

# Take Action: Healthy Weight for Life

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Indian Health Service (IHS)

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# Poll #1

Have you heard of the  
IHS Healthy Weight for  
Life Action Guides?

Yes or No



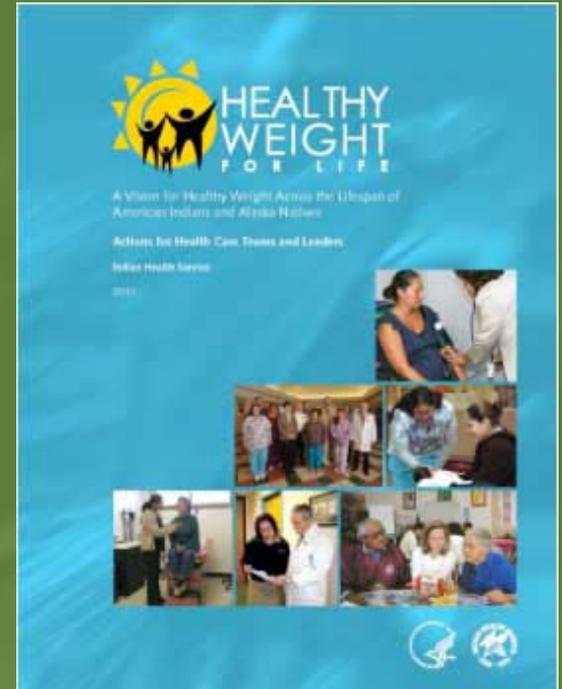
# Objectives



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

1. Summarize the vision of healthy weight across the lifespan for American Indians and Alaska Natives (AI/ANs).
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.





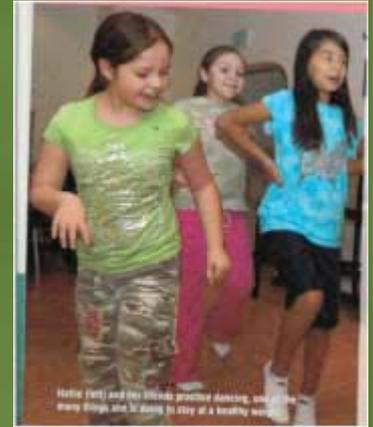
“Promoting a healthy weight across the lifespan is critical to improving health status and well-being of AI/AN, to reducing health disparities, and to maximizing the limited resources of the Indian Health System.”

*IHS, 2011.*





# Special Diabetes Program for Indians (SDPI)



# Everyone Has a Role to Play!



(Photo of SDPI DPP Team, Shiprock, NM)

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



# Poll #2

Two-thirds of American adults are overweight or obese.

True or False

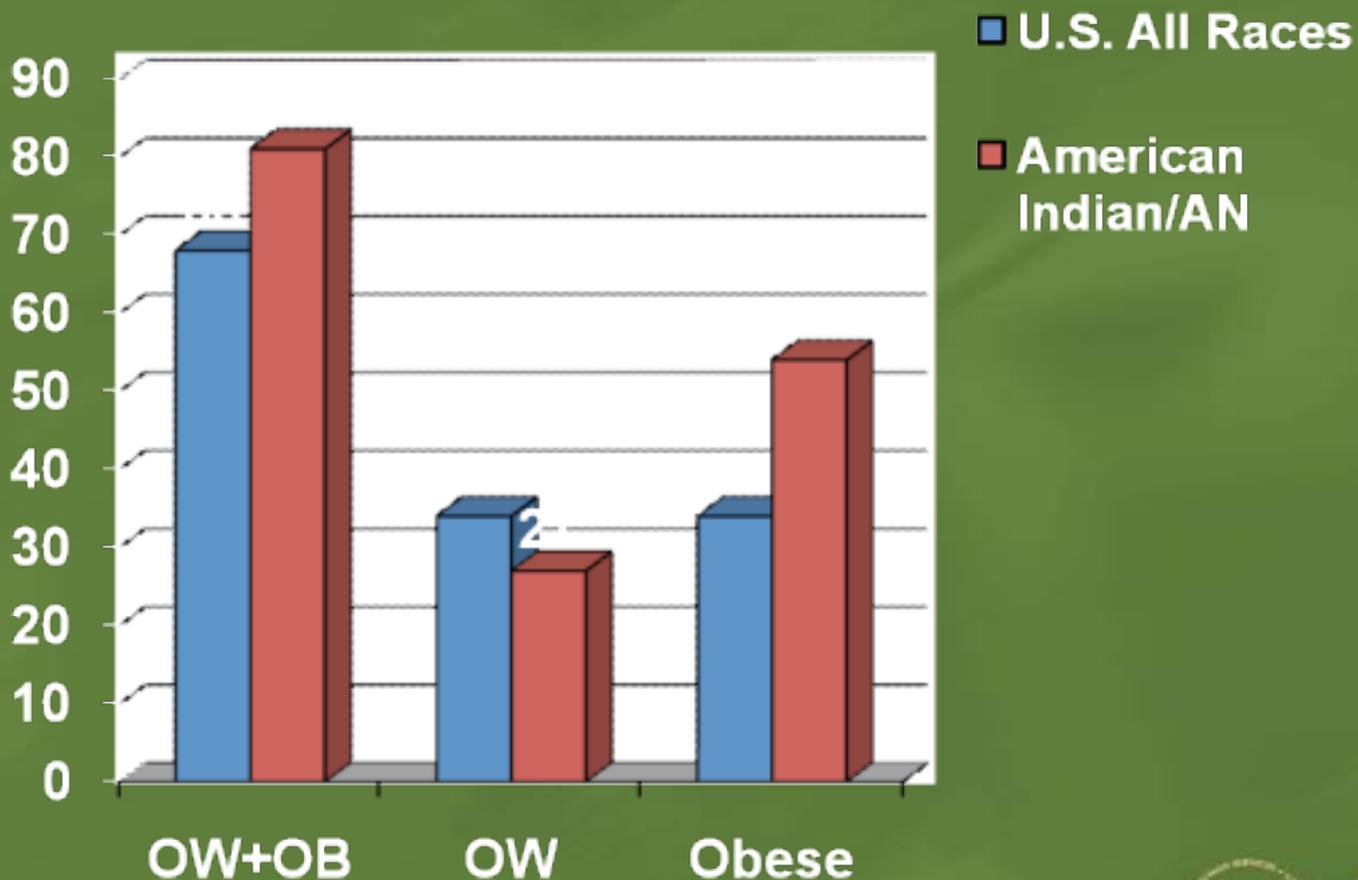
Two-thirds of AI/AN adults are overweight or obese.

