Preliminary Outcomes of a Community-Based Participatory Research Project
Targeted Toward the Prevention of Adolescent Obesity

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Abstract

Objective: To develop a community-based program that targets overweight and obesity prevention among adolescents in limited resource, minority communities.

Description: Summary of analyzed data for a tri-state, quasi-experimental project including six communities (one control and one intervention community from each state) who are responsible for creating and implementing one nutrition and one physical activity program addressing overweight and obesity among 6th-8th grade youth.

Evaluation: Mixed methods approach used in collecting community food and physical activity environmental data, student health behavior questionnaire data, intervention community focus group data and community panel transcripts.

Conclusion and Implications: Identify a potential framework for creating community-focused, sustainable and effective adolescent obesity prevention programs.

Project Objectives

- Identify behavioral and environmental factors of overweight/obesity in target population
- Increase dietary fruit and vegetable consumption
- Decrease solid fat and added sugar consumption
- Increase physical activity
- Assist communities in identifying factors that influence overweight and obesity in 6th-8th grade youth
- Assist communities in creating an environment and promote change in the environment that will prevent overweight and obesity among 6th-8th grade youth

Methods & Evaluation

- Baseline and post intervention food and physical activity (PA) environmental assessments using the Nutrition Environment Measures Survey (NEMS-Stores & NEMS-Restaurants) and Physical Activity Resource Assessment (PARA) and Active Neighborhood Checklist (ANC)
- Baseline and post intervention youth health behaviors and perceptions questionnaire
- Following presented outcomes identified by tri-state community leader focus groups, community visits with stakeholders and community committee meeting notes

Outcomes

<table>
<thead>
<tr>
<th>Targeted primary outcomes</th>
<th>Outcomes</th>
<th>Tertiary outcomes</th>
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</thead>
<tbody>
<tr>
<td>Increase dietary fruit and vegetable consumption; decrease dietary solid fat consumption</td>
<td>Healthy snack offerings and extended school breakfast time</td>
<td>Increased academic performance</td>
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<tr>
<td>Increase physical activity</td>
<td>Wellness, Ignite, Nutrition (WIN) school-based curriculum</td>
<td>Decreased disciplinary action</td>
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<td>Decrease added sugar consumption</td>
<td>Use of installed water bottle filling stations</td>
<td>Improved cooking skills</td>
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<tr>
<td>Create supportive community environment to prevent overweight/obesity</td>
<td>Formation of project steering committees</td>
<td>Developed presentation skills</td>
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Post Assessment Data Plan

- Food and physical activity (PA) environmental assessments in both control and intervention communities
- Youth health behaviors questionnaire in both control and intervention communities
  - Current 6-8th graders, past 6-8th graders (now 9-11th grades)
- Ripple Effect Mapping (REM) in intervention communities only*
  - 3 main sessions: steering committee members, current 6-8th graders, adults (community members/parents/teachers) – optional: past 6-8th graders
- Policy change assessment tool to adult members of Ignite steering committees (intervention)*
  - Researcher developed tool to assess policy changes in school and after school targeting physical activity, nutrition, leadership

*post assessment only

Conclusion

- Secondary and tertiary outcomes reported via qualitative measures can potentially have a significant and lasting impact just as the targeted primary outcomes
- Post assessment data collection planned to evaluate intervention impact on targeted primary outcomes
- Planned development of a community toolkit for use in other communities with the purpose of identifying a potential framework for creating community-focused, sustainable and effective adolescent obesity prevention programs

Thanks very much...