



NATIONAL COLLABORATIVE ON
CHILDHOOD OBESITY RESEARCH

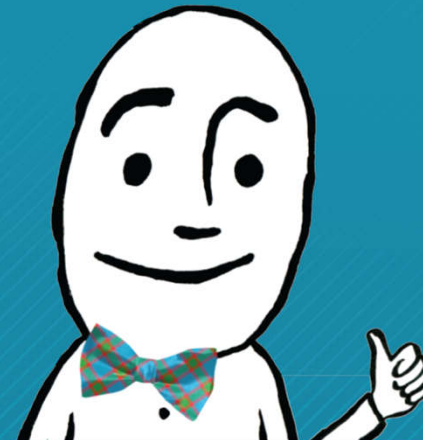
1. Spotlight

- Global Ideas for U.S. Solutions
- Improving Childhood Obesity Policy:
Cultural Insights on Diet, Discrimination,
and Food Systems
- State of Childhood Obesity

2. Q & A

3. NCCOR Announcements

TODAY'S PROGRAM



Today's Speakers



Karen Hilyard, PhD
Moderator



Karabi Acharya, ScD, MHS
Robert Wood Johnson Foundation



Edward (Ted) Fischer, PhD
Vanderbilt University



Tatiana Paz Lemus, PhD
Vanderbilt University



Jamie Bussel, MPH
Robert Wood Johnson Foundation

Need technical assistance? Have a question for our speakers?

Type your question(s) by clicking the
Q&A icon located below and a
representative will respond shortly.



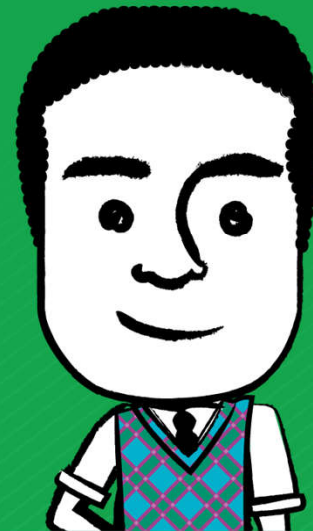
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INTERACTIVE POLL



SPOTLIGHT



Land Acknowledgement

Before we begin, I want to take this opportunity to recognize and acknowledge that Philadelphia, where I'm based, is the ancestral lands of the Lenape people, also called Lenni-Lenape, the traditional stewards of what is now Delaware, New Jersey, Eastern Pennsylvania, and Southern New York. The Lenape were the first tribe to sign a treaty with the United States. Despite many Lenape being forcibly removed from their ancestral homes and relocated to western states, the Lenape's presence and resilience in Pennsylvania continues to this day.

This land acknowledgment is one small act to pay respect and honor the original caretakers of this land from time immemorial until now, and into the future--recognizing the histories of land theft, violence, erasure, and oppression that have brought us here.

Global Ideas for U.S. Solutions

Karabi Acharya, ScD, MHS
Robert Wood Johnson Foundation

What is Bread?



Photo by [kiliweb](#) per Open Food Facts

Bread



- Sandwiches
- Baking together
- Square-shaped
- Communion

Chapati



- Baked daily
- Circular
- Used as a tool to eat
- Used in religious ceremonies

Global Ideas for U.S. Solutions



**Good ideas
have no
borders**



Improving Childhood Obesity Policy: Cultural Insights on Diet, Discrimination, and Food Systems

Edward (Ted) Fischer, PhD
Vanderbilt University

Tatiana Paz Lemus, PhD
Vanderbilt University

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Global Examples

Crow and Zuni Nations Indigenous Food Systems and Health

Programs based in food sovereignty movements build on traditional agricultural practices and foods to offer integrated approaches to children's diets and body sizes.

Mexico Reducing Soda Consumption

Public health efforts to combat high levels of soda consumption have included taxes, regulations on marketing in schools, and labeling guidelines.

Brazil Anti-Fat Discrimination Efforts

Federal and local laws treat large body size as a category of discrimination and provide public funds for accessibility barriers.

Chile Ultra-Processed Food Regulations

Taxes and labeling regulations have been successfully implemented.