True or False

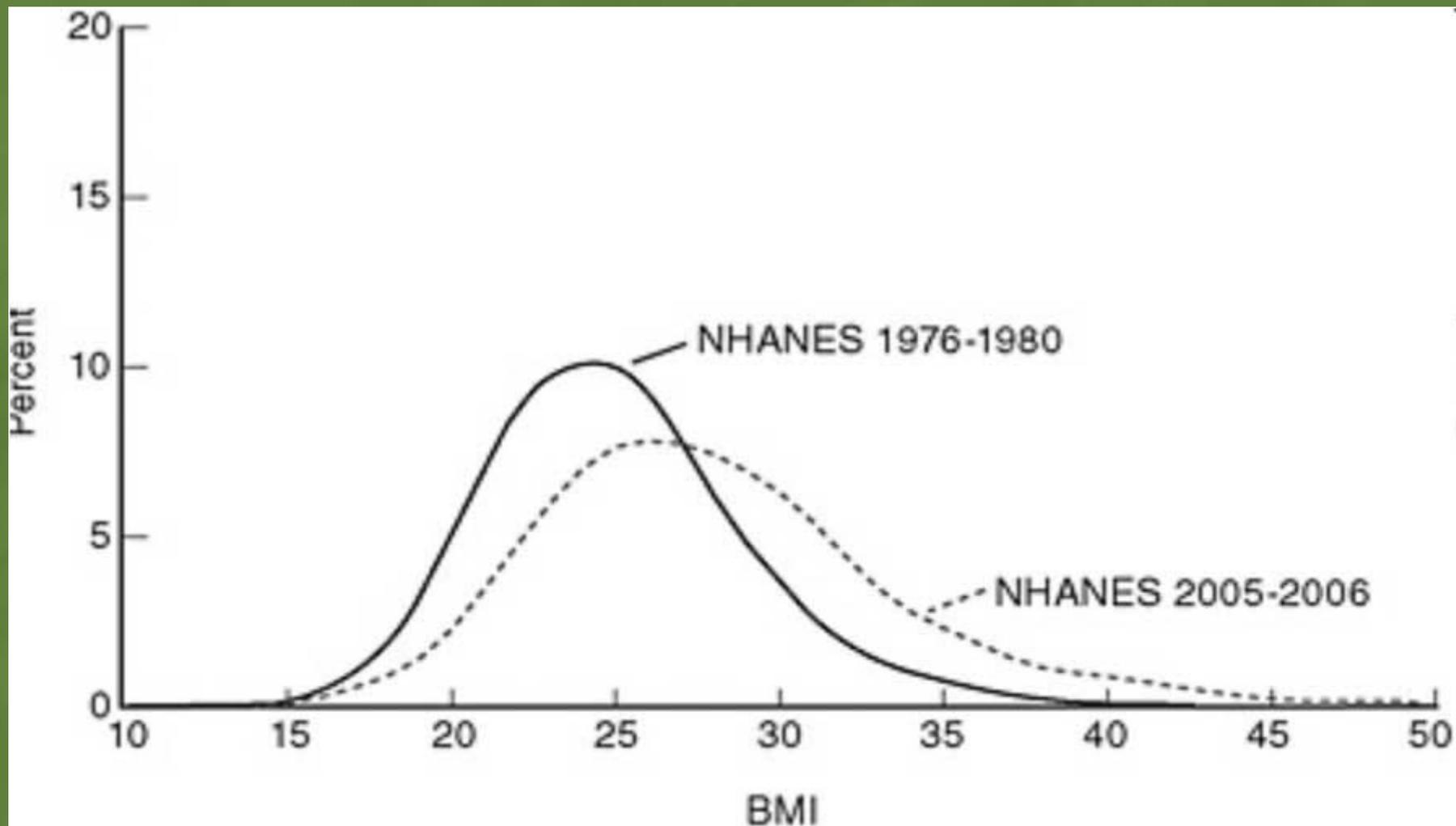


# U.S. All Races (1) and AI/AN (2) Prevalence of Overweight and Obesity in Adults

*(1) NHANES 2007–2008, (2) FY 08 IHS Clinical Reporting System*



