

CHILDHOOD OBESITY PREVENTION PROGRAM AND POLICY

NOMINATIONS REQUESTED!

Identification of effective strategies is critical to build the evidence base for community level obesity prevention, but rigorous evaluation and empirical research studies are costly and time-consuming. By conducting an evaluability assessment, or a pre-evaluation, it is possible to determine if a program or policy is ready for a full-scale, rigorous evaluation and what potential barriers an evaluation study might need to address. Evaluability assessments consist of a site visit to assess program implementation, data availability, intended outcomes, and staff capacity, all of which allow for a determination of whether or not a program is ready for an intensive evaluation of program effectiveness. In Summer 2007, programs and policies were reviewed by an expert panel and 26 programs were selected for a site visit. In Spring 2008, a second round of evaluability assessments will begin.

We need your help to identify innovative programs and policies!

The *Early Assessment of Programs and Policies to Prevent Childhood Obesity** project is looking for innovative programs and policies currently being implemented in community settings intended to address obesity in children ages 3 – 17. Programs and policies addressing low income populations and ethnic groups that experience disproportionate childhood obesity are of particular interest. Our four focus areas for the second round are (more detail on following page):

- ◆ *Comprehensive School Physical Activity Programs*
- ◆ *After school or Daycare programs or policies*
- ◆ *Access to healthier foods in supermarkets/convenience stores/restaurants*
- ◆ *Land Use and Transportation Policies/Projects for Physical Activity*

We are seeking nominations of programs or policies that address the physical, economic, or social environment, but which have not already undergone a rigorous evaluation of effectiveness. An Expert Panel will select approximately 30 programs or policies for evaluability assessments. Project staff will conduct site visits in spring and summer of 2008. Assessments will be made of program/policy implementation, data availability and program outcomes. Based on the reports of these visits, the Expert Panel will identify programs and policies that show promise in addressing the issue of childhood obesity and readiness for rigorous evaluation. Some evaluation consultation will also be offered during the site visit by trained evaluators who visit the site.

To share your notable programs and policies with us, complete the attached form and provide program contact information to: **Nicola Dawkins** (nicola.u.dawkins@macrointernational.com; 404-321-3688 fax; 404-321-3211 phone).

* The project team includes: the Centers for Disease Control and Prevention's (CDC) Division of Nutrition, Physical Activity, and Obesity, Division of Adolescent and School Health, Prevention Research Centers Program Office, the Robert Wood Johnson Foundation, and the CDC Foundation. Macro International serves as the coordinating center.

Types of Programs and Policies Sought

NOTE: We are seeking innovative programs and policies addressing the physical, economic, or social environment (NOT individual behavior interventions). Additionally, they should not have already undergone rigorous evaluation.

◆ *Comprehensive School Physical Activity Programs*

A comprehensive school physical activity program includes a physical education component and opportunities for students to be physically active during and outside of school. Such opportunities include recess, physical activity breaks and movement during instruction, intramurals or physical activity clubs, interscholastic sports, and walk and bike to school initiatives.

If you are nominating a comprehensive school physical activity program, the description on the last page of this document should include the following details about the program:

- a. A description of the physical education component of the program (i.e., indicate the number of days physical education is offered and for how long each class period is offered; provide an overview of the physical education curriculum that describes the grade levels covered, the major goals of the curriculum, and the relationship to standards; and describe the policy that addresses waivers or exemptions for student participation); and
- b. A description of physical activity opportunities available to ALL students and the frequency with which these opportunities are offered (e.g., recess is offered daily to all elementary students, regardless of grade, gender, or disability).

◆ *After school or Daycare Programs or Policies*

An after school or daycare center program/policy which enhances nutrition and physical activity opportunities in children ages 3 – 17. If you are nominating an after school or daycare program/policy, the description on the last page of this document should include the intensity (e.g., moderate or vigorous) and duration (how many minutes per session) of physical activity that is offered, any rules on screen time, and any nutritional guidelines followed.

- a. After school: Organizations that provide activities to school-age children (grades K-12). These may be school-affiliated, public, private, or faith-based programs. The program or policy nominated ideally must include 60 minutes of physical activity per day.
- b. Daycare: Facilities where licensed operators supervise and protect children in the absence of a parent or legal guardian. The defining factor for a daycare center is that they are licensed facilities by the state. A nominated program or policy ideally must include 60 minutes of physical activity per day, allow additional time for free play, limit screen time (i.e., how frequently children watch TV, videos, etc), and offer high quality nutritional meals and snacks.

◆ *Access to Healthier Foods in Supermarkets/Convenience Stores/Restaurants*

A supermarket/convenience store/restaurant program or policy which enhances food choices for community residents. The program or policy needs to improve access for community residents to affordable, higher quality, less calorie-dense foods (see examples below). If you are nominating a program/policy in this category, the description on the last page of this document should describe the particular change that is taking place and the population the program is serving.

- a. Restaurants offering healthier items, menu nutrient labeling, offering healthier children's menus
- b. Supermarkets being offered tax/financial incentives to locate in inner-cities
- c. Supermarkets/convenience stores/restaurants changing the composition of products sold to include healthier items.

