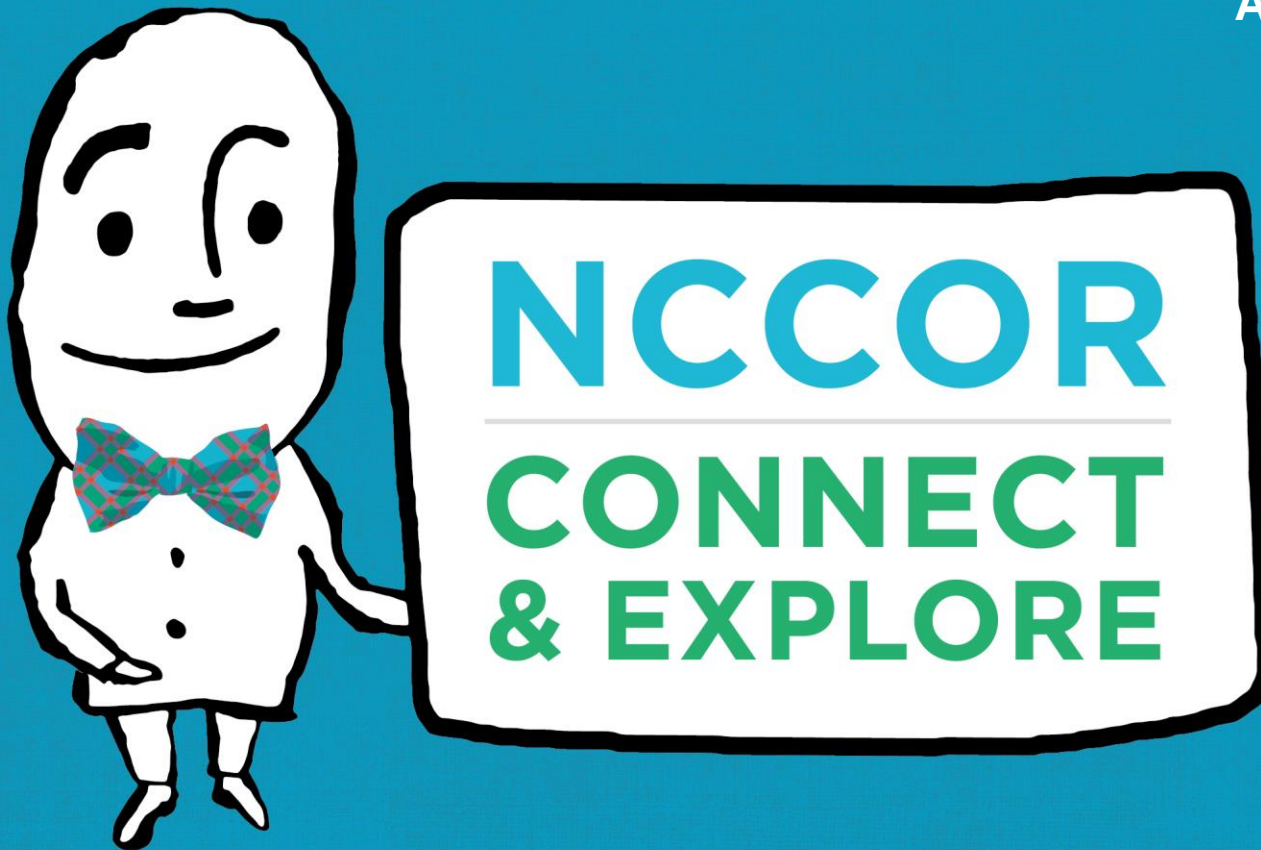


April 30, 2018



Connecting you with experts. Exploring the latest childhood obesity news and research.

We will begin at 1:05 to allow participants time to join the webinar.

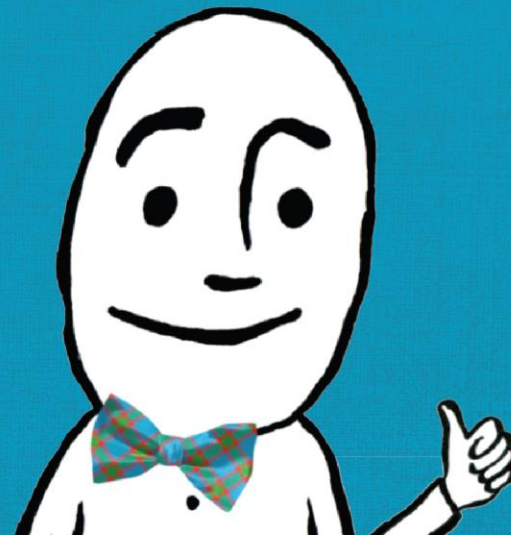
1. Spotlight: The Childhood Obesity Declines Project Supplement

- Rationale
- Methods and Findings
- Strategies: Patterns & Commonalities
- Implications for Research and Evaluation Approaches

2. One on One

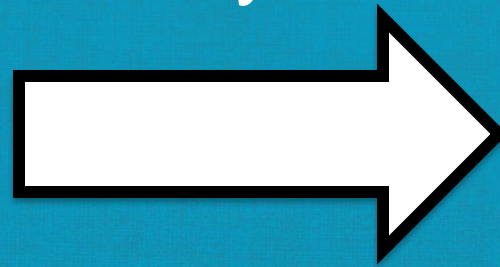
3. NCCOR Announcements

TODAY'S PROGRAM



Need technical assistance? Have a question for our speakers?

Type your question(s) in the chat box
located on the right and a representative
will respond shortly.



