

Maryland Nutrition and Physical Activity Plan Development Process Archive

(Note: The plan was developed out of the Nutrition and Physical Activity/Obesity Prevention Program. The program is no longer active.

The Nutrition and Physical Activity/Obesity Prevention Program

The mission of the Nutrition and Physical Activity/ Obesity Prevention Program is to prolong the length and improve the quality of life for Maryland citizens through healthy eating and increased physical activity to reduce overweight, obesity and other chronic diseases.

The purpose of this CDC funded program is to establish, implement and evaluate a state-wide prevention plan addressing obesity prevention through improved nutrition and increased physical activity. The program worked with over 130 professionals to develop the Maryland Nutrition and Physical Activity Plan that was published in May 2006. Strategies from the Plan are now being implemented across the state with numerous partners ranging from academia to business. The Plan addresses obesity prevention in 4 settings.

Program Goals:

1. Decrease levels of obesity or reduce the rate of growth of obesity in communities reached through interventions.
2. Increase the number of community and State policies, environmental support and legislative actions planned, initiated, and modified for the prevention and control of obesity.
3. Increase caloric expenditure and decrease caloric intake through effective interventions in communities reached.
4. Increase the number of evaluated nutrition and physical activity interventions for obesity prevention and control.

Program Strategies:

1. Addressing caloric intake and expenditure.
2. Increasing the initiation and duration of breast-fed infants.
3. Increasing consumption of fruits and vegetables.
4. Increasing physical activity.
5. Reducing television time.

Development and Implementation Committees:

- Community
- School
- Worksite
- Healthcare

Community Committee:

Why Community?

A healthy community is one that embraces the belief that health is more than merely an absence of disease. It promotes healthy eating and physical activity among residents by creating the necessary infrastructure and economic development for those behaviors.

Although no two communities are exactly the same, many share similar characteristics that make them the ideal setting to establish and support healthy habits. All cities consist of several overlapping communities, such as faith-based communities, the elderly community and the family community. Individuals can be a part of one or more community groups.

Purpose:

The purpose of the Community Implementation committee is to implement the family and community setting objectives of the Maryland Nutrition and Physical Activity Plan. We work to promote overweight and obesity prevention efforts in the various community settings, such as faith-based organizations, YMCA's, park and recreation agencies.

Group Partners:

Anne Arundel County Health Department
Food Stamp Nutrition Education Program, Prince George County
Frederick County Health Department
Hagerstown YMCA
Harford County Health Department
Johns Hopkins Bayview Medical Center
Maryland Department of Health and Mental Hygiene: Center for Health Promotion
Maryland Department of Health and Mental Hygiene: Center for Maternal and Child Health
Maryland Recreation and Park Association
Montgomery County Health Department
Mt. Washington Pediatric Hospital, Inc.
Prince George's County Health Department
University of Maryland/ Cooperative Extension
University of Maryland Statewide Health Network
University of Maryland College Park
Western Maryland Health System

Resources:

[Get Active Maryland: A Prescription for Health](#) [PDF] - Maryland Recreation and Parks Association.

School Committee:

Why Schools?

Schools are where students spend a substantial portion of their time. They are also a major employer. The setting encompasses public and private schools, grades pre-K through 12, school-based pre-school and after-school programs, community colleges and four-year colleges and universities that reach children, youth, young adults, teachers, staff and family and community members who represent a variety of ethnic groups and socio-economic backgrounds.

- Students often consume three meals in the school setting by participating in the school breakfast, lunch and after school programs.
- According to the 2005 Maryland Youth Risk Behavior Survey, about 27 percent of Maryland high school students describe themselves as slightly or very overweight.
- About 6 in every 10 Maryland high school students (63.9 percent) say they are trying to lose or control their weight.
- More than one fourth of Maryland high school students consume at least one serving a day of milk, fruit, and fruit juices.
- Compared to high school students nationwide, Maryland students exercise with less frequency and intensity.

Purpose

The School Implementation Workgroup is coordinating the strategies, action steps and evaluation components (current and proposed) to meet the Intermediate Objectives of the School Community Setting of the Maryland Nutrition and Physical Activity Plan.

