

NCCOR Member Call

January 17, 2024 | 2:00 p.m. ET

Having audio issues? Try dialing in.

Call In: 1-877-853-5247

Meeting ID: 913-5213-7740



Agenda

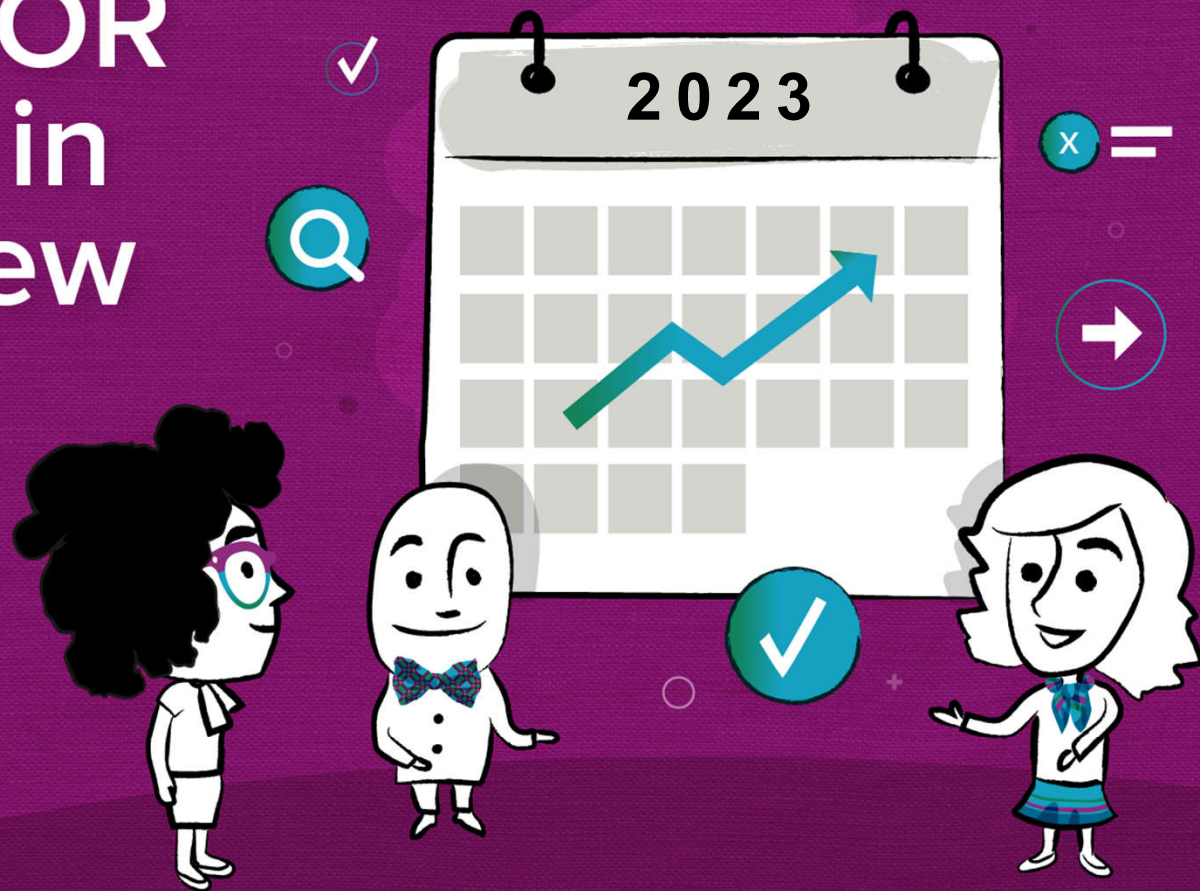
- Emerging Opportunities for NCCOR
- Steering Committee Updates
- NCCOR 2023 Year in Review
- Workgroup Updates
- Communication Updates
- Announcements
- Calendar Reminders

Emerging Opportunities for NCCOR

Steering Committee Updates

- February 2024 Member Meeting
 - Wednesday, February 28, time TBD
 - The meeting will be virtual.
 - We will use this time for NCCOR strategic planning based on the Member Survey results
- Senior Leadership Briefing will be rescheduled. We will announce the new date soon.

NCCOR Year in Review



NCCOR Year in Review 2023

- Connecting members
- Engaging experts
- Development of tools and resources
- Strategic communications and outreach
- Connecting the field



Keeping Members Connected

Last May, NCCOR hosted its first **in-person** member meeting since 2019!