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Today's Speakers



Elaine Arkin

National Collaborative
on Childhood Obesity
Research



Laura Kettel Khan

Centers for Disease
Control and Prevention



Tina Kauh

Robert Wood Johnson
Foundation



Deborah Young-Hyman

National Institutes of Health



Nicola Dawkins-Lyn

ICF

INTERACTIVE POLL





The Childhood Obesity Declines Project *Rationale*

Tina Kauh, PhD
Senior Program Officer
Robert Wood Johnson Foundation

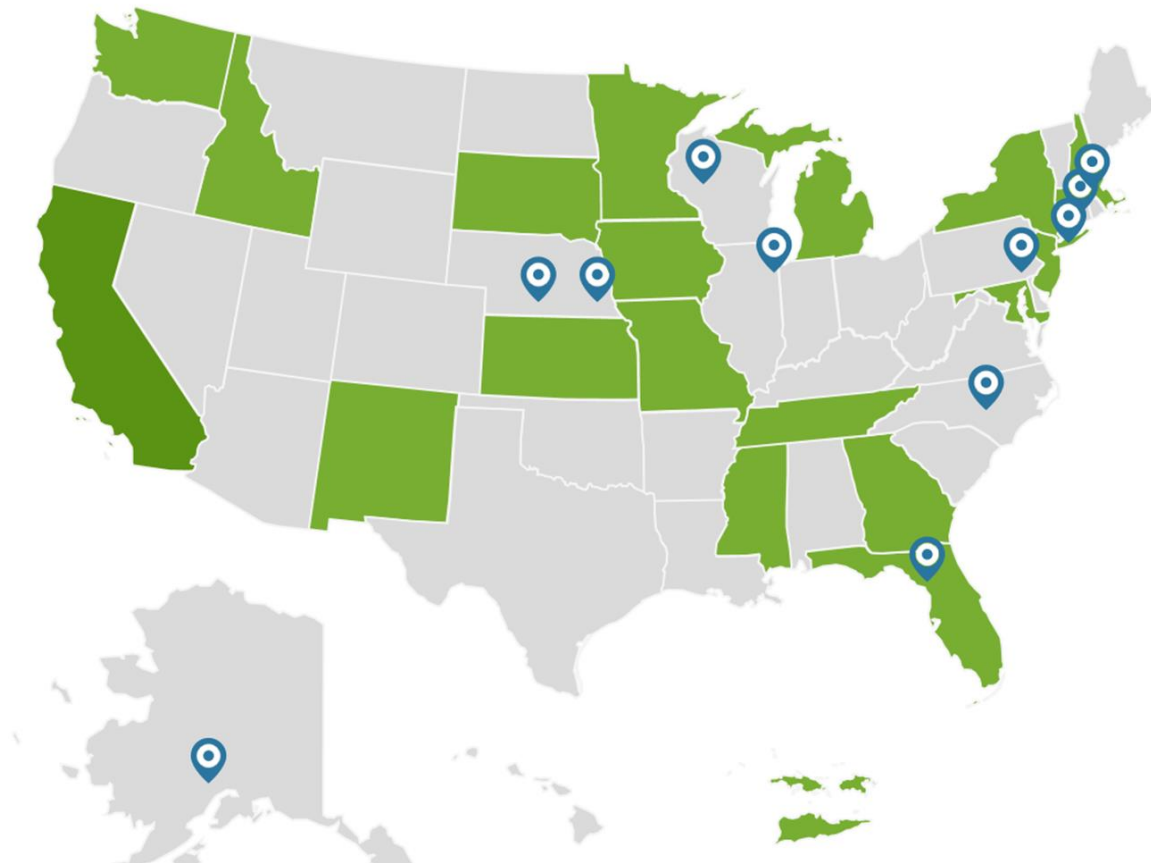
Just Published in *Childhood Obesity*

- Childhood Obesity Declines Project Supplement
- Available at:
<https://www.nccor.org/projects/obesity-declines/>



Rationale for the Childhood Obesity Declines Project (COBD)

- Recent National Trends
- Patchy Signs of Progress



Objectives

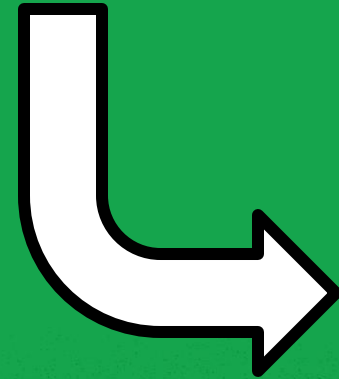
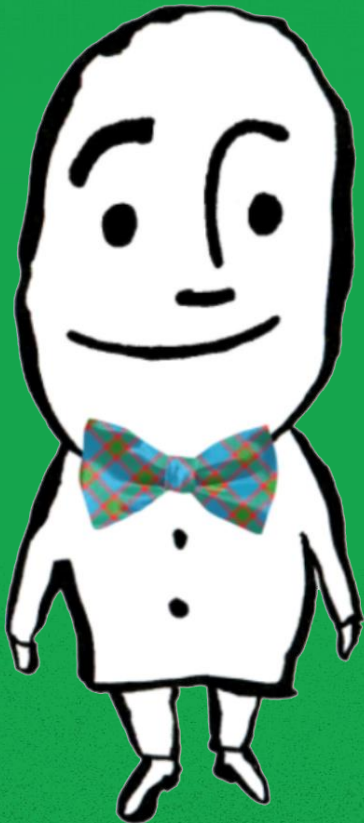
1. To identify four communities with verified declines in childhood obesity rates
2. To understand what strategies were implemented, how they were implemented, and factors that may have influenced implementation
3. To understand how communities targeted their efforts toward high-risk populations

Method

- Initiated by NCCOR
- Led by NCCOR advisors and ICF
- Guided by external advisors
- Used an adapted version of the Systematic Screening and Assessment method
- Assessed childhood obesity rates
- Collected retrospective implementation data

QUESTIONS?

