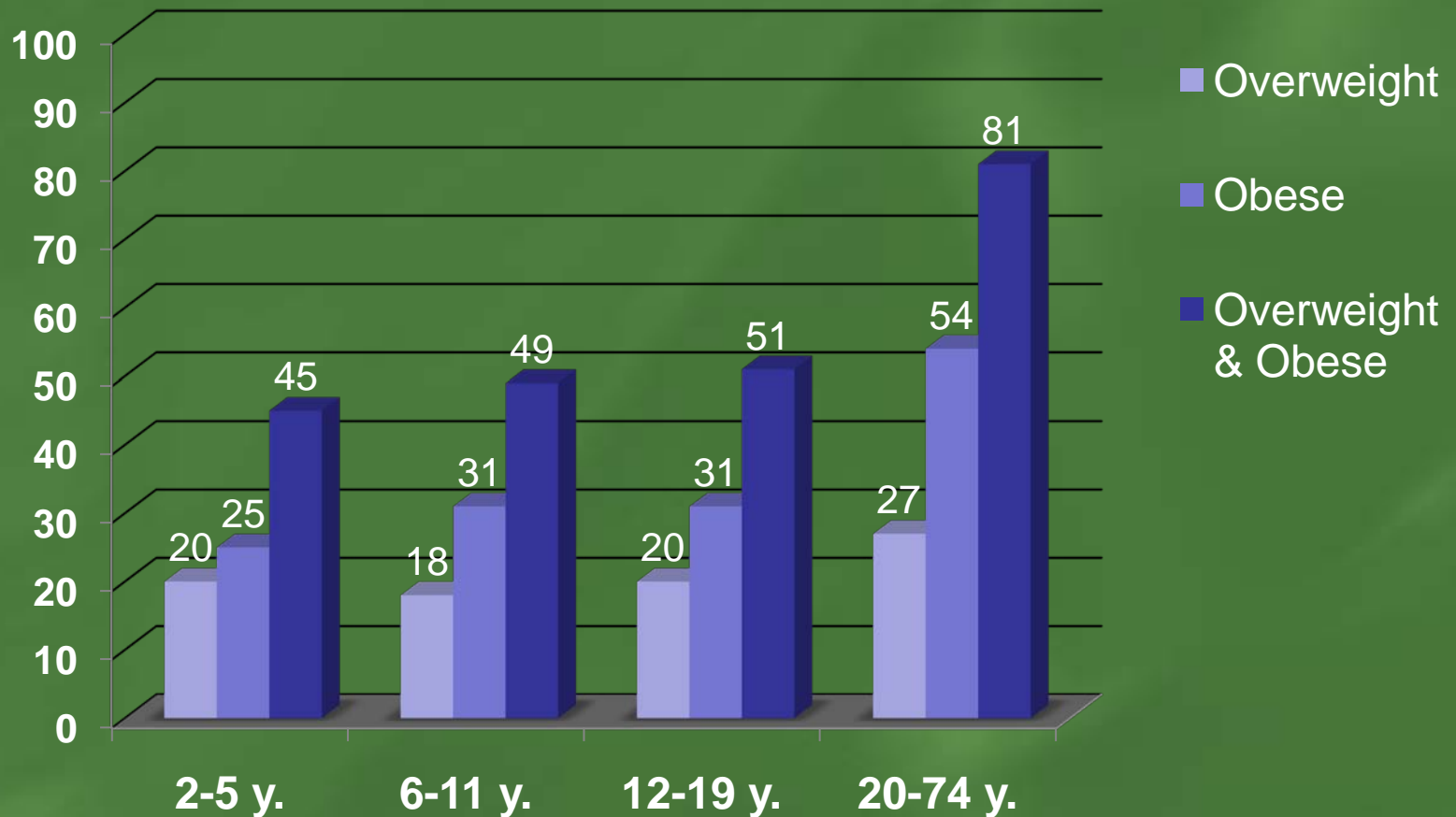


Ogden et al., 2007

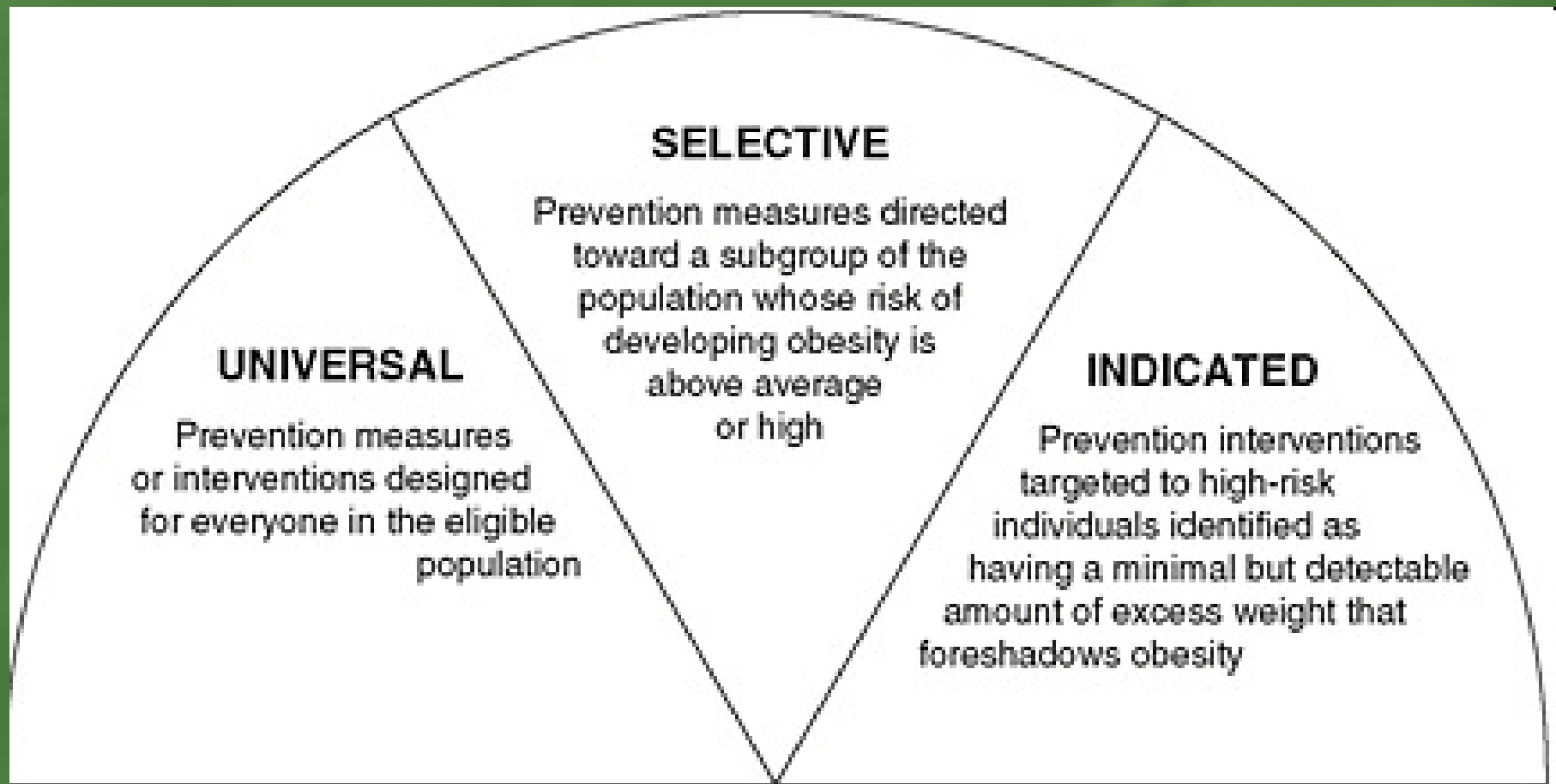


American Indian/Alaska Native Prevalence of Overweight and Obesity, Ages 2-74

FY 08 IHS Clinical Reporting System



Types of Obesity Prevention Interventions



IOM, 2010, 2007, 1995; WHO, 2000



Energy Balance



Energy Intake

Carbohydrates – 4 kcal/g
Protein – 4 kcal/g
Fat – 9 kcal/g
Alcohol – 7 kcal/g

Energy Output

Resting
Thermic effect of food
Physical activity





Many Complex Factors Contribute to Obesity

- Energy imbalance
- Poverty
- Food insecurity
- Low or high birth weight
- Genetics
- Stress
- Obesogenic society
- Parental obesity
- In utero exposure to maternal malnutrition, smoking