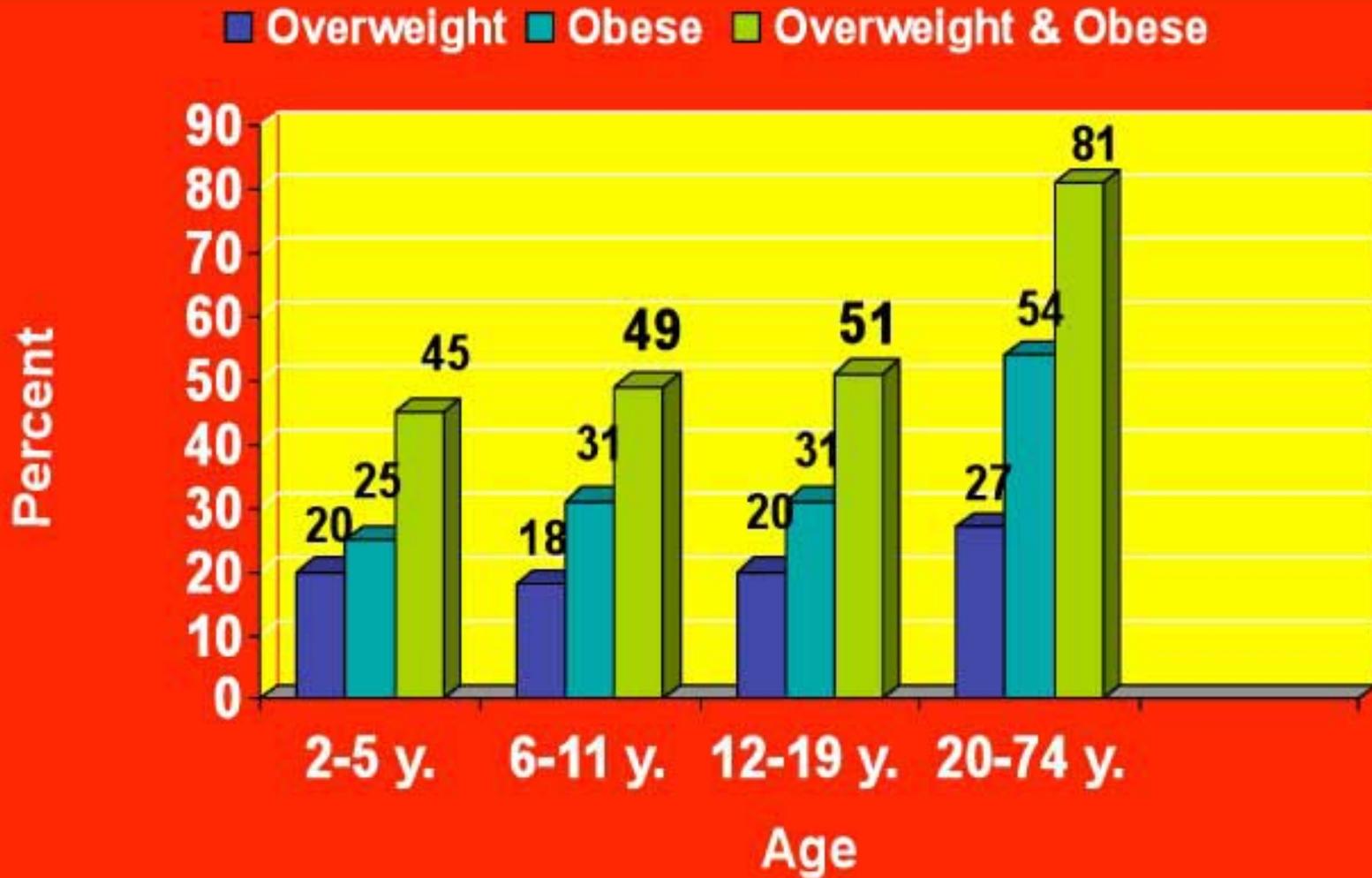
# Changes in the Distribution of Body Mass Index (BMI) Between 1976–1980 and 2005–2006 Among U.S. Adults Ages 20–74