Brazil Values-Based Nutritional Guidelines

Brazil's guidelines follow 10 broad principles that focus on the cultural and commercial aspects of food and eating, depicting plates with food regularly eaten by all social classes.

South Africa Regulating Marketing to Children

Government and food companies agreed to limit and restrict marketing of processed foods to children.

France School Lunch Program

Nutrition and taste are the two goals that drive their school lunch program. Schools decide how to implement the State's nutritional guidelines while following the traditional French format of several courses per mealtime.

Denmark The Cities Changing Diabetes Programme

The intervention focused on diabetes prevention coordinates efforts with all stakeholders, including front-line workers; policymakers; and administrators from the municipality, schools, and nurseries.

The Netherlands Health in All Policies

The Amsterdam Healthy Weight Approach works across government units, civil society, and private sectors for an integrated approach to child weight.

Japan Alternative Biometrics

Japan's controversial Metabo-Law mandates annual checkups that include a battery of laboratory tests in addition to body size measures.

New Zealand Māori Systems Thinking

Public health efforts have built on Māori systems thinking, introducing a holistic and collective approach to community interventions.

Cultural insights can help improve obesity policy by recognizing that...

FOOD IS MORE THAN NUTRITION

Acknowledge foods are embedded in cultural contexts, protect children from marketing practices, and build on cultural dynamics around children's food.

HEALTH IS MORE THAN WEIGHT

Bring in marginalized voices, including fat advocates and youth perspectives, to reframe stigmatizing terms and categories.

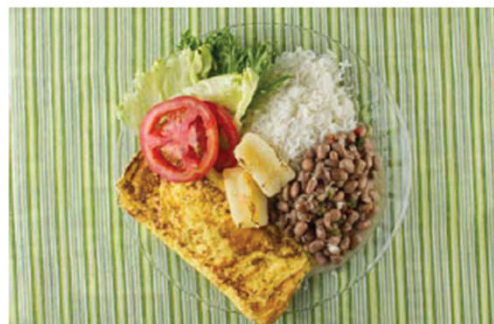
DIET IS MORE THAN INDIVIDUAL CHOICE

Address corporate responsibility, integrate policy silos, and build on Indigenous knowledge and more holistic approaches to food and health.

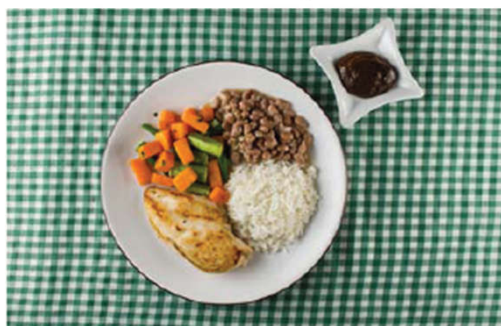
Brazil's Dietary Guidelines



Rice, beans, chicken leg, cabbage, pumpkin and orange



Lettuce, tomato, rice, beans, omelette, and cassava



Rice, beans, chicken breast, pumpkin with okra and jenipapo jam



Rice, beans, ground meat with vegetables

BMI: Scientific Measure or Cultural Fact?

- The World Health Organization (WHO) defines obesity as **“abnormal or excess adipose tissues that increases health risk.”**
- BUT in practice, obesity is defined as having a **BMI greater than 30.**
- BMI shows population-level correlations with type 2 diabetes (T2D) but is a poor predictor of individual metabolic health.

What can we learn from lived experience?

Health is more than weight.

Weight discrimination also results in poor health outcomes.

Representation matters in the decision-making of obesity policies.

We need policies that acknowledge that weight stigma and discrimination place children in vulnerable conditions.



“Even at a young age, I had been declared an enemy combatant in the US’s war on childhood obesity. Bodies like mine had been declared an epidemic, and we were its virus, personified.”

-Aubrey Gordon

What can we learn from systems thinking?