Draft Strategic Plan for NIH Obesity Research, 2010



Harmony and Balance in Life: Applying the Social–Ecological Model in AI/AN Communities

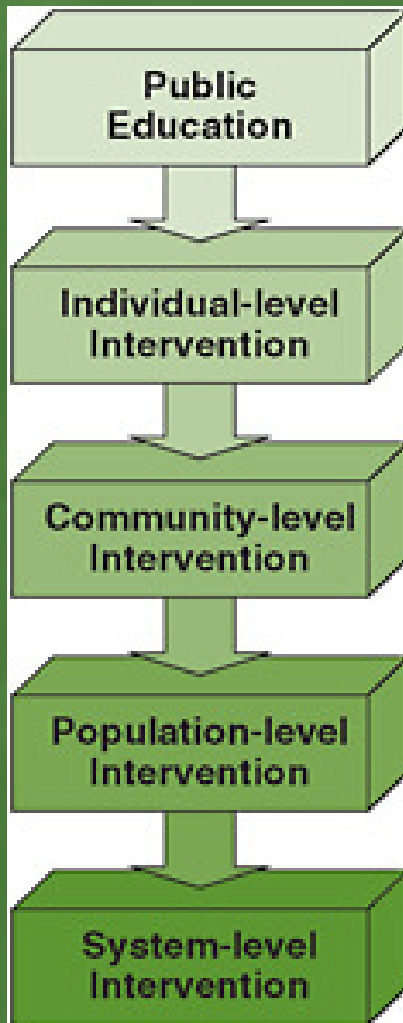


Adapted from: Caprio et al., 2008



Tobacco Control Movement

National Cancer Institute, 2007



- Surgeon General's reports
- Public service advertising
- Media campaigns

- Smoking cessation tools
- Physician counseling
- Telephone quitlines

- Community-based coalitions
- Workplace smoking policies
- NCI COMMIT project

- Clean air laws
- Tobacco taxation
- NCI ASSIST

- Epidemiological models
- System models, networks, knowledge
- NCI ISIS project



Lifespan Approach

Fetus



Infants



Toddlers



Children



Adults



Elderly

Preventing:

- SGA
- LGA

Promoting:

- Breastfeeding

Diagnosing:

- Early Adiposity Rebound

Increasing:

- Physical Activity

Decreasing:

- TV Viewing
- Sweetened Beverage Consumption

Increasing:

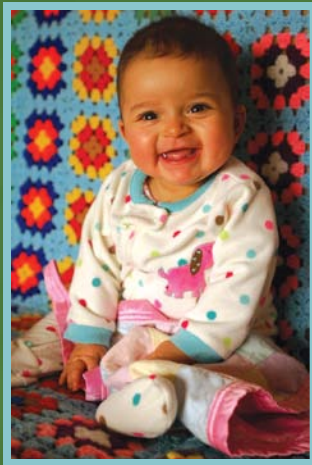
- Physical Activity

Decreasing:

- Portion Size

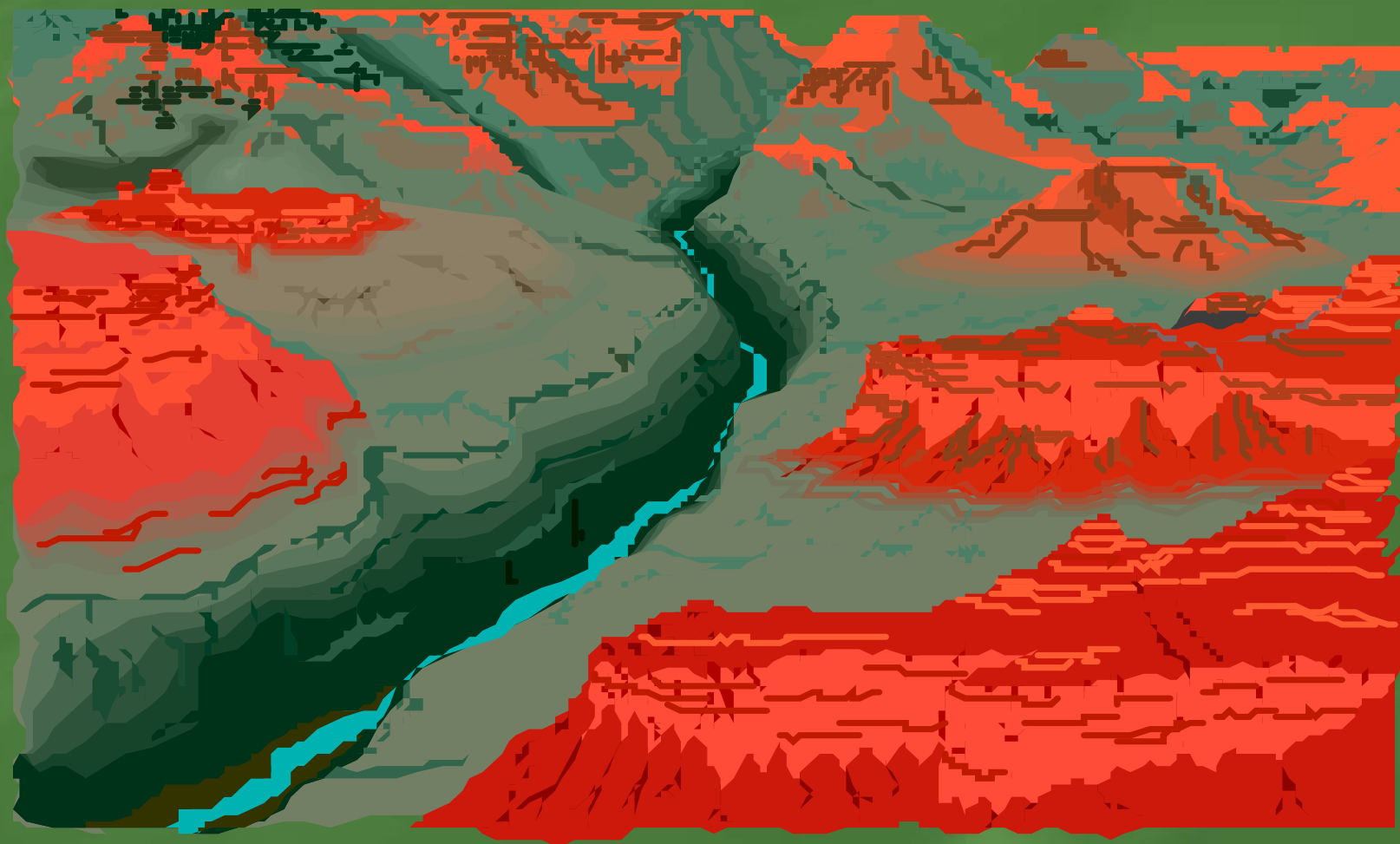
Encouraging:

- Weight Maintenance





High Prevalence



Paucity of Knowledge Base

Institute of Medicine, 2010





NHLBI-Funded Trial – Pathways



Full Scale Randomized Trial
1996–2001

Seven American Indian Communities
40 schools, 1704 3rd –5th graders

The intervention had 4 components:

- Food Service
- Physical Education
- Classroom Curriculum
- Family Involvement

Primary aim was to reduce the rate of weight gain in intervention schools (change of 3 % body fat vs. control schools > 3 y.

Caballero et al., 2003





Results

Intervention

Control

Variable

N

Mean

SE

N

Mean

SE

Baseline

% Body Fat

879

32.78

1.04

825

33.29

1.05

Follow-up

% Body Fat

727

40.26

0.39

682

40.02

0.40

% Body Fat

(with imputation)

879

39.86

0.29

825

39.74

0.29



Healthy Weight for Life

www.ihs.gov/healthyweight



A Vision for Healthy Weight Across the Lifespan of American Indians and Alaska Natives

Actions for Health Care Teams and Leaders

Indian Health Service

2011



A Vision for Healthy Weight Across the Lifespan of American Indians and Alaska Natives

Actions for Communities, Individuals, and Families

Indian Health Service

2011



Objective #2



Incorporate evidence-based clinical practice recommendations and community strategies for promoting healthy weight and prevention of chronic diseases such as diabetes.