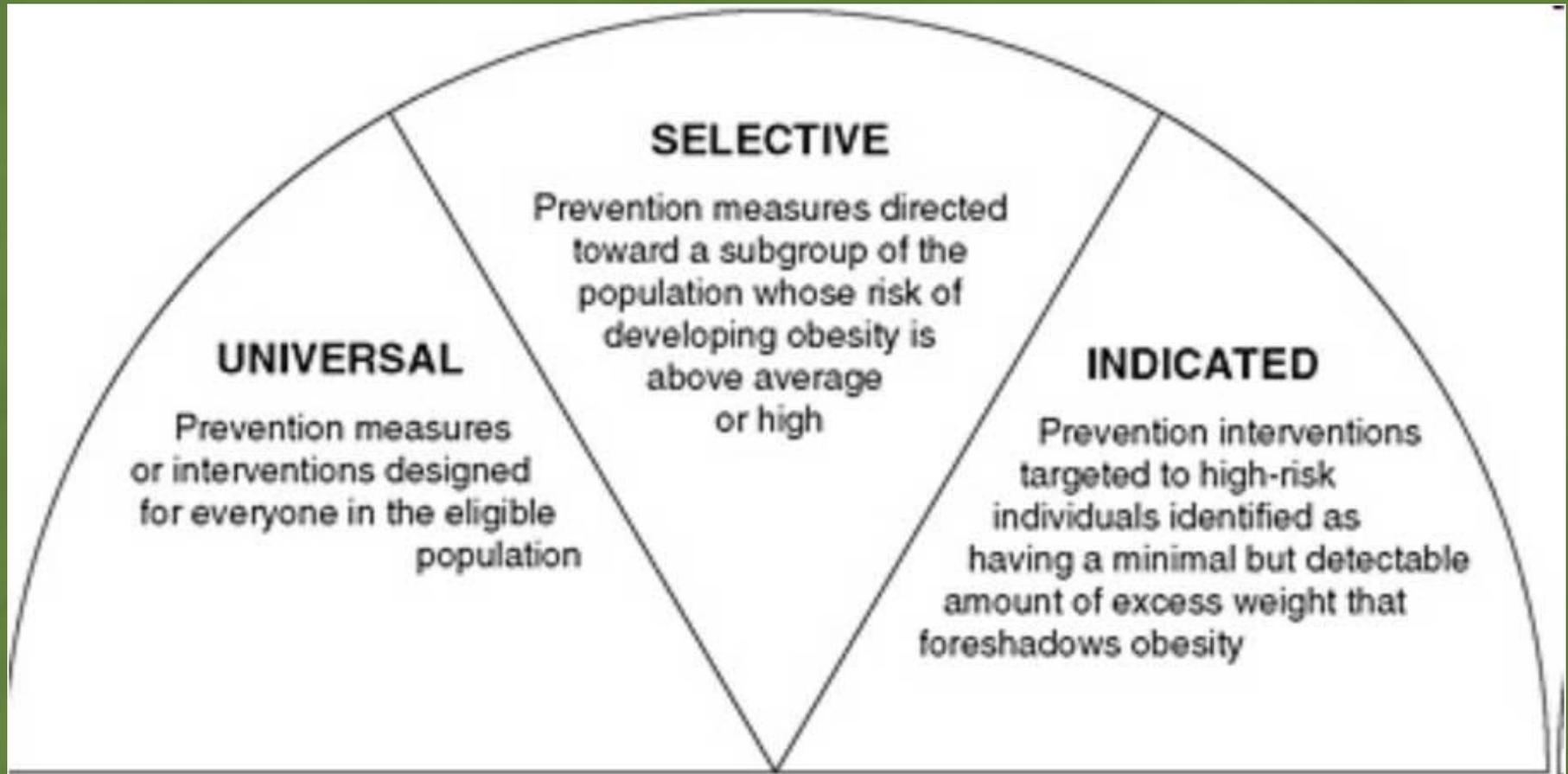
*Ogden et al., 2007.*

# AI/AN Prevalence of Overweight and Obesity, Ages 2-74

*FY 08 IHS Clinical Reporting System*



# Types of Obesity Prevention Interventions



*IOM, 2010, 1995; WHO, 2000.*



# Poll #3

Healthy weight is just a matter of energy balance—that is, energy intake and energy output.

True or False



# 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
- Maternal smoking at or about 26 weeks

*Strategic Plan for NIH Obesity Research 2010 Draft.*



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



Adapted from: *Diabetes Care*, Nov. 2008, Vol 31 (11), page 2217.



