



2019 ANNUAL REPORT

National Collaborative on
Childhood Obesity Research

Building the Future

Building the Future Together



FOR MORE THAN A DECADE, the nation's four leading childhood obesity research funders—the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), the Robert Wood Johnson Foundation (RWJF), and the U.S. Department of Agriculture (USDA)—have collaborated to accelerate progress in the field of childhood obesity research. Together, they established the National Collaborative on Childhood Obesity Research (NCCOR) to get more done, more quickly, and have a greater impact by working together.



**This year, NCCOR
took steps to build
a strong foundation
for the future of
childhood obesity
research—and
for the future of
children across the
United States.**

This report encapsulates NCCOR's collaborative work in 2019—from innovative workshops to new measurement tools to strategic communications.





Identifying Opportunities

NCCOR USED ITS TENTH YEAR to assess our impact in advancing the field. In 2019, we held meetings and gathered information from senior leaders from each partner agency, the NCCOR External Scientific Panel, and NCCOR members to identify needs in the field, new opportunities, and where the field and NCCOR should move next.

The social determinants of health (SDoH)—including physical environment, income and wealth, health systems and services, employment, housing, transportation, and education—is one theme that emerged as a topic for exploration.

Other topic areas for consideration include:

- **LOOKING AT EARLY INFLUENCES**—the urgency of starting a newborn on a trajectory for a healthy life
- **ADDRESSING HEALTH EQUITY**—addressing the needs of those who are disproportionately affected by health inequities and the greatest burden of disease
- **STUDYING SLEEP AND SEDENTARY BEHAVIOR**—two factors that are critically important for children and obesity
- **RESEARCHING THE ECONOMICS**—looking into the economic impact of public health interventions and rationales
- **TAKING ADVANTAGE OF THE COLLABORATIVE TO ACCESS NEW RESOURCES AND OPPORTUNITIES**—continuing to work across the agencies to optimize what we can do together

NCCOR's External Scientific Panel (NESP)

The NCCOR External Scientific Panel (NESP) advises NCCOR on its future direction and provides guidance on specific projects and emerging work. The members serve as valuable liaisons between NCCOR and external scientific communities, informing the Collaborative on new science and connections to outside research, practice, and policy.

2019 NESP MEMBERS:

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Terry Huang, PhD, MPH
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Mary Story, PhD, RD
Elsie M. Taveras, MD, MPH







Advancing Measurement Methods

NCCOR'S NEW MEASURES REGISTRY LEARNING MODULES



In September, NCCOR unveiled an exciting new resource to help researchers, practitioners, students, and faculty understand key measurement concepts for research and evaluation projects related to nutrition and physical activity. The Measures Registry Learning Modules include an introductory module and four modules for each domain of the Measures Registry. This project was funded by The JPB Foundation.

NCCOR's goal in introducing the Measures Registry Learning Modules was to provide a useful resource for those in the field to better understand how to use the Measures Registry in their work. The Modules highlight key concepts of the Measures Registry User Guides in four 5 to 15-minute videos, making it easier to understand measurement issues in the four major domains of the Measures Registry: individual diet, food environment, individual physical activity, and physical activity environment. They also show users how to use the Measures Registry—a searchable database of diet and physical activity measures relevant to childhood obesity research.

NCCOR hopes that these tools will help not only researchers and practitioners but future generations in the field as well, by making it easier for students to grasp key measurement concepts.





FILLING THE GAPS IN RESEARCH METHODS

This year, NCCOR held the first two in a series of three workshops, supported by The JPB Foundation, aimed at understanding what we need to measure to solve the childhood obesity crisis:

1 Advancing measurement of individual behaviors related to childhood obesity

GOAL: Explore areas within physical activity, sedentary behavior, diet, and sleep where measurement is lacking; determine gaps in measurement; and explore how to integrate that measurement across several areas.