Actions You Can Take to Reach People at the Individual Level



1. Conduct universal BMI screening and assessment for all ages. [NHLBI, 2000](#); [Barlow et al., 2007](#); [IHS, 2008](#)
2. Screen all pregnant women for GDM and assess weight gain pattern at each visit. [ADA, 2011](#)
3. Provide breastfeeding/infant feeding education and support. [Pettitt, et al., 1997](#); [Grummer, et al., 2004](#), [Office of the Surgeon General, 2011](#)
4. Provide nutrition education and weight management counseling to individuals and families. [NHLBI, 2000](#)



Actions You Can Take to Reach People at the Interpersonal Level



1. Provide social support for healthy weight and behavior changes. [NIDDK, 2008](#)
2. Provide breastfeeding/infant feeding education and support to peer counselors. [IHS, 2008](#)
3. Provide nutrition education and weight management counseling to families. [IHS, 2011](#); [Office of the Surgeon General, 2011](#); [US Dietary Guidelines, 2010](#)
4. Provide worksite social support. [CDC, 2011](#)



Actions You Can Take to Reach People at the Community Level



1. Provide resources to support breastfeeding. [IHS , 2011](#); [Office of the Surgeon General, 2011](#)
2. Work with programs such as Head Start and schools to promote regular physical activity. [Barlow ,et al., 2007](#); [IHS, 2008](#)
3. Teach media literacy to help students and parents become informed consumers. [RWJF, 2011](#)
4. Offer hands-on nutrition education. [IOM, 2005](#)



Actions You Can Take to Reach People at the Organizational Level



1. Adopt a breastfeeding–friendly culture policy. *Office of the Surgeon General, 2011*
2. Aim for Baby–Friendly Hospital designation. *BFHI, 2011*
3. Use the infant feeding tool in EHR, RPMS, and CRS. *IHS, 2011; IHS, 2008*
4. Implement and enforce comprehensive food standards policies. *AAP, et al., 2010; CDC, 2011; Head Start, 2008*
5. Educate team on accurate measurement of BMI. *IHS, 2011; HRSA, 2011*
6. Collaborate for access to fitness facilities and equipment. *IOM, 2009*



Actions You Can Take to Reach People at the Tribal Level



Work with Tribal Governments to promote healthy weight. IOM, 2009

- Tohono O'odham Nation Legislation Council took ownership of Coordinated School Health (CSH) by passing CSH into law.
- Navajo Nation Healthy Start Act mandated employers offer flexible breaks for breastfeeding mothers at work.

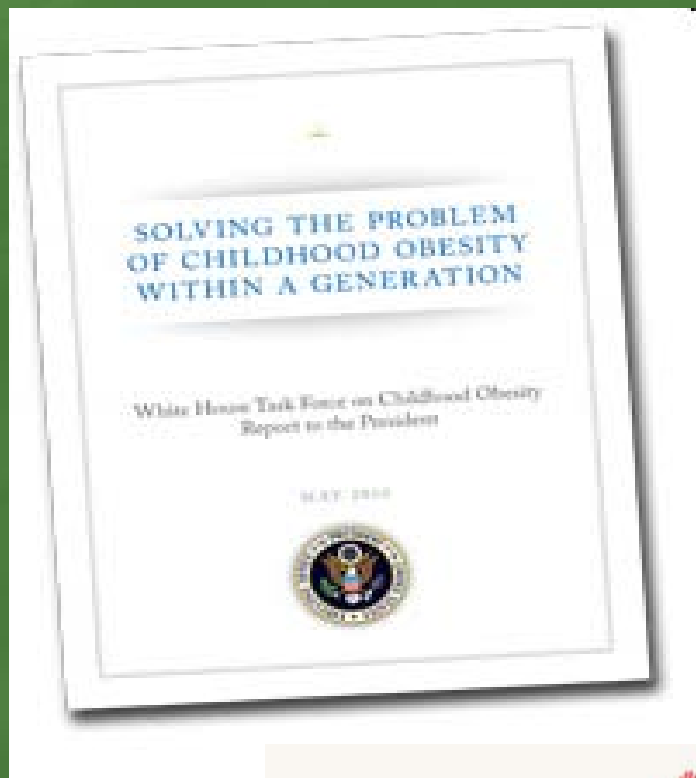




Actions You Can Take to Reach People at the Societal Level



What Is The White House Doing to Promote Healthy Weight?



Let's Move! in Indian Country

Interagency collaboration between the First Lady's *Let's Move!* Initiative, the White House Policy Council, the U.S. Departments of Health and Human Services (HHS), Education, Agriculture, and Interior

Four Main Goals:

1. Create a healthy start on life.
2. Develop healthy schools.
3. Increase physical activity.
4. Foster healthy, comprehensive food system policies.