# Tobacco Control Movement

*NCI (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

### Preventing:

- SGA
- LGA

## Infants

### Promoting:

- Breastfeeding

## Toddlers

### Diagnosing:

- Early Adiposity Rebound

## Children

### Increasing:

- Physical Activity

### Decreasing:

- TV Viewing
- Sweetened Beverage Consumption

## Adults

### Increasing:

- Physical Activity

### Decreasing:

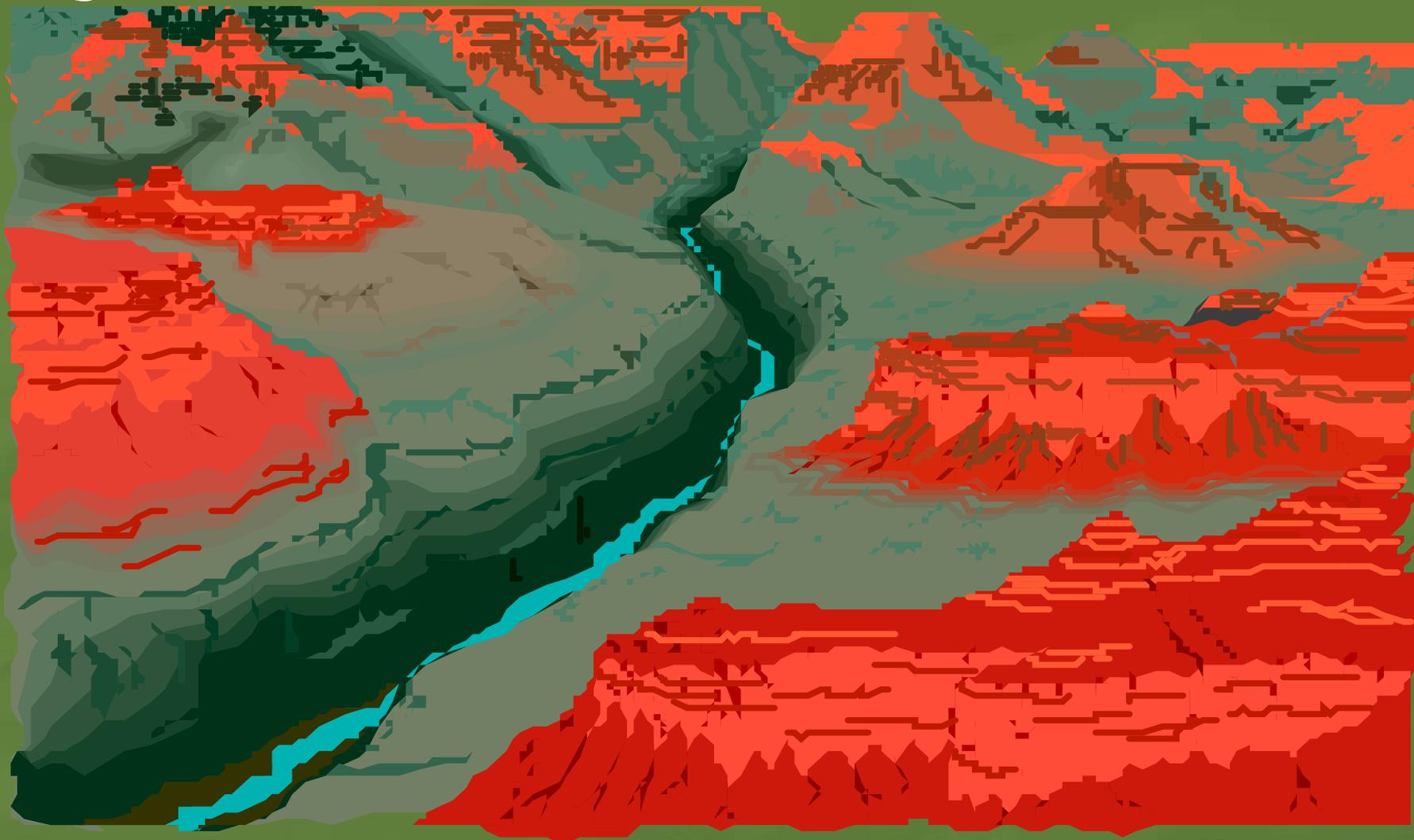
- Portion Size

### Encouraging:

- Weight Maintenance



# High Prevalence

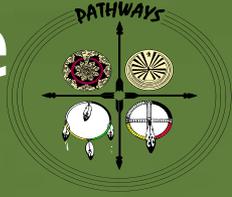


Paucity of Knowledge Base

*IOM, 2010.*



# National Heart, Lung and Blood Institute (NHLBI)–Funded Trial: Pathways



Full-Scale Randomized Trial  
1996–2001

Seven American Indian Communities  
40 Schools, 1704 3<sup>rd</sup> –5<sup>th</sup> graders

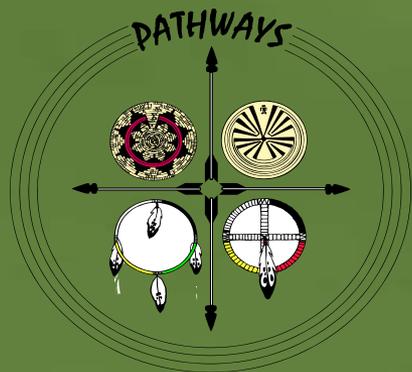
The intervention had four components:

- 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](http://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.