◆ ***Land Use and Transportation Policies/Projects for Physical Activity***

Recognizes the importance of the built environment in supporting physical activity and a healthy lifestyle. The initiative may involve the efforts of urban planners, architects, engineers, developers, and public health professionals. The initiative should focus on the creation or enhance the use of safe, attractive, and convenient places for physical activity, such as the creation of multi-use paths for bicycling, walking, or rollerblading; sidewalks; and parks and playgrounds.

- a. Community scale, urban design and transportation policies that provide parks, multi-use paths, and sidewalks
- b. Land use policies and practices can improve public health by locating residential, commercial, and institutional uses within walking and/or biking distance of one another.

To nominate a program or policy for review,
please provide the following information to Nicola Dawkins
(Nicola.U.Dawkins@macrointernational.com; 404-321-3688 fax; 404-321-3211 phone)

Submission Deadline: **March 31, 2008**

Program or Policy Title:

Check the Type of Program or Policy:

- Comprehensive School Physical Activity Program
- After School/Daycare Program or Policy
- Food Access Program or Policy
- Land Use and Transportation Policies/Projects for Physical Activity

Location of Program or Policy:

(City) *(State)*
(School – if applicable) *(District – if applicable)*

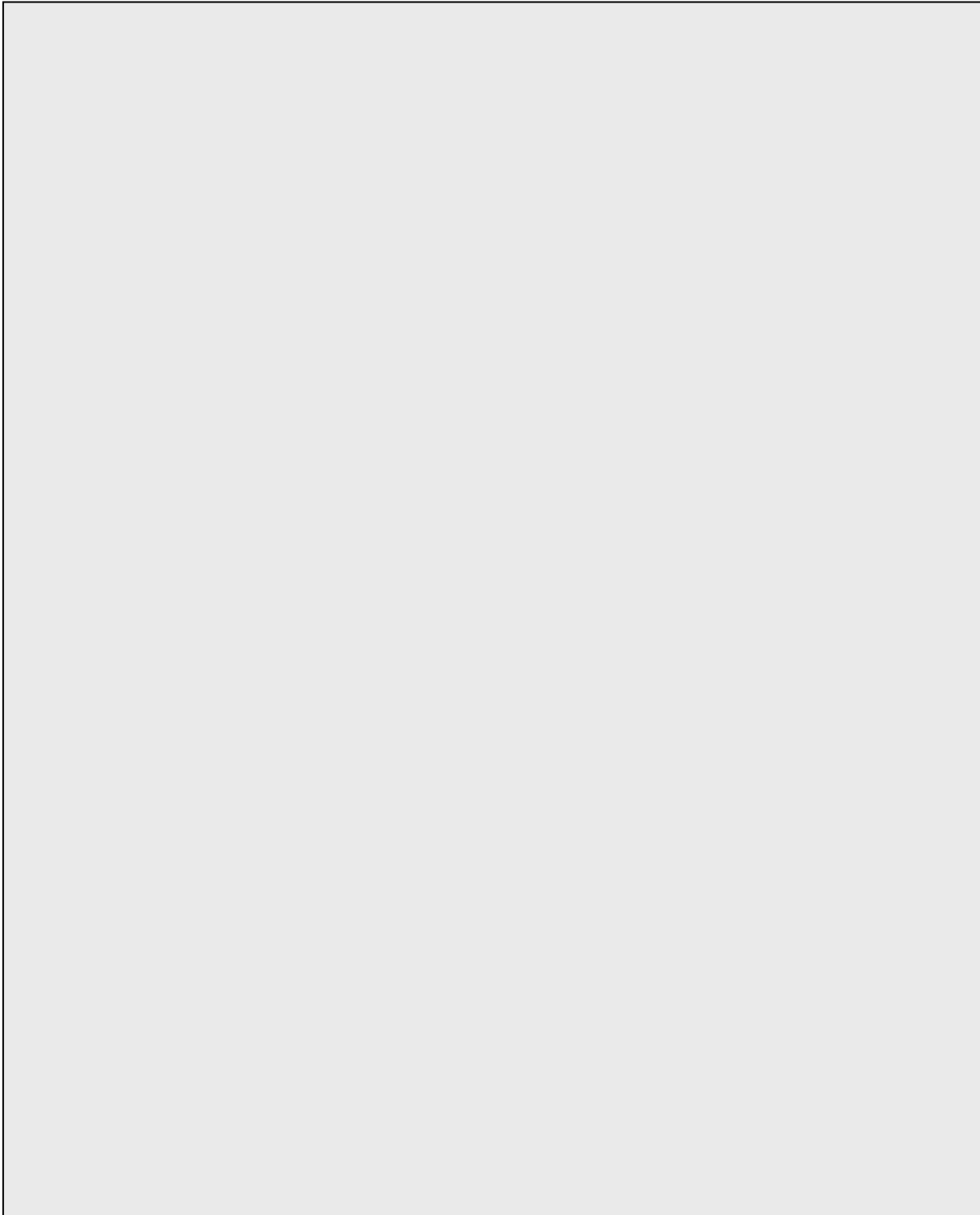
Program or Policy Contact:

(Name) *(Phone)*
(Email) *(Website – if applicable)*

Your Contact Information:

(Name) *(Phone)* *(Email)*

Program or Policy Description: In the space below (use additional space if necessary), please describe the program/policy components as specified on pages 2-3 and why you are nominating this program/policy for review.



Thank You!