We also stayed connected with two virtual meetings in January and September:

- **January 18, 2023**
- **September 20, 2023**



Keeping Members Connected

- **January 18, 2023**
- May 11, 2023
- September 20, 2023

Evidence to Action

- Janet Fulton, PhD, CDC
- Holly Wethington, PhD, CDC

How are Other Agencies and Organizations Implementing the National Strategy on Hunger, Nutrition, and Health as it Relates to Children/Childhood Obesity?

- Jennifer Turnham, MS, HUD
- Jennie Hefelfinger, MS, National Association of Chronic Disease Directors
- Robin McKinnon, PhD, FDA

How does Household Income and Maternal Education in Early Childhood Affect Overweight and Obesity in Late Childhood?

- Pär Andersson White, MD, Linköpings Universitet, Sweden
- Tomas Faresjö, PhD, Linköpings Universitet, Sweden

Keeping Members Connected

- January 18, 2023
- **May 11, 2023**
- September 20, 2023

Overview of the Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents with Obesity

- Brook Belay, MD, MPH, CDC
- Sandy Hassink, MD, FAAP, American Academy of Pediatrics Institute for Healthy Childhood Weight
- Jack Yanovski, MD, PhD, NIH

Beyond the Clinic: Public Health Implications for Prevention of Childhood Obesity

- Amanda Staiano, PhD, MPP, MS, Pennington Biomedical Research Center
- Tiffany Powell-Wiley, MD, MPH, NIH
- Mariah Ehmke, PhD, USDA

Keeping Members Connected

- January 18, 2023
- May 11, 2023
- **September 20, 2023**

Applying Successful Tobacco and Teen Pregnancy Interventions to Childhood Obesity

- L. Duane House, PhD, CDC
- Laura Davis, MA, Advocates for Youth
- Karen Torres, Advocates for Youth
- Sally Herndon, MPH, North Carolina Dept. of Health
- Jessica Rath, PhD, MPH, CHES, Truth Initiative
- Elizabeth Hair, PhD, MS, Truth Initiative
- Tamara Dubowitz, ScD, SM, MSc

Keeping Members Connected

Eight Member Calls

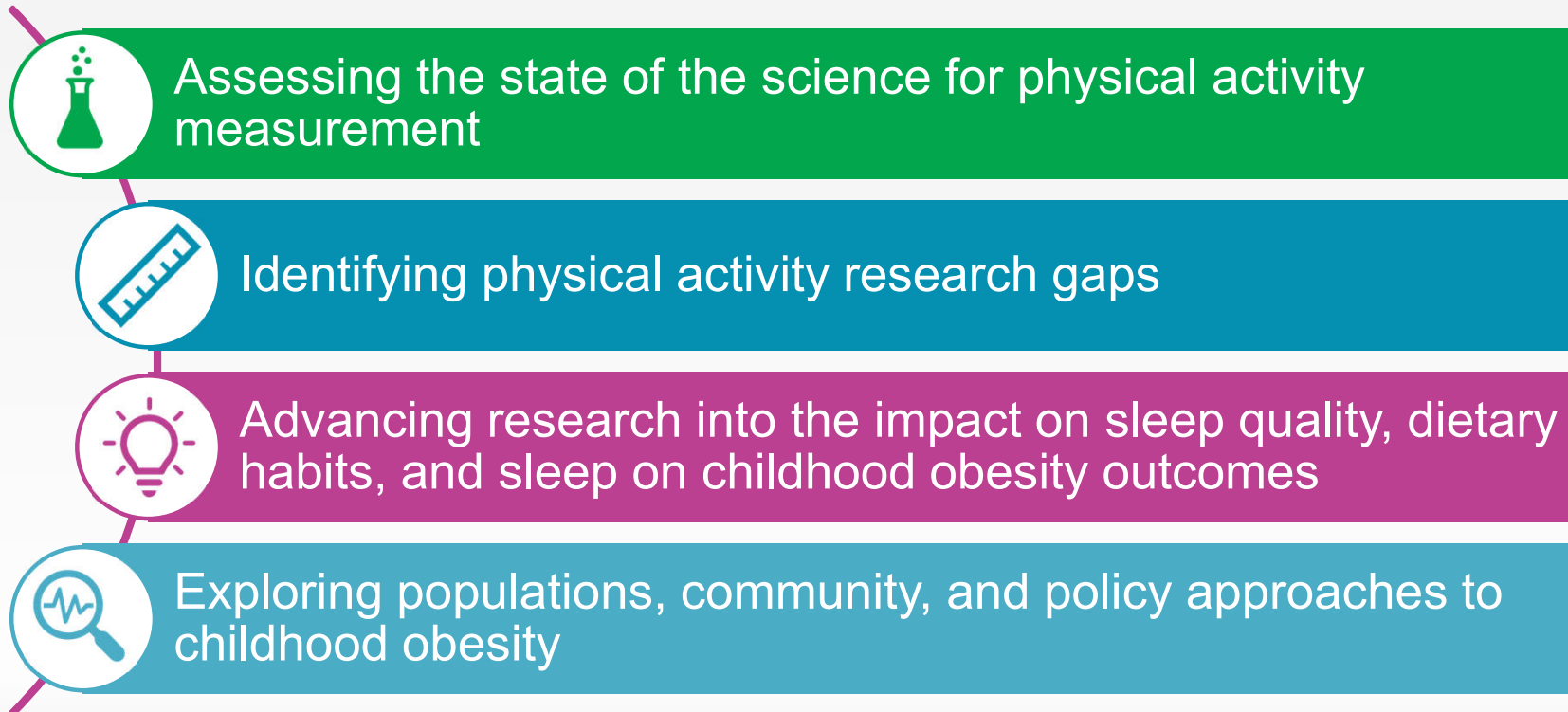
- **February:** NCCOR Year in Review
- **March:** NCCOR Website and Annual Report
- **April:** USDA's Actions on Food and Nutrition Security: Leveraging NCCOR
- **June:** 2025–2030 Dietary Guidelines Update
- **October:** Community Partnerships to Advance Science for Society (ComPASS)
- **November:** NCCOR's Catalogue of Surveillance Systems (CSS) Update
- **December:** The Healthy Eating Index-Toddlers-2020 & the Healthy Eating Index-2020