Please type your question(s) in the chat box located on the right.



The Childhood Obesity Declines Project *Methods and Findings*

Nicola Dawkins-Lyn, PhD, MPH
Vice President for Public Health
ICF

Methods Overview

- Scanned popular media reports and peer-reviewed literature to identify sites reporting declines
- Selected sites for case studies based on established criteria
- Reviewed documents to identify relevant initiatives at each site
- Administered an inventory of strategies (survey) for site representatives to note strategies that occurred
- Examined policy and contextual data for each site to identify relevant policies and contexts
- Conducted site visits to interview respondents across settings

Site Selection Criteria

- Reported declines in childhood obesity
- Objectively measured height and weight by trained staff
- Reported a statistically significant decrease (obtained site data and conducted significance testing when necessary)
- Established a baseline during or after 2004
- Conducted a follow-up during or after 2009
- Reported a minimum of 2 data collections

Reported Statistically Significant Declines in Study Sites

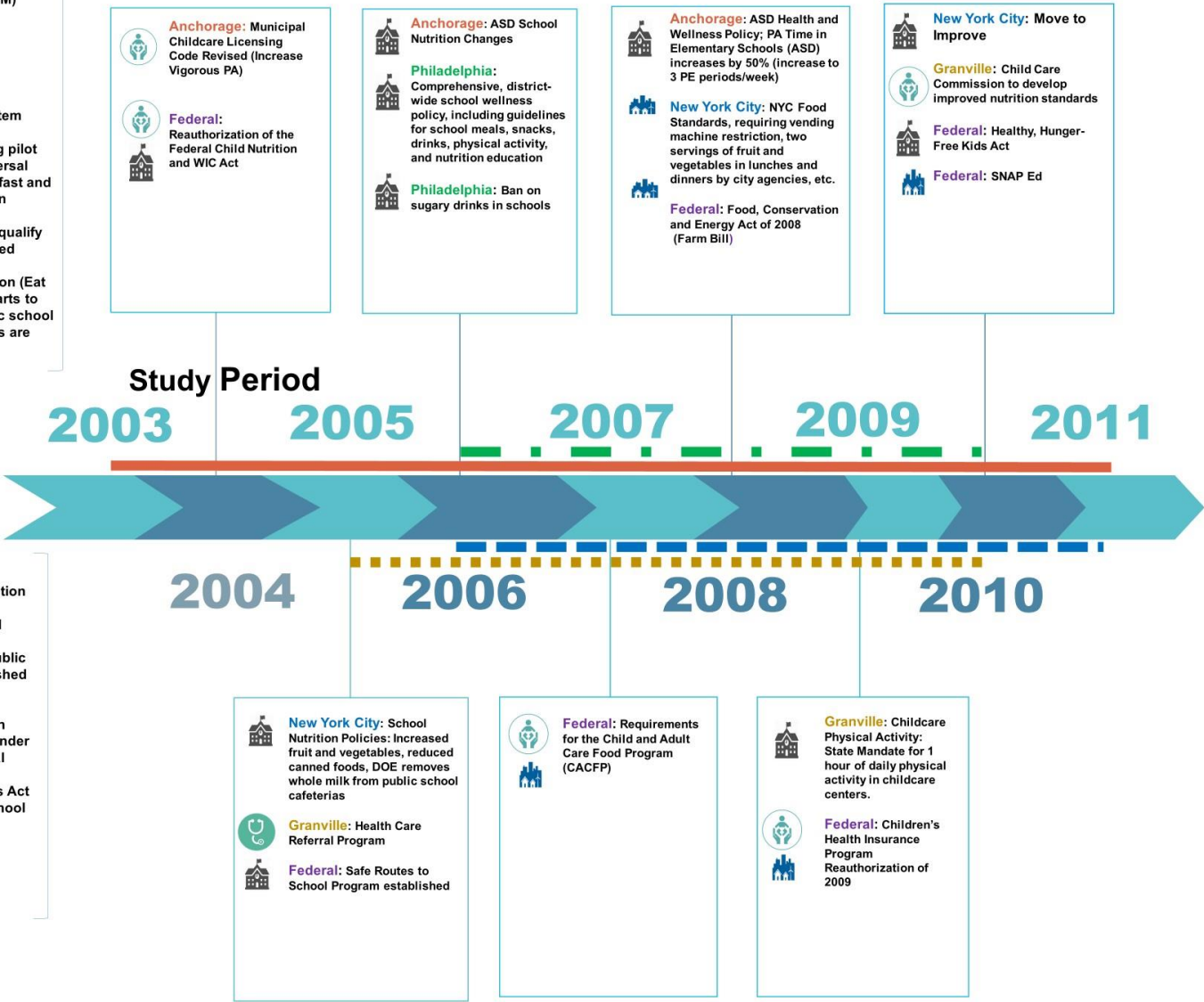
Site	Age or Grade	Reported Decline	Period of Decline
Anchorage, AK	Students in grades K, 1, and 3	Obesity declined from 18.0% to 17.6%, representing a relative decrease of 2.2% ($p < .001$)	2003–2004 to 2010–2011 school years
Granville County, NC	Children 2–4 years of age	Overweight/obesity declined from 36% to 29.7%, representing a relative decline of 17.5% ($p < .01$)	2005 to 2010
New York City, NY	Students in grades K-8	Obesity declined from 21.9% to 20.7%, representing a relative decline of 5.5% ($p < .001$)	2006–2007 to 2010–2011 school years
Philadelphia, PA	Students in grades K-8	Obesity declined from 21.5% to 20.5%, representing a 4.7% relative decrease (7.7% for severe obesity) ($p < .001$)	2006–2007 to 2009–2010 school years