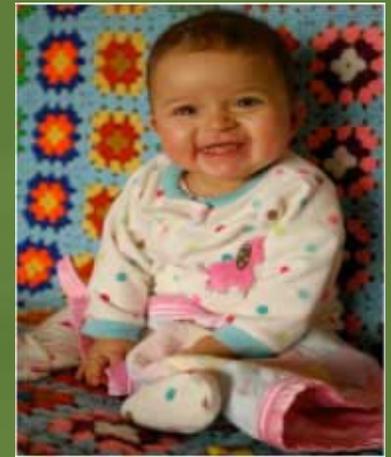
# Actions the Healthcare Team Can Take to Reach People at the *Individual* Level



1. Conduct universal BMI screening and assessment for all ages *NHLBI, 2000; Barlow et al., 2007; IHS, 2008.*
2. Screen all pregnant women for gestational diabetes mellitus (GDM) and assess weight gain pattern at each visit *American Diabetes Association, 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 the Healthcare Team Can Take to Reach People at the *Interpersonal Level*



1. Provide social support for healthy weight and behavior changes through Talking Circles and classes such as Diabetes Prevention Program (DPP) Lifestyle Balance Core and After Core *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 – work with child care centers to support timely introduction of healthy solid foods in infants and toddlers *IHS MCH, 2011; Office of the Surgeon General, 2011; US Dietary Guidelines, 2010.*
4. Provide worksite social support (walking, healthful eating) *CDC, 2011.*



# Actions the Healthcare Team Can Take to Reach People at the *Community* Level



- Provide mothers and families with resources to support breastfeeding *IHS MCH, 2011; Office of the Surgeon General, 2011.*
- Work with child care programs, such as Head Start , and schools to promote regular physical activity *Barlow ,et al., 2007; IHS, 2008.*
- Teach media literacy to help students and parents become informed consumers *RWJF, 2011.*
- Offer cooking classes and grocery store shopping and nutrition education tours *IOM, 2005.*



# Actions the Healthcare Team Can Take to Reach People at the *Organizational* Level



1. Implement and enforce comprehensive food standard policies *AAP, et al., 2010.*
2. Adopt a breastfeeding–friendly culture policy *Office of the Surgeon General, 2011.*
3. Use the infant feeding tool in Electronic Health Record (EHR), Resource and Patient Management System (RPMS), and Clinical Reporting System (CRS) *IHS MCH, 2011; IHS DDTP, 2008.*
4. Aim for Baby–Friendly Hospital designation *BFHI, 2011.*
5. Educate team on accurate measurement of BMI *IHS DDTP, 2011; HRSA, 2011.*
6. Collaborate with schools for access to fitness facilities and equipment *IOM, 2008.*



# Poll #4

A remote Tribal health clinic has vending machines containing sweetened beverages, chips, candy...

What would you do?

- a. Make Administration aware of the health concerns and mixed messages
- b. Work with healthcare teammates to brainstorm strategies to improve the food and beverage offerings
- c. Work with the vending company to provide a selection of healthy food and beverage snacks
- d. Work with Tribal government to take over operation of the vending machines
- e. Any of the above



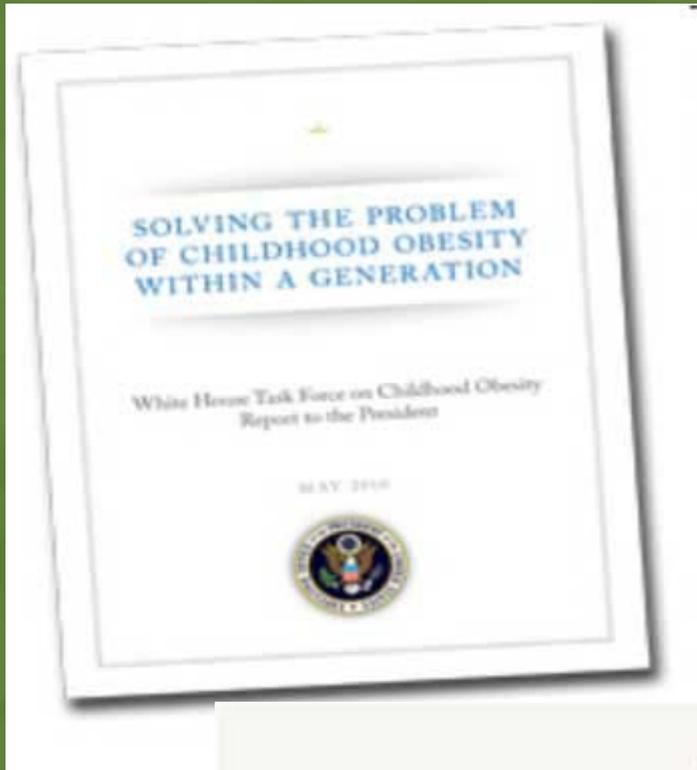
# Actions the Healthcare Team Can Take to Reach People at the *Society* Level