Engaging Experts

NCCOR engaged over 25 outside experts in childhood obesity research through NCCOR meetings, workshops, and Connect & Explore webinars, including:

- Sarah Hampl, MD, FAAP, University of Missouri-Kansas City School of Medicine
- Sandra Hassink, MD, FAAP, American Academy of Pediatrics Institute for Healthy Childhood Weight
- Taren Swindle, PhD, University of Arkansas for Medical Science
- Roger Rennekamp, PhD, Association of Public and Land-Grant Universities, Cooperative Extension
- Kerry Gabbert, MPH, West Virginia University/Extension Foundation
- Marie Elizabeth Thoma, PhD, MHS, University of Maryland
- Karin Pfieffer, PhD, Michigan State University
- Kimberly Clevenger, PhD, MPH, MS, Utah State University

Exploring New Topics



2023 Active Workgroups

- 10th Anniversary Measures Registry & Catalogue of Surveillance Systems
- Adding a Sleep Variable to the Catalogue of Surveillance Systems
- Advancing Measurement of Dietary Assessment for Infants and Young Children
- Economic Impact of Built Environment Improvements for Physical Activity
- Identification and Categorization of Evidence Gaps in Physical Activity Research
- Implementation Science
- Policy Lessons Learned for Healthy Childhood Development (workshop)
- State of the Science of Physical Activity Measurement

New NCCOR Resources

Finding Measurement Needs for Youth Active Travel to School in the United States

Stephanie George, PhD, MPH, MA, National Institutes of Health; David Berrigan, PhD, MPH, National Institutes of Health; Andrew Bremer, MD, PhD, National Institutes of Health

Background

Increasing active travel to school (ATS) could reduce the deficit in youth physical activity participation; however, surveillance of ATS in the United States is limited. Surveillance of ATS contributes to understanding children's physical activity, is influenced by context, and occurs within communities. The National Collaborative on Childhood Obesity Research (NCCOR)—a public-private partnership among the National Institutes of Health, the Centers for Disease Control and Prevention (CDC), the Robert Wood Johnson Foundation, and the US Department of Agriculture—formed a scientific workgroup to investigate surveillance of youth ATS in North America.