Pre-Study Period

Interventions Implemented up to 5 Years Prior to Baseline

- Anchorage:**
- 2001 - Anchorage 2020: Anchorage Bowl Comprehensive Plan (PM)
 - 2002 – Alaska Obesity Prevention and Control Program established
- Philadelphia:**
- 1989 – Early Childhood Education Linkage System begins (ECELS)
 - 1991 - Universal feeding pilot started, enabling “universal service” (i.e. free breakfast and lunch for all students) in schools where a high percentage of children qualify for free or reduced-priced meals
 - 1999 - Nutrition education (Eat Right Now Program) starts to be provided to all public school students whose families are eligible for SNAP

Timeline of Strategies Identified for Focus Across Sites, 2003–2011



Post-Study Period

Interventions Implemented up to 5 Years After Follow-up Data Collection

- Anchorage:**
- 2011 – Farmer Market EBT Quest Card System
 - 2011 – “Nutritional Alaska Foods for Schools” - Farm to School permanently instilled in State Budget
- Philadelphia:**
- 2011 – School District of Philadelphia Student and Staff Wellness Policy is revised
 - 2011 – SSB tax introduced again
 - 2014 – Sodium reduction media campaign (through 2015)
 - 2015 – Physical activity media campaign (planned through 2016)
- New York City:**
- 2011 – Active Design Guidelines for new city construction
 - 2011 – Sugary Drink Campaign
- Granville:**
- 2011 – Resolution on Heart Disease and Dietary Sodium Intake
 - 2013 – General Nutrition Requirements for child care centers
 - 2013 – Student Wellness policy (Granville County School Board)

Study Period Legend

- Anchorage
- Philadelphia
- New York City
- Granville

Settings:

- Schools
- Community
- Health Care
- Early Care and Education

Strategies that Targeted Populations that Experienced Obesity Declines

	Site	Name of Strategy	Setting				Focus Area		Type	
			Early Care & Education (ECE)	Schools	Community	Health Care	Nutrition	Physical Activity	Program	Policy
1	Anchorage	Anchorage Municipal Childcare Licensing Revisions	X					X		X
2	Anchorage	Anchorage School District: Nutrition Changes (soda ban, followed Healthy Hunger Free Kids Act (HHFKA))		X			X			X
3	Anchorage	Anchorage School District: Health, Wellness, and Physical Education		X			X	X	X	X

Strategies that Targeted Populations that Experienced Obesity Declines

	Site	Name of Strategy	Setting				Focus Area		Type	
			ECE	Schools	Community	Health Care	Nutrition	Physical Activity	Program	Policy
1	Granville County	Child Care Nutrition (prohibiting sweetened beverages, whole milk, added sugars; increasing whole grains)	X				X			X
2	Granville County	Health Care Referral Program (county clinics assuring screenings and yearly check-ups)				X	X	X	X	X
3	Granville County	Childcare Physical Activity	X					X		X

Strategies that Targeted Populations that Experienced Obesity Declines

	Site	Name of Strategy	Setting				Focus Area		Type	
			ECE	Schools	Community	Health Care	Nutrition	Physical Activity	Program	Policy
1	New York City	New York City Food Standards (comprehensive nutrition standards for all foods purchased and served by city agencies and their programs)	X	X	X	X	X			X
2	New York City	School nutrition policies (including whole milk removed from public schools; introduced lower-fat, fat-free items, salad bars, healthy vending)		X			X			X
3	New York City	Move to Improve (classroom-based physical activity program)	X	X				X	X	

Strategies that Targeted Populations that Experienced Obesity Declines

	Site	Name of Strategy	Setting				Focus Area		Type	
			ECE	Schools	Community	Health Care	Nutrition	Physical Activity	Program	Policy
1	Philadelphia	Universal Feeding Program pilot (broadly increasing access to free and reduced-price lunch)		X			X		X	X
2	Philadelphia	EAT.RIGHT.NOW. Nutrition Education Program (using Supplemental Nutrition Assistance Program Education [SNAP Ed] funds)		X			X		X	
3	Philadelphia	Ban on sugary drinks in schools		X			X			X
4	Philadelphia	Comprehensive districtwide school wellness policy (switch from 2% to 1% and fat-free milk, deep fryer ban)		X			X	X	X	X