- Work with Tribal Governments to promote healthy weight *IOM, 2009.*
- Tohono O'odham Nation Legislation Council taking ownership of Coordinated School Health (CSH) by passing CSH into law by 04/2008 for schools implementation.
  - Navajo Nation Healthy Start Act
    - Breastfeeding at the workplace



# What Is The White House Doing to Promote Healthy Weight?

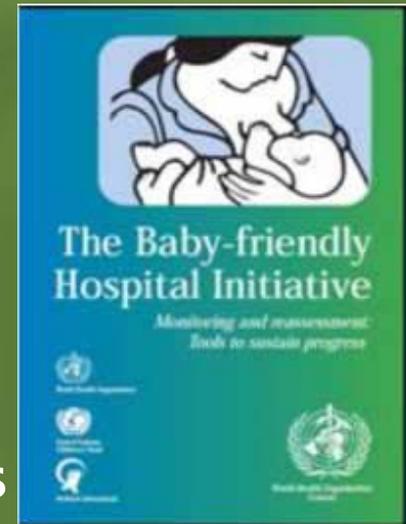


# *Let's Move!* in Indian Country

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

## Four Main Goals:

1. Creating a healthy start on life
2. Developing healthy schools
3. Increasing physical activity
4. Foster healthy, comprehensive food systems policies



# What Is the Surgeon General Doing to Promote Healthy Weight?



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



“Everyone can help make breastfeeding easier.”

The Surgeon General's Call to Action to Support Breastfeeding, 2011.

<http://www.surgeongeneral.gov>



# What Is HHS Doing to Promote Healthy Weight?



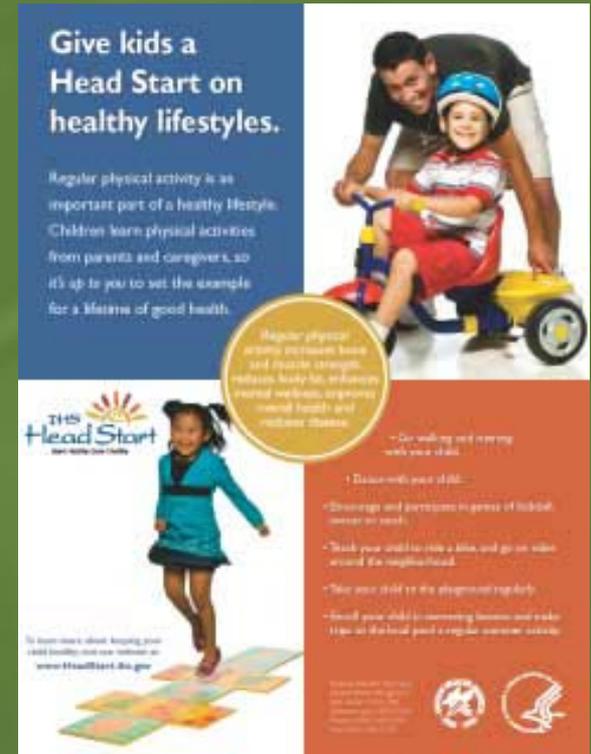
## Secretary's Strategic Initiatives

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 IHS Doing to Promote Healthy Weight?

- Healthy Weight for Life Workgroup
- Healthy Weight For Life Action Guides
- SDPI
- Division of Diabetes' publications and training programs
- Maternal and Child Health Program
- Health Promotion Disease Prevention Program
- Nutrition Program
- Head Start Program



**Give kids a Head Start on healthy lifestyles.**

Regular physical activity is an important part of a healthy lifestyle. Children learn physical activities from parents and caregivers, so it's up to you to set the example for a lifetime of good health.

Regular physical activity increases bone and muscle strength, reduces body fat, improves mental wellness, supports overall health and reduces disease.

Go walking and playing with your child.

Take your child to the playground regularly.

Encourage and participate in games of football, soccer or basketball.

Track your child to ride a bike, and go on bike around the neighborhood.

Send your child to swimming lessons and make it part of the local pool's regular summer activity.

To learn more about keeping your child healthy, visit our website at [www.HeadStart.gov](http://www.HeadStart.gov)

**Head Start**  
Let's make sure every child starts on the right path.

Logos for the U.S. Department of Health and Human Services and the U.S. Department of Education are visible at the bottom right of the graphic.