2 Advancing measurement for high-risk populations and communities related to childhood obesity

GOAL: Examine measurement needs in children in high-risk populations and communities, illustrate current practices for the adaptation and development of measures, and discuss current challenges and gaps.

TOOLS AND RESOURCES FOR RESEARCHERS, PRACTITIONERS, AND STUDENTS

The **MEASURES REGISTRY RESOURCES SUITE** encompasses three tools relevant to childhood obesity research and evaluation:



The **MEASURES REGISTRY** is a searchable database of nearly 1,400 diet and physical activity measures relevant to childhood obesity research.



The **MEASURES REGISTRY USER GUIDES** walk users through the process of using the Measures Registry to select appropriate measures.



The **MEASURES REGISTRY LEARNING MODULES** highlight key concepts from the four domain-specific Measures Registry User Guides in 5 to 15-minute videos.

Some of NCCOR's Other Tools Include:

The **CATALOGUE OF SURVEILLANCE SYSTEMS** provides one-stop access to more than 100 publicly available datasets relevant to childhood obesity research. The Catalogue provides a unique window on obesity-related environmental factors and policies, as well as trends in relevant determinants, health behaviors, and outcomes.

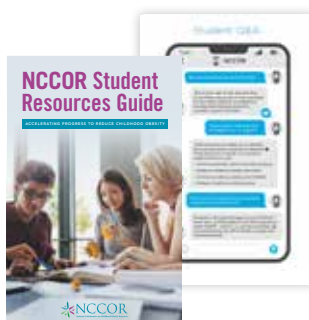
The **YOUTH COMPENDIUM OF PHYSICAL ACTIVITIES** provides a list of nearly 200 common activities in which youth participate and the estimated energy expenditure associated with each activity. The Compendium can be used for conducting research and in public health policy making and supports the work of a variety of professionals, including researchers, health care professionals, students, professors, and fitness coaches.



To build the future of childhood obesity research, NCCOR aims to accelerate research in the field by providing free tools and resources that make research and evaluation standardized and easier.

The Next Generation

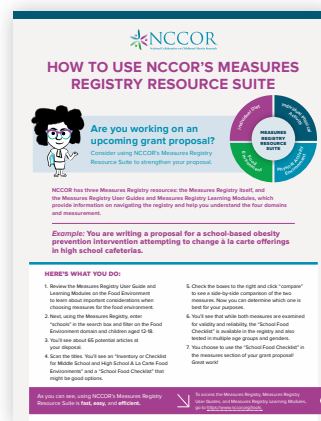
NCCOR created new materials in 2019 to help students with coursework and research projects.



STUDENT RESOURCE GUIDE—includes detailed case studies for students on how to use various NCCOR tools



STUDENT HUB E-NEWSLETTER—a new quarterly resource for students with all the latest information on NCCOR tools and news from the field



HOW TO USE NCCOR FOR A GRANT PROPOSAL—a new factsheet that provides a step-by-step example of how to use NCCOR's Measures Registry Resource Suite for writing a grant proposal

NCCOR also created new materials for educators, including a factsheet for incorporating NCCOR tools into the classroom for professors and a factsheet on using the Youth Compendium of Physical Activities for classroom teachers.

Examining Key Issues and Engaging the Field

BUILDING KNOWLEDGE ACROSS NCCOR MEMBER ORGANIZATIONS



Active NCCOR Workgroups

- Additional Benefits of Walkability
- Advancing Measurement of Diet and Physical Activity for Childhood Obesity Research and Evaluation
- Catalogue of Surveillance Systems
- Childhood Obesity Evidence Base (COEB)
- Communications
- Engaging Health Care Providers and Systems
- Economic Impact of Build Environment Improvements for Physical Activity
- SNAP-Ed Toolkit
- Increasing Opportunities for Trail Use to Promote Physical Activity and Health Among Underserved Youth
- Youth Active Travel to School (ATS) Surveillance Initiative
- Youth Energy Expenditure

Communications

This year, NCCOR revived the Communications Workgroup. Composed of communications specialists from across the four funding agencies, the workgroup focuses on coordinated cross-promotion of childhood obesity-related materials and tools, helping to disseminate information to a larger external audience.