Review of Existing Surveillance of Youth ATS and Measures Used to Assess ATS

- In 2018, NCCOR worked with researchers at the University of North Carolina at Chapel Hill to conduct a systematic review that described existing surveillance of youth ATS and identified measures that have been used to assess ATS.
- Only four (three of which are Canadian) surveillance systems met the review's structured definition for ATS surveillance, which was based on:

FIGURE 1. Selected Milestones in US Physical Activity Surveillance



Insights on Strengthening Surveillance

- Building on existing surveillance systems offers efficiency.
- Self-reported measures and survey data are relevant and feasible for surveillance of ATS behavior. (See Figure 2)
- Research using objective
- Including ATS policy and program supports in surveillance efforts at the local and state level can provide data on potential levers for enabling ATS and promoting child health.
- Equity considerations are not sufficient for incorporated into

Conclusion

- Better to to as in also sch



HEALTHY EATING INDEX 2020

UPDATE

HEALTHY EATING INDEX—TODDLERS

2020

NEW

What is the Healthy Eating Index (HEI)?

The new HEI-Toddlers-2020 and the updated HEI-2020 are the latest iterations of the Healthy Eating Index, a tool designed to measure diet quality—that is, how closely an eating pattern or mix of foods matches the Dietary Guidelines for Americans' (DGA) recommendations.

For the first time, there are tandem HEIs: the HEI-Toddlers-2020 for toddlers 12 through 23 months and the HEI-2020 for children and adults 2 years and older.

HEIs are not checklists or diet assessment instruments that gather data about what people eat. Rather, the HEIs are scoring metrics that can be used to determine the diet quality of an existing set of foods or a menu.

The HEI-Toddlers-2020 and the HEI-2020 have 13 components, each of which reflects an important aspect of diet quality. Nine components focus on adequacy (foods that should be eaten enough of to get the nutrients we need and for overall good health). Four components focus on moderation (dietary components that should be limited or avoided in small amounts).

Why a new version just for toddlers?

The 2020-2025 DGA included a USDA Dietary Pattern for toddlers age 12 through 23 months for the first time, within smaller calorie constraints appropriate for this age group. The 2020-2025 DGA did not include a USDA Dietary Pattern for infants under age 12 months, so no HEI was developed for those under age 12 months.

Guidance in the 2020-2025 DGA is different for this age group in some respect, notably:

- A recommendation to avoid all added sugars
- No recommendation to limit saturated fats to less than 10% of energy intake

Other differences between the HEIs include:

- HEI-Toddlers-2020 reflects recommendations for complementary foods and beverages for toddlers age 12 through 23 months who are no longer receiving human milk or infant formula.
- If toddlers are still receiving these foods, the HEI-Toddlers-2020 score should be calculated without energy or nutrient contributions from these foods.

The development of the HEI-Toddlers-2020 addresses the need identified in the Scientific Report of the 2020 Dietary Guidelines Advisory Committee for the development of a scoring system for infants and toddlers because thus far it has only been possible for ages 2 years and older.



New NCCOR Resources

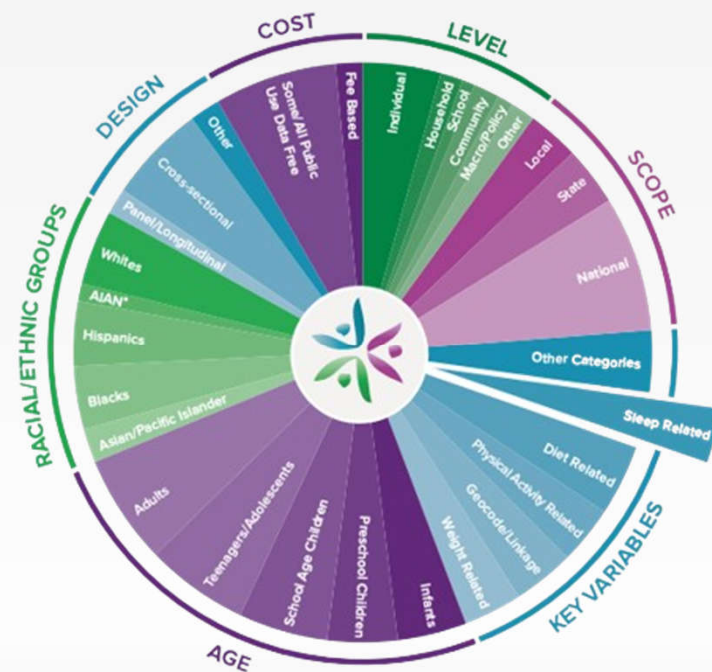
- **Report:** Social Determinants of Health, Structural Racism, Environments, and Childhood Obesity: Phase 1
- **Annual Report:** Connecting Research to Communities: NCCOR 2022
- **Poster:** Finding Measurement Needs for Youth Active Travel to School in the United States
- **Poster:** The National Collaborative on Childhood Obesity Research Catalogue of Surveillance Systems and Measures Registry: Celebrating 10 years of progress and looking forward toward the future
- **Factsheet:** HEI-2020 and HEI-Toddler-2020
- **Factsheet:** Catalogue of Surveillance Systems Fact Sheet: Now with Sleep Variables!