# Indian Health Service

The Federal Health Program for American Indians and Alaska Natives

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## Healthy Weight For Life

Promoting a healthy weight across the lifespan is critical to improving the health status and well-being of Native Americans. Take action now to help achieve our mission of raising the physical, mental, social, and spiritual health of Native Americans.

For More Information Visit: [Healthy Weight For Life](#)

<http://www.ihs.gov/healthyweight>



**REPORT**  
FRAUD, WASTE, ABUSE  
& MISMANAGEMENT

**Recovery Act**

[IHS American Recovery and Reinvestment Act \(ARRA\) of 2009 Information](#)



- IHS Pharmacists
- Special Diabetes Program
- Meaningful Use
- IHS Physicians
- Healthy Weight For Life**

**News & Announcements**

- NEW** [Promote a Healthy Weight for Life - A new resource from IHS](#)
- NEW** [Directors Blog - IHS Suicide Prevention Public Service Announcement Narrated by Indian Youth](#)
- [Learn about the IHS Health Education Program and find new Patient Education Codes!](#)
- [Are you aware of Fraud, Waste, Abuse or Mismanagement at IHS? Report it now!](#)

**Director's Corner**

**Dr. Yvette Roubideaux**



Read the Director's biography, blog, statements, letters to tribal leaders, and updates on priorities.

**HRSA**

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[Find Health Centers](#)

**National Prevention and Health Promotion Strategy**

[PROVIDE YOUR FEEDBACK](#)

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Find our mission, who we are, what we do and what collaborations we are part of.
- Jobs & Student Opportunities**  
Find what jobs and student opportunities are available at IHS.

# Objective #3



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



# Poll #5



1. Develop after-school program
2. Participate in elder nutrition and fitness activities
3. Implement a DPP
4. Advocate for healthy choices in vending machines
5. Promote worksite wellness
6. Offer workforce training and development
7. Write policies on food standards
8. Write policies to promote breastfeeding
9. Write policies to track heights/weights/BMI
10. Champion implementation of Baby-Friendly policies

Take a few seconds to select your first ACTION



# Sharing-Chat Response

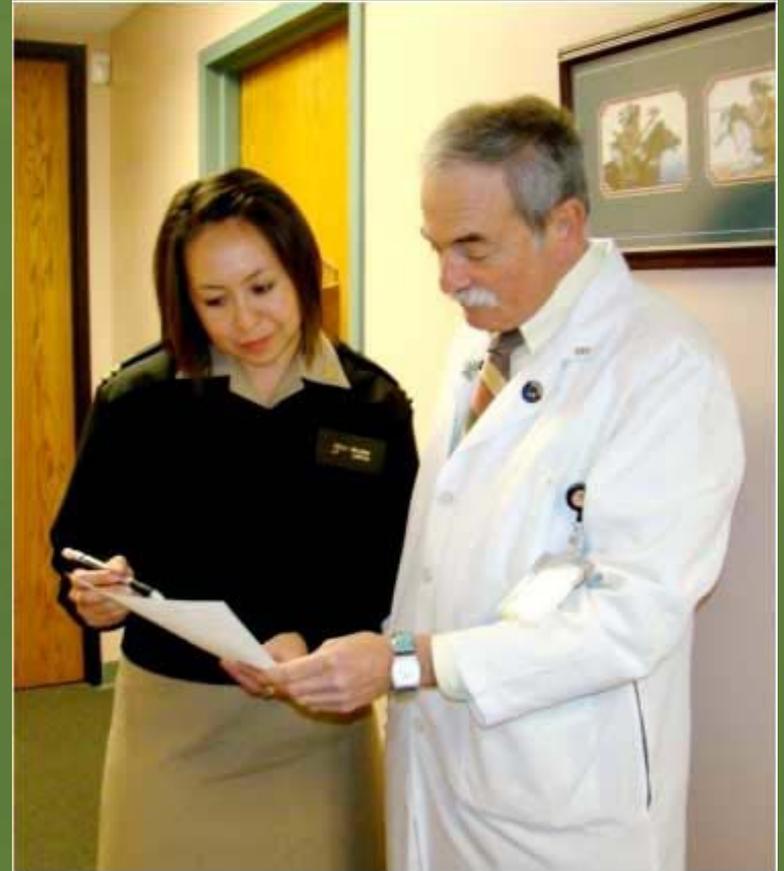


Give one example of how you plan to change your practice and “Take Action” as a result of this training



# We understand...

- Obesity is a multifactorial issue.
- Healthcare providers and care teams are only one *very* important part of a diverse strategy to promote healthy weight.
- Interventions across multiple sectors (schools, communities, media...) will bring most success.



# Everyone Has a Role to Play!



(Photo of SDPI DPP Team, Shiprock, NM)



# Healthy Weight for Life



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