Engaging Health Care Providers and Systems

This year, NCCOR's Engaging Health Care Providers and Systems Workgroup completed six sessions of its Collaborative Learning Project—a virtual learning platform that brought together experts from medical, academic, and community-based organizations. The workgroup has begun synthesizing the information garnered from each of the sessions to inform the development of an evaluation toolkit for community-based healthy weight programs.







SHARING INFORMATION WITH THE FIELD



Conferences provide essential spaces for researchers, practitioners, students, and faculty to connect and learn about the work happening in the field of childhood obesity research at large. This year, NCCOR attended several annual conferences related to diet, physical activity, and obesity to engage with experts and highlight new tools through presentations and NCCOR exhibit booths.

Active Living Conference

FEBRUARY 17-20, 2019
CHARLESTON, SC

This conference brings together active living researchers and champions from over 30 disciplines to advance knowledge and action around physical activity and active communities.

- **WORKSHOP:** *Measure Selection for the Physical Activity Environment with NCCOR Measures Registry Learning Modules*
- **EXPERTS:** David Berrigan, PhD; James Sallis, PhD; Jordan Carlson, PhD; Calvin Tribby, PhD; Terry T.K. Huang, PhD, MPH

Society of Behavioral Medicine Annual Conference

MARCH 6-9, 2019 • WASHINGTON, DC

More than 2,400 behavioral and biomedical researchers and clinicians from more than 20 disciplines gather at this conference each year.

- **WORKSHOP:** *Transforming the Field: 10 Years of the National Collaborative on Childhood Obesity Research*
- **EXPERTS:** Laura Kettel Khan, PhD, MIM; Rachel Ballard, MD, MPH; Leslie Lytle, PhD; Brook Belay, MD; C. Tracy Orleans, PhD

Healthy Eating Research Annual Conference

MARCH 13-15, 2019 • DETROIT, MI

This invite-only meeting brings together about 150 researchers, practitioners, and students working on issues related to healthy food, food access, and food policy.

- **SESSION:** *Towards Improvement Measurement of Individual Diet Behaviors and Food Environment Exposures: Resources from the National Collaborative on Childhood Obesity Research*
- **EXPERTS:** Amanda (Samuels) Sharfman, MS, MPH; Sharon Kirkpatrick, PhD, RD

Society for Public Health Education (SOPHE) Annual Conference

MARCH 26-29, 2019 • SALT LAKE CITY, UT

SOPHE holds an annual conference for 800–900 health education and promotion professionals and their colleagues to share best practices, learn about new trends in the field, network with one another, and support each other in professional development.

- **POSTER SESSION:** *NCCOR's Measures Registry & User Guides: Tools for Researchers and Public Health Practitioners to Measure Diet and Physical Activity*

The Future of Food and Nutrition Graduate Student Research Conference

APRIL 6, 2019 • CAMBRIDGE, MA

Convened by Tufts University, this conference is a unique venue for graduate students across disciplines and from around the country to present original research relating to the food system and nutrition science.

- **WORKSHOP:** *Tools for Research and Evaluation of Diet and Physical Activity*
- **EXPERT:** *Amanda (Samuels) Sharfman, MS, MPH*

CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) National Training

MAY 6-10, 2019 • ATLANTA, GA

The 2019 DNPAO National Training was designed for State Physical Activity and Nutrition, High Obesity Program, and Racial and Ethnic Approaches to Community Health program recipients. Hosted by the Association of State Public Health Nutritionists, this training ensures recipients are equipped to successfully implement the strategies and activities in their work plans.

American Society for Nutrition 2019

JUNE 8-11, 2019 • BALTIMORE, MD

This conference brings together more than 3,600 nutrition professionals each year.