What Is HHS Doing to Promote Healthy Weight?



Secretary's Strategic Initiatives

1. Improve nutrition and physical activity in child care settings.
2. Promote healthy behaviors at school.
3. Become a model healthy worksite and promote workplace wellness.
4. Promote healthy weight through medical settings.
5. Promote community-wide policies and interventions that work.
6. Empower consumers to make healthy choices in the marketplace.



What Is the Surgeon General Doing to Promote Healthy Weight?



“Everyone can help make breastfeeding easier.”

The Surgeon General’s Vision for a Healthy and Fit Nation, 2010

The Surgeon General’s Call to Action to Support Breastfeeding, 2011

<http://www.surgeongeneral.gov>



What Is IHS Doing to Promote Healthy Weight?



1. Launch Healthy Weight for Life (HWFL) as the umbrella for IHS activities.
2. Unify separate obesity prevention activities under the HWFL umbrella.
3. Appoint a HWFL Workgroup to promote a coordinated approach.
4. Promote and disseminate the HWFL Action Guides.
5. Promote the interactive and informative HWFL web-based resource: <http://www.ihs.gov/healthyweight>
6. Develop “how to” resources for promoting healthy weight.
7. Create partnerships.



Objective #3



Give one example of how you plan to change your practice and “Take Action” as a result of this training.



Actions You Can Take



1. Champion implementation of Baby-Friendly policies.
2. Promote worksite wellness.
3. Write policies on food standards.
4. Write policies to promote breastfeeding.
5. Write policies to track heights/weights/BMI.
6. Become a Healthy Weight for Life Partner.

Take a few seconds now to select your first ACTION!



Become A Partner in Healthy Weight for Life!

U.S. Department of Health and Human Services

Indian Health Service
The Federal Health Program for American Indians and Alaska Natives

IHS Home • Medical Programs

HEALTH PROMOTION DISEASE PREVENTION
ELEVATING THE HEALTH STATUS OF AMERICAN INDIANS AND ALASKAN NATIVES

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OUR LISTSERV
IHS PORTAL

Questions or Comments?
Contact the [Contact Manager](#).

HEALTHY WEIGHT FOR LIFE

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Welcome!

Strategies/Gol

The goal of the HP/DP program is to create healthier American Indian and Alaska Native communities by developing, coordinating, implementing, and disseminating effective health promotion and chronic disease prevention programs through collaboration with key stakeholders and by building on individual, family, and community strengths and assets. To this end, the IHS has:

- Established a HP/DP Policy Advisory Committee to provide oversight and policy guidance to the agency, and
- Established a Prevention Task Force to develop a strategic plan to enhance and improve disease prevention and health promotion efforts by identifying diseases with the greatest disparities and developing a framework to address these diseases.

In addition, IHS' ongoing efforts include:

- Establish HP/DP coordinators in the 12 IHS Areas to support IHS, Tribal, and Urban programs in developing, implementing, and evaluating health promotion and chronic disease prevention efforts;
- Create and expand federal, corporate, foundation, and academic partners to support healthier behaviors;
- Promote and expand community and clinical health promotion and chronic disease prevention best practices;
- Build the capacity for effective health promotion practices at the local level by increasing the knowledge, skills, and capacities of Tribal, IHS, and Urban program health workers and leaders;
- Promote and adopt environmental, school, and worksite policies that support healthier behaviors;
- Develop a clearinghouse of best practices, resources, training, and community assessment tools to enhance community access;
- Develop communication materials to raise awareness to specific

U.S. Department of Health and Human Services

Indian Health Service
The Federal Health Program for American Indians and Alaska Natives

IHS Home • [Specialized Medical Programs](#)

IHS Head Start Program

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Physical Activity
Dental/Oral Health
Oral Health
Injury Prevention
Mental Wellness
Environmental Health

FAMILIES
Start here

What's New?

- Health Topics of the Month
- Resource Hub/air
- Upcoming Trainings
- On-line Trainings

Our Mission - Our Goals

The mission of the Indian Health Service (IHS) Head Start Program is to promote healthy activities that will improve health outcomes for the Early Head Start and Head Start child, family, staff and community. Our goals will help to improve children's health, decrease health disparities, and increase health provider outreach.