Group Partners:

American Academy of Pediatrics, Maryland Chapter
American Cancer Society
American Heart Association
Anne Arundel County Public Schools
Baltimore City Public Schools
Baltimore County Health Department
Baltimore County Public Schools
Carroll County Health Department
Carroll County Public Schools
Dorchester County Health Department
Food, Nutrition & Policy Consultants, Inc.
Frederick County Health Department
International Life Sciences Institute Research foundation
Johns Hopkins Bayview Medical Center
Johns Hopkins Bloomberg School of Public Health, Center for a Livable Future
Johns Hopkins Bloomberg School of Public Health, Center for Human Nutrition
Johns Hopkins University Pro-Health

Maryland Association of Health, Physical Education, Recreation and Dance
Maryland Department of Health and Mental Hygiene, Community Health
Administration
Maryland Department of Health and Mental Hygiene, FHA, Center for Maternal &
Child Health
Maryland Department of Juvenile Services
Maryland State Department of Education
Montgomery County Public Schools
Prince George's County Public Schools
Towson University, Department of Health Science
United States Department of Agriculture, Food & Nutrition Service, Mid-Atlantic
Region
University of Maryland, College Park
University of Maryland Cooperative Extension
University of Maryland Cooperative Extension, Dorchester County
University of Maryland Cooperative Extension Frederick County
University of Maryland, Food Stamp Nutrition Education
University of Maryland, Eastern Shore, Department of Human Ecology
University of Maryland, School of Medicine, Department of Pediatrics
Washington County Health Department
Western Maryland Health System
Worcester County Health Department

Resources:

[New Nutrition Education and Physical Activity Exemplary Practices Guide for Afterschool Programs](#)

We would like to share with you the publication by the Center for Collaborative Solutions (CCS) of its new guide for afterschool programs: *Developing Exemplary Practices in Nutrition and Physical Activity in Afterschool Programs*. This guide, funded by the *Network for a Healthy California* (USDA Food Stamp Nutrition Education) and the David and Lucile Packard Foundation, is designed to help afterschool program leaders and their partners join in the fight against the obesity epidemic facing our children and youth today in a systematic and effective way. We have been working with CCS over the past two years on the development of this guide and the creation of regional learning centers to help other afterschool programs learn how to implement these practices. We believe that this guide can play an important role nationally in fighting the obesity epidemic and would like to work with you to help get the word out. Afterschool programs represent an environment that can make a difference to children across the state—because state afterschool funding in California focuses on low income schools where at least 50 percent of the students are eligible for free and reduced lunches, and because afterschool programs have more flexibility than found in the regular school day, they provide excellent opportunities for addressing the most at-risk children.

This guide explains six exemplary practices and contains indicator rubrics that can be used by programs to assess how they are doing in each of the six practice areas and to help them focus their attention on the areas they want to improve. The indicators will also help programs measure their improvement over time. The practices include:

- establishing the vision;
- integrating nutrition and physical activity with youth development principles;
- providing exciting and meaningful learning experiences that integrate nutrition and physical activity into core activities;
- working closely with the community, families and the school as full partners;
- improving food security; and
- developing diversified funding to sustain a quality program over time.

Staff play a key role—and the guide explains just how central it is.

The six practices were developed by CCS after initial research, focus group discussions, and consultation with a statewide stakeholders group of nutrition, physical activity, afterschool, education and other experts. Then a learning community of 11 afterschool programs, selected for their strong nutrition and physical activity focus, used the practices. Representatives from these afterschool programs have been meeting together over the past two years to strengthen their programs by learning from each other and other experts in the field. The meetings provided an opportunity to revise and improve the exemplary practices. With their input and the feedback from the statewide stakeholders group, CCS finalized the guide, which is now posted on its Web site and can be downloaded in its entirety.

The guide is part of the CCS' three-year initiative, *Healthy Behaviors for Children and Families: Strengthening Afterschool Programs through Exemplary Nutrition, Physical Activity and Food Security Practices*, under a contract with the *Network for a Healthy California*. During 2007-2008, CCS will work with the learning community afterschool programs to develop them into regional learning centers that can provide hands-on help to other afterschool programs.

[Bike Smart and Walk Smart Teacher's Guide](#)

Teacher's Resource Guide for our Bike Smart and Walk Smart CD-ROM programs for children in grades K-3. It contains a number of outdoor activities teachers can conduct with their students to enhance bicycle and pedestrian safety skills. While the activities are tied into and enhance specific sections of the Bike Smart and Walk Smart CD-ROMs, they can be conducted as stand alone activities without the programs being viewed.