Types of Strategies

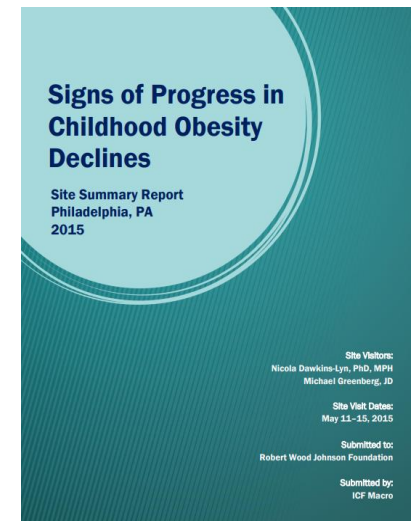
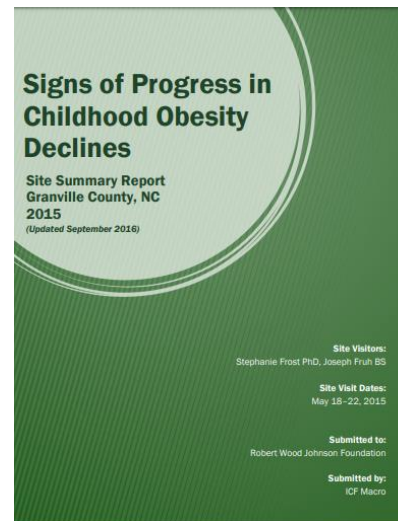
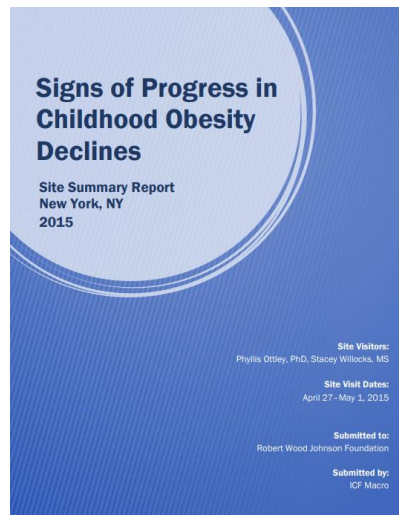
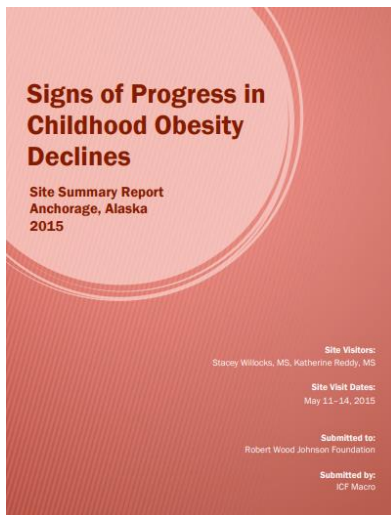
- Targeted Nutrition-Related Strategies
 - Changes in nutrition standards in public schools
 - Changes in nutrition standards in ECE settings
 - Comprehensive school wellness policies—nutrition
 - Nutrition education
- Targeted Physical Activity-Related Strategies
 - Comprehensive school wellness policies—physical activity
 - Classroom-based physical activity
 - ECE physical activity licensing requirements
 - Physical activity health education

Noted Similarities

- Significant number of efforts, primarily addressing nutrition in community and school settings
- Early adopters of nutrition policies later mandated by federal policies such as Healthy, Hunger-Free Kids Act
- Reports of support for nutrition and physical activity initiatives from elected officials
- Community-wide efforts, regardless of ultimate success, raised awareness of issues related to improved diet and physical activity
- Strategies implemented across various sectors, settings, and levels were described by some respondents as a “layering effect” that, according to those respondents, improved chances for reducing obesity rates

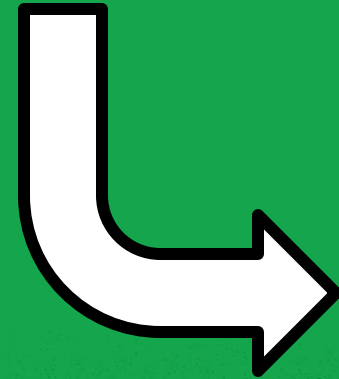
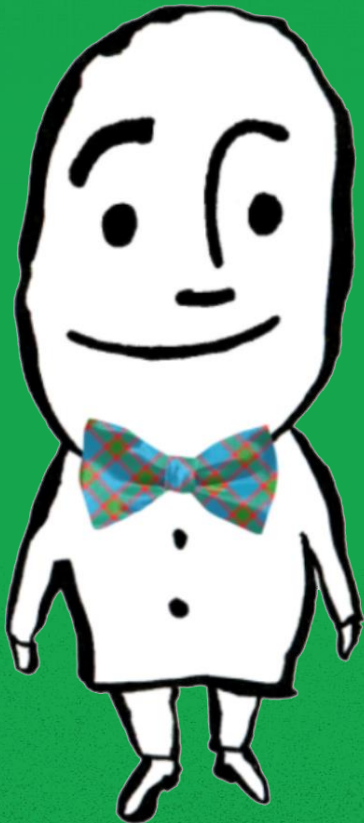
Reports & Dissemination

- Site-specific reports
 - Shares observed declines, methods, and key findings
 - <http://nccor.org/projects/obesity-declines>



QUESTIONS?

Please type your question(s) in the chat box located on the right.