The IHS Head Start Program goals are:

- To support the Office of Head Start, including its health objectives and Performance Standard requirements.
- To assist American Indian/Alaska Native (AIAN) recipients in the development of health programs for children, families, staff and community.
- To assist AIAN programs in developing local and community partnerships.
- To develop programs that promote healthy lifestyles.

Children in AIAN Head Start programs are now at increased risk for obesity, type 2 diabetes and dental cavities, all of which can have serious, lifelong effects. Our job is to provide you with the tools you need to help the children you care about to beat the odds. Together, we can make sure that our children start healthy and grow healthy.

You can contact us at IHSHeadStart@ihs.gov. We look forward to hearing from you.

HEALTHY WEIGHT FOR LIFE

FLU.GOV
How soon to do about the flu.
VISIT FLU.GOV

CPSIC Recent Child Product Recalls
Diaperly Scooters Recalled by

HP/DP Quarterly Newsletter - July 2010

... is now available. The 2009-2011 Cooperative Agreement Awarded programs and accomplishments are highlighted in this ... [read more](#)

[HP/DP IHS Portal](#)

HP/DP Now has a portal to collaborate with IHS Cooperative Agreement sites and with other key HP/DP partners. Program staff must grant staff access ... [read more](#)

[SEE ALL ANNOUNCEMENTS & NEWS \(10\)](#)

HEALTH AND FITNESS NEAR YOU

Address:

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Everyone Has a Role to Play!



SDPI DPP Team, Shiprock, NM





HEALTHY WEIGHT FOR LIFE

Home

Trends & Impact of
Overweight & Obesity

What Is a Healthy Weight?

Promoting Healthy Weight
Across Lifespan

Successful Approaches to
Healthy Living

Actions for Health Care
Team Members & Leaders

Personal Success Story

Resources for Healthy
Weight Management

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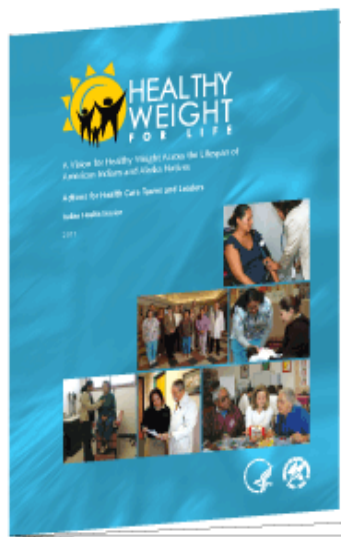


A VISION FOR HEALTHY WEIGHT ACROSS THE LIFESPAN OF AMERICAN INDIANS AND ALASKA NATIVES

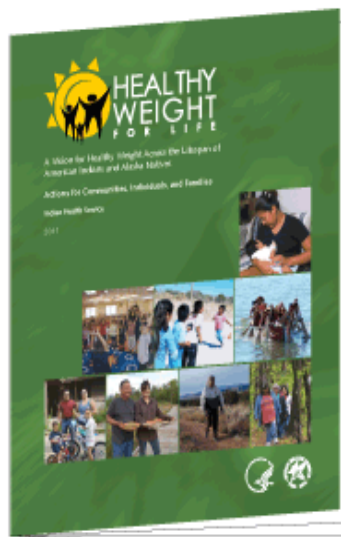
Promoting a healthy weight across the lifespan is critical to improving the health status and well-being of American Indians and Alaska Natives (AI/AN). Across the country, hundreds of thousands of AI/AN participate in innovative nutrition, physical activity, and weight management programs. While progress has been made, overweight and obesity continue to drive up high rates of chronic disease. Taking action now has the potential to achieve the Indian Health Service's mission of raising the physical, mental, social, and spiritual health of AI/AN to the highest level.

DOWNLOAD THESE HEALTHY WEIGHT GUIDES AND TAKE ACTION

[Health Care Team
Members and Leaders](#)
(PDF, 919 KB)



[Communities, Individuals,
and Families](#)
(PDF, 1.6 MB)



Now is the time to put our minds and resources together to address the problem of overweight and obesity. We all have a role to play. It's up to you to decide what actions you'll take and how you'll chart your journey.



*Dr. Yvette Roubideaux
IHS Director*