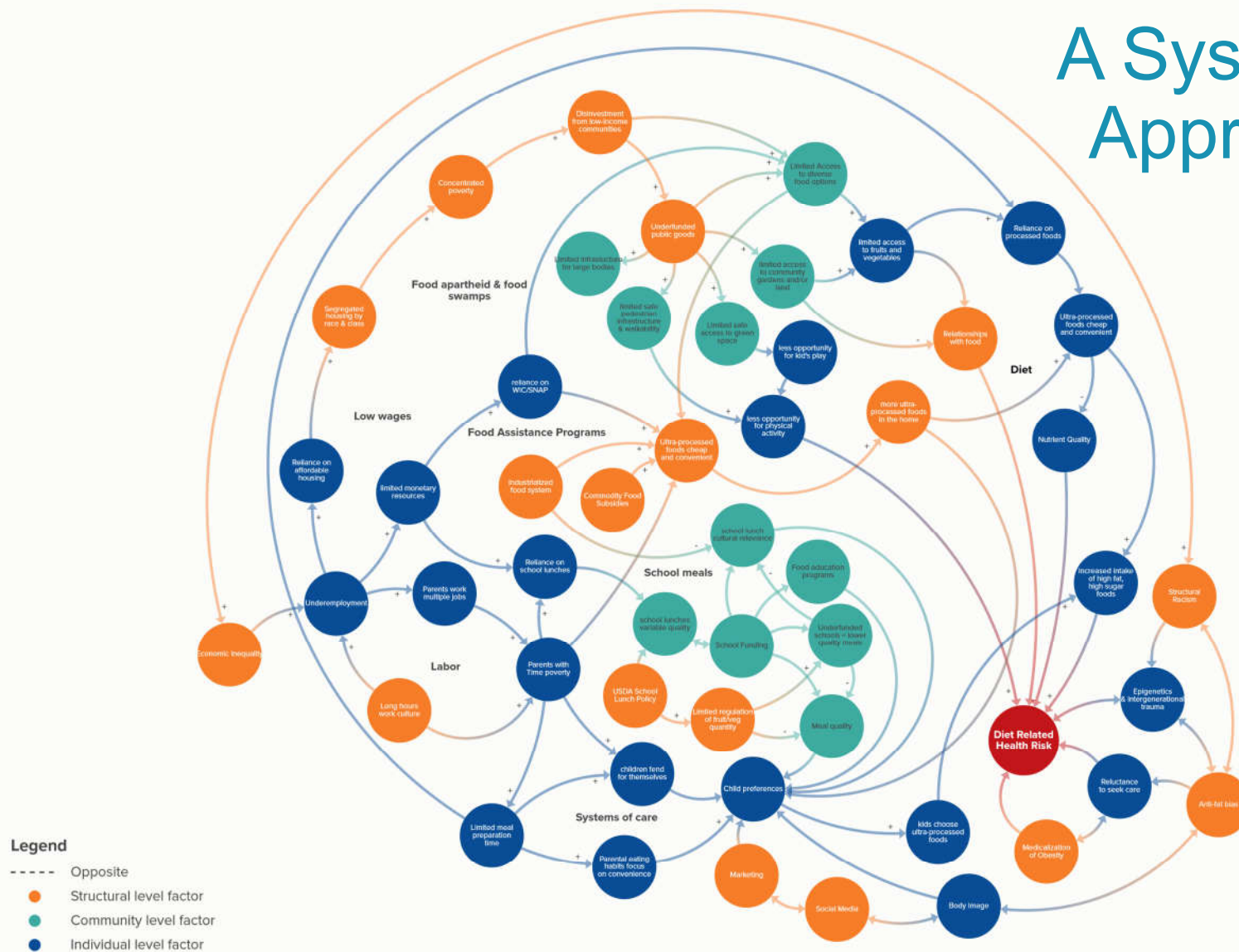
Diet is more than individual choice

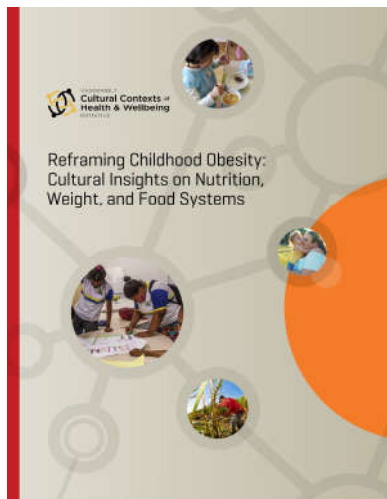


“Colonization forced out the practice of our religion, which is linked to all our prayers, which is linked to the way that we grow food, which is linked to the way that we actually bring our children up, which is linked to the way that we interact with each other. This damaged the ability for Māori to be Māori and we are feeling the impacts of it today.”