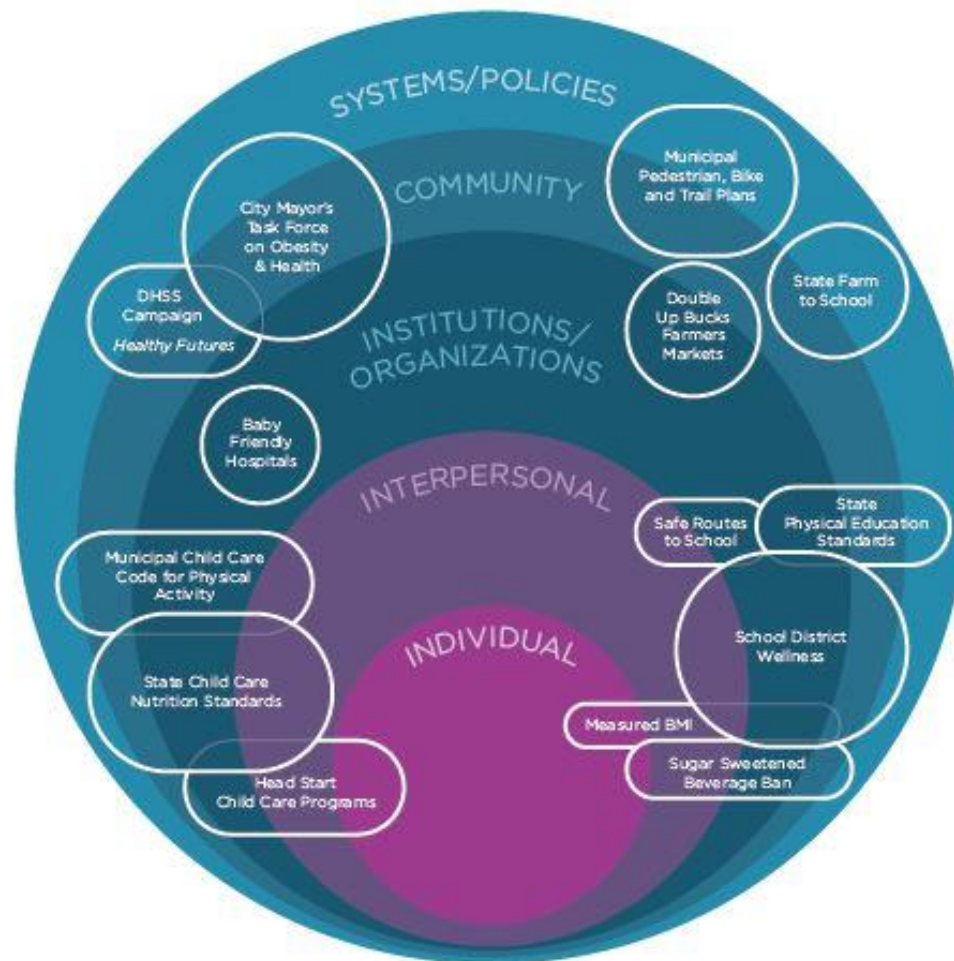


The Childhood Obesity Declines Project

Strategies: Patterns & Commonalities

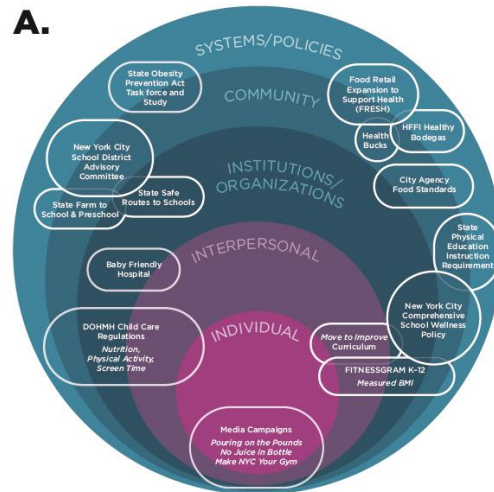
Laura Kettel Khan, PhD
Senior Scientist and Advisor
Division of Nutrition, Physical Activity, and Obesity
Centers for Disease Control and Prevention