The Bike Smart and Walk Smart programs were released last summer. Recently, they were widely distributed to school districts in the State of Florida through their Safe Routes to School program. Let me know if you have any questions about

the Teacher's Resource Guide and feel free to share this resource with others concerned about children's bicycle and pedestrian safety.

CONTACT:

Paul Berger

541 349-4822 Direct

866 846-4880 Toll-free

bikesmart@hcimarketplace.com

[The School of the 21st is Making a Difference: Improving Nutrition and Physical Activity in Schools: Internet Resources](#)

To assist 21st Century and other schools work on health and nutrition, researchers at 21C and the Rudd Center for Food Policy and Obesity, both at Yale University, have reviewed resources from many web sites and are presenting a compilation of the best of them for use by 21C schools. These resources are designed to provide educators with opportunities to learn about and implement programs that foster healthy lifestyles.

As part of their health education and services component, 21C schools offer a range of services in collaboration with community-based health care providers. These include improving the nutritional quality of school meals and snacks (by reducing fat and increasing fruit and vegetables); providing nutrition education curriculum; enhancing parents' knowledge of nutrition and healthy snacks; providing opportunities for physical activity during school hours and in after-school programs; and hosting health fairs to emphasize the importance of health and nutrition to the community at large.

The Issue Brief includes a list of 14 specific web resources on improving nutrition and physical activity in schools, followed by an additional seven comprehensive web resources on the topic. All URLs are hyperlinked, so they can be accessed easily from the on-line version of this document.

If you want a printed copy of the evaluation report, you may contact School of the 21st Century at: 203-432-9944 or yale21C@yale.edu (due to the nature of its content, the Nutrition and Physical Activity brief is only available on-line).

[A General Overview of School Physical Activity and Nutrition Intervention Programs](#) [PDF - 30 pages]

[Healthy School Builder with Health School Program awards](#)

Alliance for a Healthier Generation

Worksite Committee:

Worksites Crucial to Health Promotion

Worksites play a critical part in the effort to increase opportunities for healthy eating and physical activity among Maryland residents.

Consider the following reasons why health promotion through work helps people adapt a healthy lifestyle:

- The majority of one's waking hours are spent at work – the average employee in Maryland works 9.2 hours per week
- Worksite health promotion programs are convenient
- The nature and environment of the workplace greatly influences lifestyle behaviors such as sleep patterns, physical activity, eating, socializing, office snacking and working overtime
- The workplace provides a consistent structure allowing for exercise and healthy eating to be part of a daily routine
- A lunch break is a great time for exercising
- Co-workers can offer great support and motivation
- Many health providers offer corporate discounts on exercise and nutrition services

Worksite Health Benefits Employees & Employers

Unfortunately, the American workforce is growing increasingly unhealthy. Over 50% of all employees have poor nutrition, are not exercising, have high stress levels and high cholesterol. Overall, at least 40% of a workforce lives with at least the chronic health condition. The encouraging news is that an estimated 70% of health risks and chronic health conditions can be prevented through a healthy lifestyle, specifically through increased physical activity and improved nutrition. In addition to improved employee health, companies with worksite health programs can expect:

- 18% reduction in absenteeism rates
- 50% increase in productivity during the last 2 hours of every day
- 10-30% savings in health care costs

Making a Difference in Maryland Employee Health

The Worksite Committee of the Maryland Nutrition and Physical Activity Plan works to promote health and physical activity through Maryland employers. Over the next 10 years, the committee plans to:

- Increase the number of worksites with policies that support healthy eating and opportunities for physical activity
- Increase employer awareness of the benefits that healthy eating and physical activity has on a workforce
-

- Increase the levels of healthy eating and physical activity among the employers and employees of Maryland

Source: Maryland Department of Labor, Licensing and Regulation, Office of Labor Market Analysis and Information. (June 2005). Employment and payrolls 2004 annual averages. Available from www.dllr.state.md.us/lmi/index.htm.