-Mapihi Raharuhi, Māori Lakes District Health, NZ

A Systems Approach





Food is
more than
nutrition.

Health is
more than
weight.

Diet is
more than
individual
choice.

Reframing Childhood Obesity

The most effective and sustainable efforts to improve child health and nutrition take into account cultural contexts and colonial legacies as well as nutritional science.

www.vanderbilt.edu/cultural-contexts-health
@VanderbiltCCH



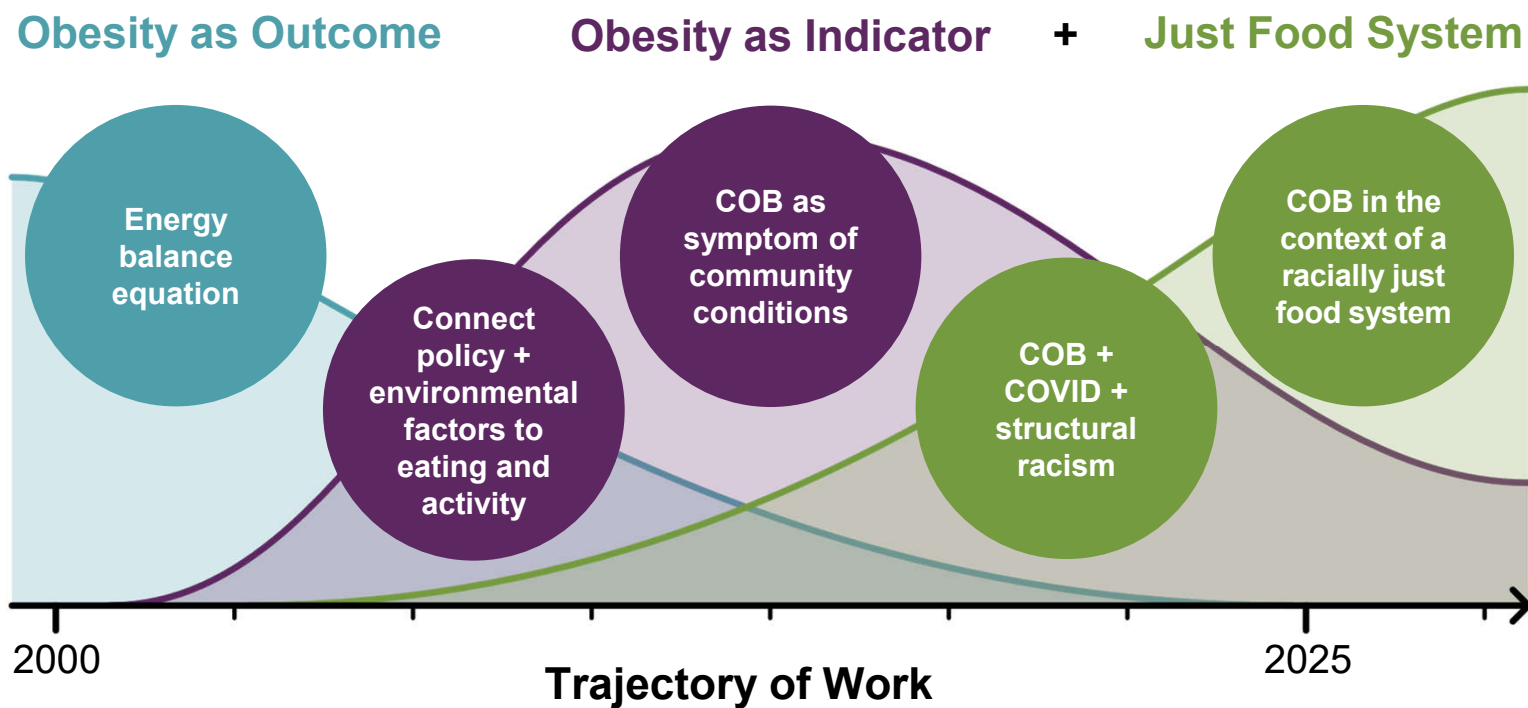
State of Childhood Obesity

Jamie Bussel, MPH
Robert Wood Johnson Foundation

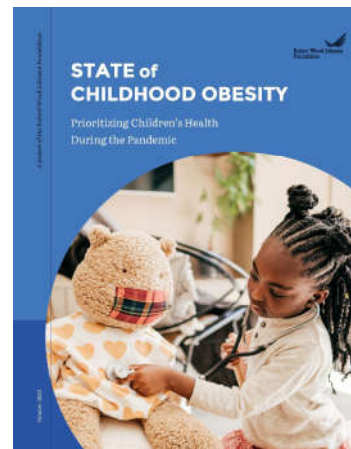
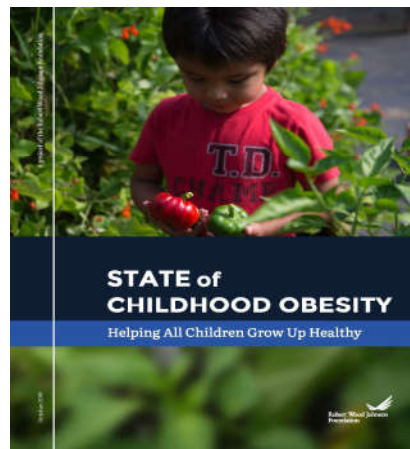
Childhood Obesity Prevention: A 20-Year Commitment



Our Evolution