Patterns

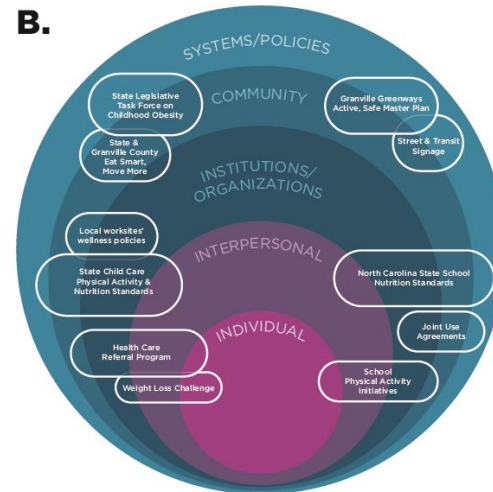


Commonalities

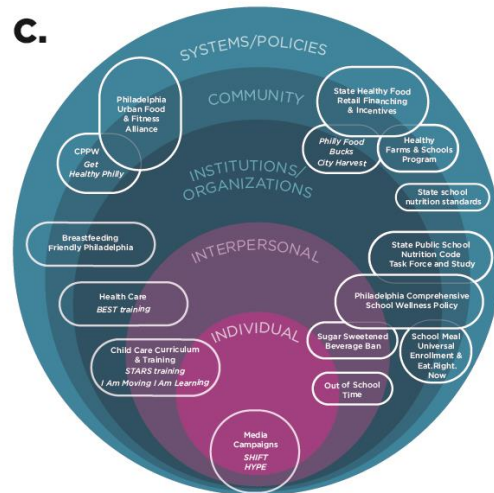
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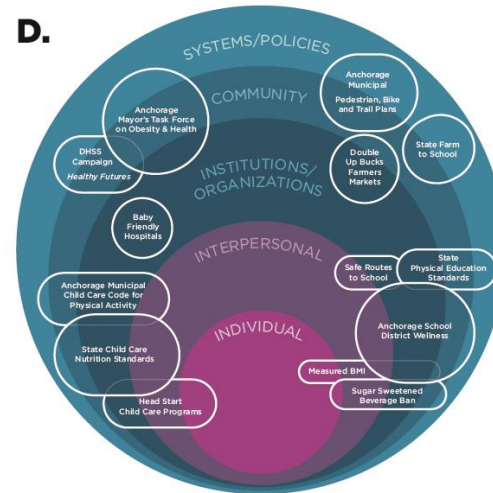
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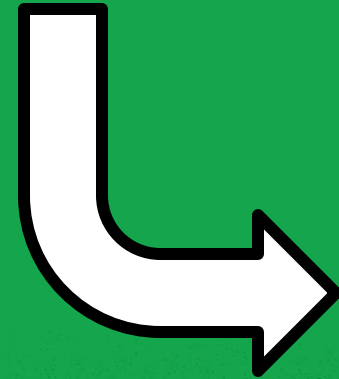
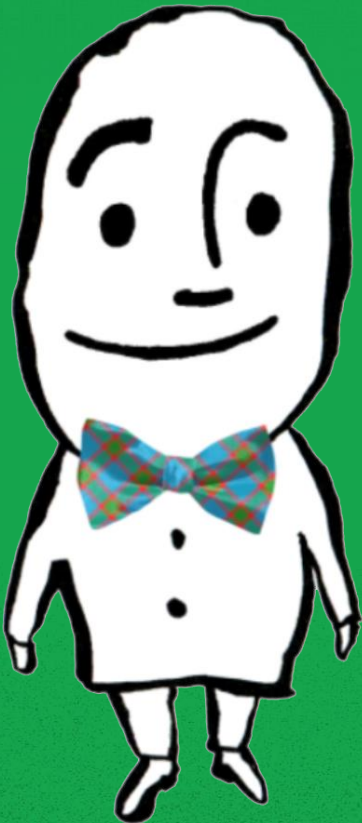


D.



QUESTIONS?

Please type your question(s) in the chat box located on the right.



The Childhood Obesity Declines Project

Implications for Research and Evaluation Approaches

Deborah Young-Hyman, PhD
Health Scientist Administrator
Office of Behavioral and Social Sciences Research
National Institutes of Health

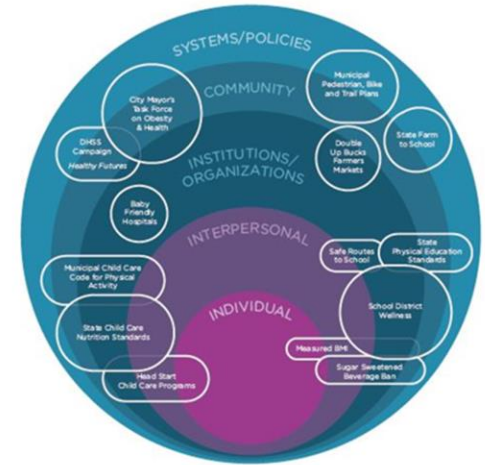


Overview

- Why use an adaptation of the Systematic Screening and Assessment (SSA) method?
- Need for mixed methods approaches to evaluate natural experiments
- Compare SSA methods with other evaluation schemas
- Integration of SSA-based evidence with other evaluation evidence
- Implications for future research, program and policy evaluation
- Importance of stakeholder collaboratives: the NCCOR model

What does the Adaptation of the Systematic Screening and Assessment (SSA) method capture?

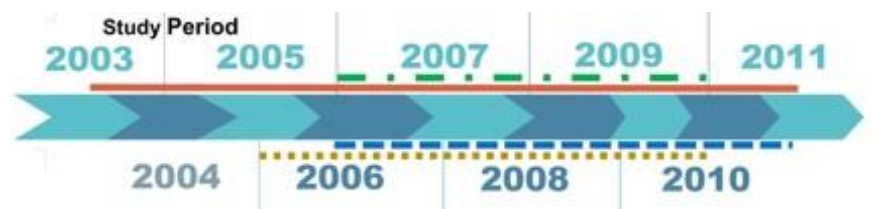
- In the absence of an a priori evaluation schema “.....evidence that is currently available can be identified, evaluated and compiled to inform decisions regarding obesity prevention and treatment.”¹
- Social determinants of health of target population
- Contextual characteristics of setting
- Community based resources



¹Medicine L.E.A.D. Framework, Chronic Disease, 2012

Using Mixed Method Approaches for Natural Experiments

- Analyzed natural experiment = non-randomized multilevel community strategies/interventions/programs that were examined post hoc. Mechanisms were not manipulated by researchers.¹
- Statistically verified significant declines in rate of childhood obesity in target populations with (customary clinical trial outcome) was temporally associated with synergistic community based programs and policies.
- “Evaluation is grounded in the context in which initiatives occur; it is descriptive, process-focused and temporally anchored; primary data collection occurs through narrative; identification of key components is informed by multiple stakeholders including implementers; convergent validity is utilized to establish a timeline of implementation; implementation stories from multiple stakeholders identify leaders, champions, implementers, settings, and funders.”