Group Partners:

American Cancer Society
 Beyond Excellence
 Brick Bodies Fitness Services, Inc.
 Danya International
 Johns Hopkins School of Public Health
 Maryland Department of Health and Mental Hygiene
 Maryland Department of Transportation
 Prince George's County Health Department

Resources:

National Resources

[Active](#)

[American Cancer Society](#)

[American College of Sports Medicine](#)

[American Council on Exercise](#)

[American Diabetes Association](#)

[American Heart Association](#)

[Start! Fit Friendly Companies Overview](#)

[Start! Fit Friendly Companies Application](#)

[American Stroke Association](#)

[America on the Move](#)

[Arthritis Foundation](#)

[Centers for Disease Control and Prevention](#)

[Diabetes At Work](#)

[The Community Guide](#)

Facts About Corporate Wellness Programs - [Booklet](#) [Presentation](#)

[Fight BAC](#)

[Health Enhancement Systems](#)

[Health Partners](#)

[Healthy Workforce 2010: Essential Health Promotion Sourcebook for Employers](#)

[National Association for Health and Fitness](#)

[National Cancer Institute](#)

[The National Business Group on Health](#)

[Park Nicollet](#)

[Partnership for Prevention](#)

[The President's Council on Physical Fitness and Sports](#)

[United States Department of Agriculture](#)

[Wellness Council of America](#)
[Working Well Works](#)

State Based Resources

[Arkansas Department of Health and Human Services: Healthy Arkansas](#)
[California Department of Health: 5 A Day—Be Active! Worksite Program](#)
[Colorado Physical Activity and Nutrition Program: Worksite Toolkit](#)
[Maine Department of Health and Human Services: Healthy Maine Partnerships](#)
[Maryland Department of Health and Mental Hygiene](#)
[Maryland State Advisory Council on Physical Fitness](#)
[Maryland Works Toolkit](#)
[Massachusetts Department of Public Health: Wellness at Work](#)
[New York City Department of Health and Mental Hygiene: Wellness at Work](#)
[North Carolina Department of Health: Eat Smart, Move More](#)
[Public Health Seattle and King County: Healthy Eating for Lifetime: Food and Physical Activity Guidelines for Healthy Meetings](#)
[Take Action CA Worksite Evaluation](#)
[Texas Department of State Health Services: Building Healthy Texans](#)
[University of Minnesota School of Public Health: Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events](#)
[Utah Department of Health: Work Well](#)
[Wisconsin Department of Health and Family Services: Worksite Wellness Resource Kit](#)

Healthcare Committee:

Why Healthcare?

The healthcare environment provides an essential community setting to address overweight and obesity prevention measures. Health delivery systems can play an important role in the effort to promote healthy eating and physical activity. They also can help to treat overweight and obesity through a variety of methods, such as counseling, referral, research, and the provision of incentives and benefits.

Gregory, S. (2002). Guidelines for comprehensive programs to promote healthy eating and physical activity. Champaign, IL: Human Kinetics. 21-23.

Purpose:

The Healthcare Implementation Workgroup is working to implement the healthcare setting objectives of the Maryland Nutrition and Physical Activity Plan. We work to promote overweight and obesity prevention and treatment through Maryland health care providers, managed care organizations, and other members of the healthcare team.

Resources:

[American Academy of Family Physicians Obesity Resources](#)

[American Academy of Pediatrics Overweight and Obesity Resources](#)

[Continuing Education on Obesity \(Online\)](#)

The National Heart, Lung, and Blood Institute (NHLBI), in cooperation with the North American Association for the Study of Obesity (NAASO) has developed two free online continuing medical education modules on the assessment and management of overweight and obesity in adults. These modules provide health care practitioners with practical information based on a thorough review of the science that was published in the Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: Evidence Report. The courses review the importance of weight management and the health risks associated with overweight and obesity, what patients should be treated and how they should be treated, the motivations that lead to successful weight loss, and appropriate treatment strategies.

[Expert Committee Recommendations on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity](#) [PDF] - Childhood Obesity Action Network

[National Heart, Lung, and Blood Institute \(NHLBI\) Obesity Guidelines](#)

[Obesity Toolkit for Providers and Parents](#) [PDF] - Maryland Chapter, American Academy of Pediatrics"

[Windows of Opportunity: Obesity Prevention in Childhood](#) [Power Point] - Dr. Alan Lake, Maryland Chapter AAP, Taskforce on Obesity Prevention in Childhood"

[Working with Your Doctor to Overcome Overweight and Obesity](#) - American Academy of Family Physicians.