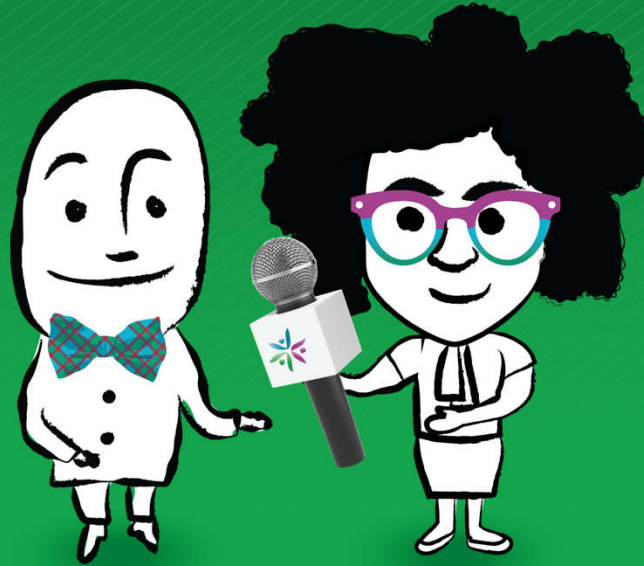


Our Evolution



**Where We're
Going:**

**State of Childhood Obesity:
Health is More than Weight**



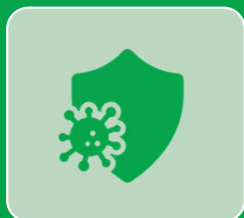
Q&A

ANNOUNCEMENTS



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New Publications



Key Informant Interviews to Inform Nutrition and Physical Activity Recovery Efforts in Child Care Settings amid the COVID-19 Pandemic in the United States

Allison M. Nitto, David Berrigan, Andrew A. Bremer, Sarah K. Kersten, Leah R. Carpenter, Amy L. Yaroch
Frontiers in Public Health | June 2022



Improving Active Travel to School and Its Surveillance: An Overlooked Opportunity in Health Promotion and Chronic Disease Prevention