¹Medical Research Council, 2012

Adapted SSA vs. Clinical Trials Evaluation Schemas

Retrospective SSA

- Public health and stakeholder driven and implemented
- Efficacy based on pre-post population statistic – no randomization
- Characteristics intended recipients not restricted
- Implementation components and setting characterized
- Simultaneous contextual factors described
- Findings facilitate generalizability of methods but attribution of causality is not possible

Clinical Trials

- Controlled experiment designed to answer a specific research question
- Efficacy/effectiveness based on difference between control and experimental groups or pre-post cohort analysis
- Highly specified cohort and implementation conditions
- External threats to validity not controlled
- Ability to attribute causality but limited generalizability

Integration of SSA Evidence with Evidence from other Evaluation Strategies

What	Programs, policies, initiatives; resources (funding, human capital)
To Who	Targeted population
By Whom	Implementers
Social Context	Schools, parks, rec facilities, groceries or farmers markets

- Identifies *elements* of implementation *that appear to be central to success* – resources, champions, funders, access, and feasible settings
- *Combined with statistical change in prevalence* of obesity in target population.
- *Facilitates case comparisons to identify likely strategies and resources that appear to be successful across venues and populations.*

Implications for future research, program implementation and policy evaluation

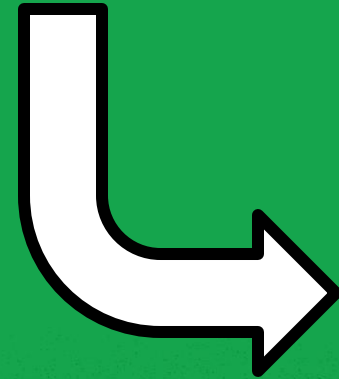
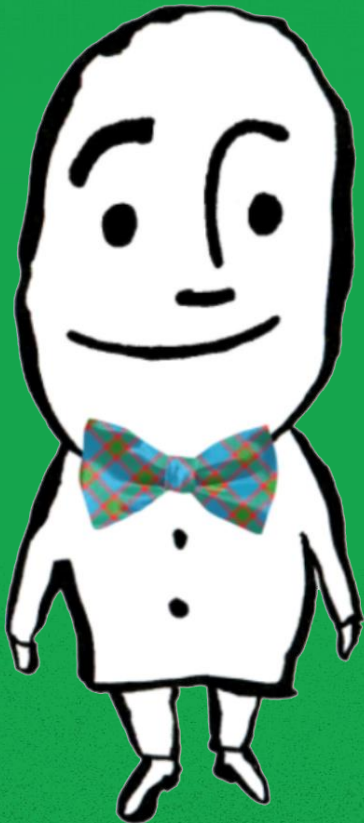
- Although an a priori evaluation may not be in place for community based natural experiments, valuable information can be learned from “unpacking” natural experiments
- Although adapted SSA can not make attributions of causality to specific programmatic components or policy implementation for declines in childhood obesity, it provides insight into potential targets for future community based childhood obesity prevention efforts
- When formulating public health approaches to reduce rates of childhood obesity contextual understanding increases the potential for generalizability across multiple settings and populations

Importance of Research Collaboratives: NCCOR

- This project happened through collaborative efforts of the NCCOR stakeholders. Working group members represent a unique partnership between the major funders of childhood obesity research in the United States: CDC, NIH, RWJF, USDA.
- Each organization views the issue of childhood obesity through an agency-specific lens and all differ in their research and evaluation agenda.
- NCCOR recognizes that traditional research and evaluation methods needs to be augmented to address the complexities of the impact of community-based initiatives and policy implementation.

QUESTIONS?

Please type your question(s) in the chat box located on the right.





ONE ON ONE

HIGHLIGHTS FROM THE FIELD



Just published

NCCOR has transformed the field of childhood obesity prevention through its structure, design, and accomplishments. To mark its contributions to the field of childhood obesity research, NCCOR recently published two papers in the *American Journal of Preventive Medicine*.

- **Developing A Partnership for Change:
The National Collaborative on Childhood Obesity Research**

*Rachel M. Ballard, MD, MPH; Anne B. Rodgers, MA; Laura Kettel Khan, PhD;
C. Tracy Orleans, PhD; Elaine Arkin, MS; Todd M. Phillips, MS*

- **A National Collaborative for Building
the Field of Childhood Obesity Research**

*Rachel M. Ballard, MD, MPH; Anne B. Rodgers, MA; Laura Kettel Khan, PhD;
C. Tracy Orleans, PhD; Elaine Arkin, MS; Todd M. Phillips, MS*



To learn more visit www.nccor.org/accomplishments

NCCOR's Annual Report 2017

- Highlights tools, resources, and communication efforts in 2017 related to physical activity
- Available online:
https://www.nccor.org/wp-content/uploads/2018/03/NCCOR_2017AnnualReport.pdf



TOOLS YOU CAN USE



Catalogue of Surveillance Systems

- 2018 update complete
- Call for new system submissions
 - Inclusion criteria
 - Relevance to childhood obesity
 - Relevance to at least one level within the social-ecological model
 - Conducted in the U.S.
 - Publicly available data
 - Generally, data within last 10 years
 - Exclusion criteria
 - One-time survey
 - Suggest systems for inclusion here:
<https://www.nccor.org/nccor-tools/catalogue/feedback/>

FURTHER QUESTIONS?

Other questions about NCCOR
or upcoming activities?

Email the NCCOR Coordinating Center
nccor@fhi360.org

NCCOR is now on Facebook!

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WHAT'S HAPPENING IN **NCCOR NEWS**

NCCOR, The JPB Foundation
strengthen alliance to support Measures
Registry

NCCOR hosts National Childhood
Obesity Awareness Month social media
activities

NCCOR helps communities evaluate
their progress in reducing childhood
obesity

Healthy Communities Study findings on
relationship between community
policies and programs and childhood
obesity

U.S. Preventive Services Task Force
update on obesity screening
recommendation

Connect & Explore



Upcoming Webinars

Mark your calendar for these upcoming Connect & Explore webinars!

OCT 11

Built Environment Interventions to Increase Physical
Activity: Community Preventive Services Task Force
Recommendations

THANK YOU!



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& EXPLORE