- **DEMONSTRATION:** *Highlighting the Measures Registry, User Guides, and Modules*
- **POSTER SESSION:** *Towards Improvement Measurement of Individual Diet Behaviors and Food Environment Exposures: Resources from the National Collaborative on Childhood Obesity Research*
- **EXPERTS:** *Sharon Kirkpatrick, PhD, RD; Jill Reedy, PhD, MPH, RD; Amanda (Samuels) Sharfman, MS, MPH; Leslie Lytle, PhD*

Childhood Obesity Conference 2019

JULY 15-19, 2019 • ANAHEIM, CA

This bi-annual conference brings together more than 2,000 nutrition and physical activity professionals. The theme of the 2019 conference was "Beyond Obesity: Tackling Root Causes."

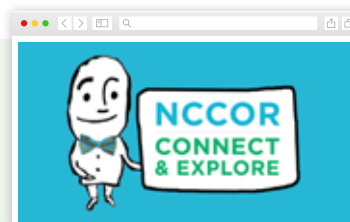
- **SESSION:** *Transforming the Field: 10 Years of the National Collaborative on Childhood Obesity Research*
- **EXPERTS:** *S. Sonia Arteaga, PhD; James Sallis, PhD; Amanda (Samuels) Sharfman, MS, MPH*

American Public Health Association Annual Meeting

NOVEMBER 2-6, 2019 • PHILADELPHIA, PA

This annual conference is the largest in the field of public health, bringing together more than 13,000 public health practitioners.

- **EXHIBIT BOOTH**



2019 CONNECT & EXPLORE WEBINARS

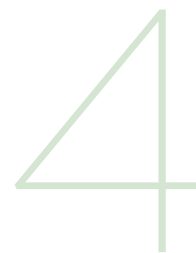
- 1 From Purchase to Plate: Linking USDA Nutrition Data with Retail Scanner Data to Assess the Healthfulness of America's Food-at-Home Purchases**
EXPERT: *Andrea Carlson, PhD, MS*
- 2 Measures Registry Learning Modules: Helping You Understand Measurement Concepts and Approaches for Diet and Physical Activity**
EXPERTS: *David Berrigan, PhD; Jordan Carlson, PhD; Sharon Kirkpatrick, PhD, RD; Leslie Lytle, PhD; and Greg Welk, PhD*







Building the Future



Looking to the Future

In 2019, NCCOR took steps to lay the foundation for a strong future for children—but the work continues. NCCOR will continue to pursue cross-cutting approaches to building the field of childhood obesity research—and building the future for our children. Following are a few activities that NCCOR will pursue in the coming year.

A new resource to help you assess childhood obesity



In early 2020, NCCOR will release a new user guide on assessing childhood obesity. This guide will help users select the most appropriate measures of adiposity in children when conducting population-level research and evaluation on obesity.

A new website for students using NCCOR tools



The Collaborative will launch a new Student Hub website, along with the new student e-newsletter, to make NCCOR's tools more accessible for graduate students.

Continuing to advance measurement methods



NCCOR will also host the third in a series of measurement workshops, called “*Advancing measurement of environmental and policy influences on childhood obesity*.” The workshop will bring together researchers and practitioners to explore new opportunities for measurement of the environment within areas of diet, physical activity, and sleep. In addition, NCCOR aims to explore measurement of housing and transportation as it relates to childhood obesity.

To further disseminate the results of this workshop series, NCCOR will release white papers with recommendations based on the workshop findings.

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↑ **10%** Increase

LINKEDIN



708

FOLLOWERS

↑ **21%** Increase

E-NEWSLETTER



5,351

SUBSCRIBERS

↑ **14%** Increase

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11,556

MEASURES REGISTRY
LEARNING MODULES
PAGE VIEWS

Launched in September 2019

OUTSIDE EXPERTS

82



OUTSIDE EXPERTS
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