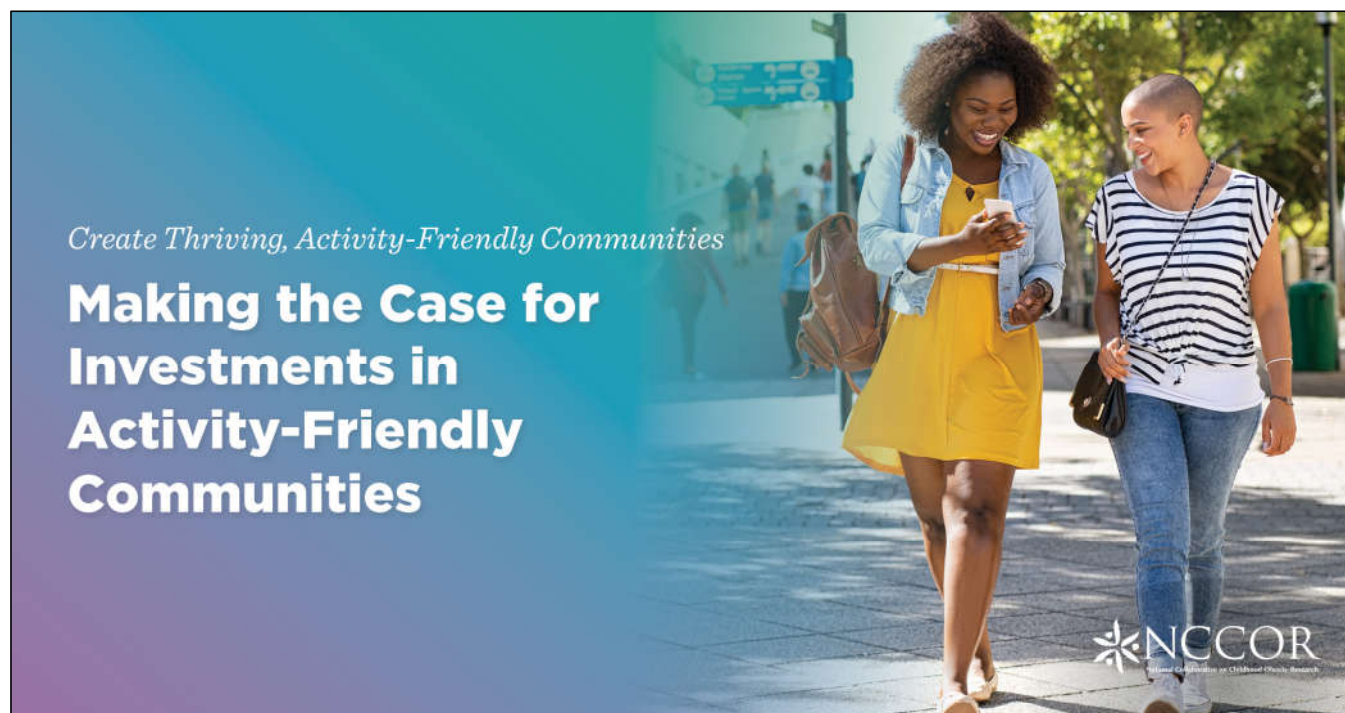
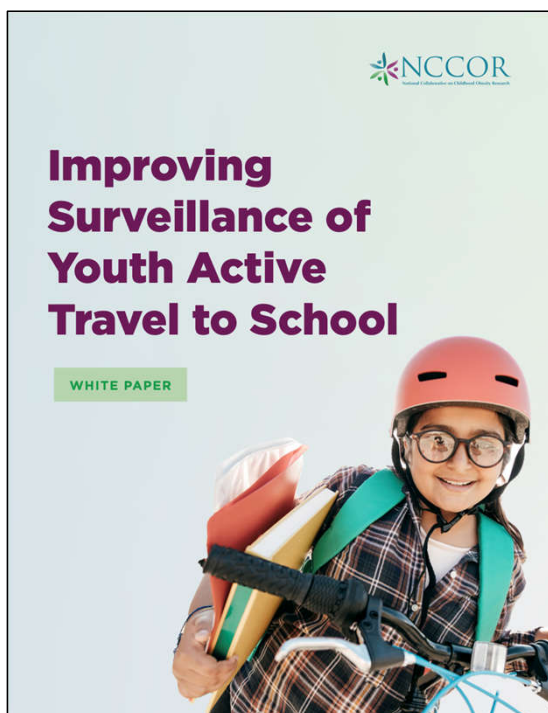
Stephanie M. George, Sarah A. Sliwa, Kelly A. Cornett, Van Do, Andrew A. Bremer, David Berrigan
Translational Behavioral Medicine | June 2022

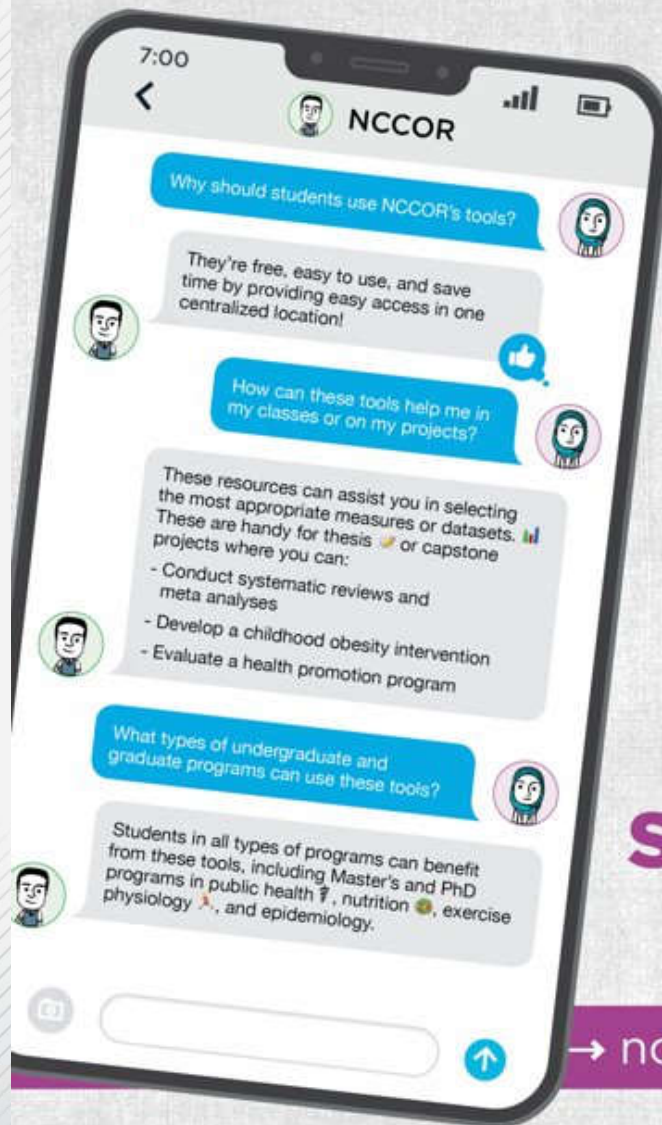


Systematic Review on Quantifying Pedestrian Injury When Evaluating Changes to the Built Environment

Keshia M. Pollack Porter, John D. Omura, Rachel M. Ballard, Erin L. Peterson, Susan A. Carlson
Preventative Medicine Reports | April 2022

New Tools and Resources



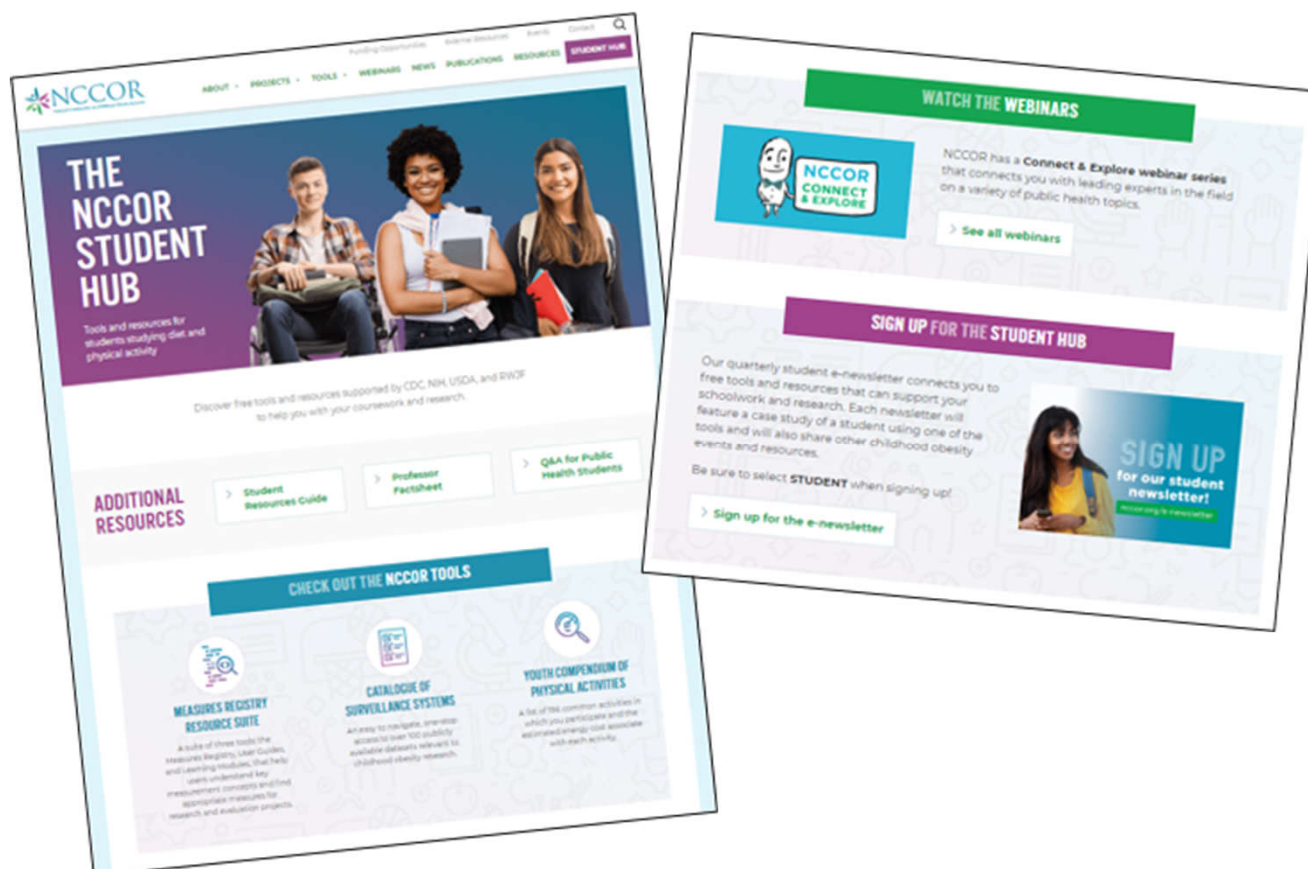


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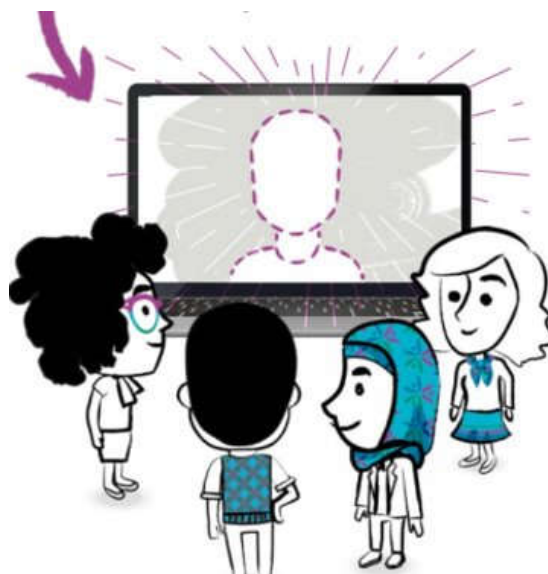
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Check out the student hub webpage!



Have you used any of NCCOR's tools?

Let us know at nccor@fhi360.org
and we may feature you in our next webinar!



FURTHER QUESTIONS?

Other questions about NCCOR or upcoming activities?

Email the NCCOR Coordinating Center

nccor@fhi360.org