Expanding the Catalogue of Surveillance Systems with New Sleep Variables

NOW WITH SLEEP VARIABLES!

Enjoy the same great benefits of the Catalogue plus the addition of a sleep-related key filter option that captures:

- » Physical sleep environment
- » Social sleep environment
- » Sleep duration and quantity
- » Sleep disturbances and quality
- » Sleep timing and regularity



Expanding the Catalogue of Surveillance Systems with New Sleep Variables

- Major expansion of one of NCCOR's signature tools.
- Sleep quality is increasingly recognized as a risk factor for childhood obesity.
- Few resources exist to understand the complex relationships between sleep and other lifestyle behaviors.
- NCCOR expanded the CSS with **36 new sleep-related variables**.
- Exemplifies **what NCCOR does best**—identify a need, assemble a diverse team to respond, and produce a trusted resource to advance science.

New Publications

NCCOR RESEARCH ARTICLE

Count Every Bite to Make ‘Every Bite Count’: Measurement Gaps and Future Directions for Assessing Diet from Birth to 24 Months

in the Journal of the Academy of Nutrition and Dietetics



- Part of an influential special supplement for the launch of the Healthy Eating Index Toddlers-2020
- NCCOR’s Birth to 24 Months Workgroup formed in response to the Dietary Guideline’s recent inclusion of infant and toddler nutrition
- Outlines measurement gaps and research opportunities

Zimmer M, Obbagy J, Scanlon KS, Gibbs K, Lerman JL, Hamner HC, Pannucci T, Sharfman A, Reedy J, Herrick KA, Count Every Bite to Make “Every Bite Count”: Measurement Gaps and Future Directions for Assessing Diet from Birth to 24 Months, *Journal of the Academy of Nutrition and Dietetics* (2023), doi: <https://doi.org/10.1016/j.jand.2023.05.011>

New Publications



Sharfman AS, Berrigan D, Galuska DA et al. National Collaborative on Childhood Obesity Research Efforts to Advance Childhood Obesity Research: Progress and Next Steps. Am J Prev Med. 2023. <https://doi.org/10.1016/j.amepre.2023.02.017>

- Product of NCCOR's Measures Registry and Catalogue of Surveillance Systems 10th Anniversary Workgroup
- Documents the history of the Registry and Catalogue and how these tools changed our ability to research questions about childhood obesity
- Includes recommendations for future directions

New Publications

NCCOR COMMENTARY

The Influence of Social Determinants of Health and Structural Racism on Childhood Obesity

in the journal *Childhood Obesity*



- Based on six in-depth interviews and a literature review conducted by Gretchen Swanson Center for Nutrition
- Explores the relationship between social determinants of health (SDoH), structural racism, and childhood obesity
- Highlights gaps and opportunities for advancing measurement in this field

Vest D, Anderson Steeves E, Berrigan D, Sharfman A, Nelson K, and Yaroch A. The Influence of Social Determinants of Health and Structural Racism on Childhood Obesity. *Childhood Obesity*. 2023

NCCOR's New Website

- Over **200 resources** in the new Resource Library
 - NCCOR publications
 - Journal articles
 - Graphics
 - Posters
- 54 Connect & Explore webinars
- New social media library
- 55 NCCOR project pages
- Updated Student Hub
- Nearly 300 news releases and newsletters



NCCOR Member Hub

Improved user experience
for NCCOR members,
including:

- Workgroup contacts
- Calendar
- Meeting notes and recordings
- Annual reports
- Slide presentations



NCCOR's Digital Reach

The **NCCOR website** had **451,755 page views** in 2023. Our top-performing pages were as follows:

- Catalogue of Surveillance Systems: 63,335 page views
- Measures Registry Resource Suite: 53,322 page views
- Create Thriving, Activity-Friendly Environments: 32,467 page views
- Youth Compendium of Physical Activities: 27,832

Across networks, **NCCOR's social media** had:

- 4,100 followers and 38,000 post impressions

NCCOR's e-Newsletter



NCCOR General e-Newsletter

- 6,330 subscribers
- 38% open rate

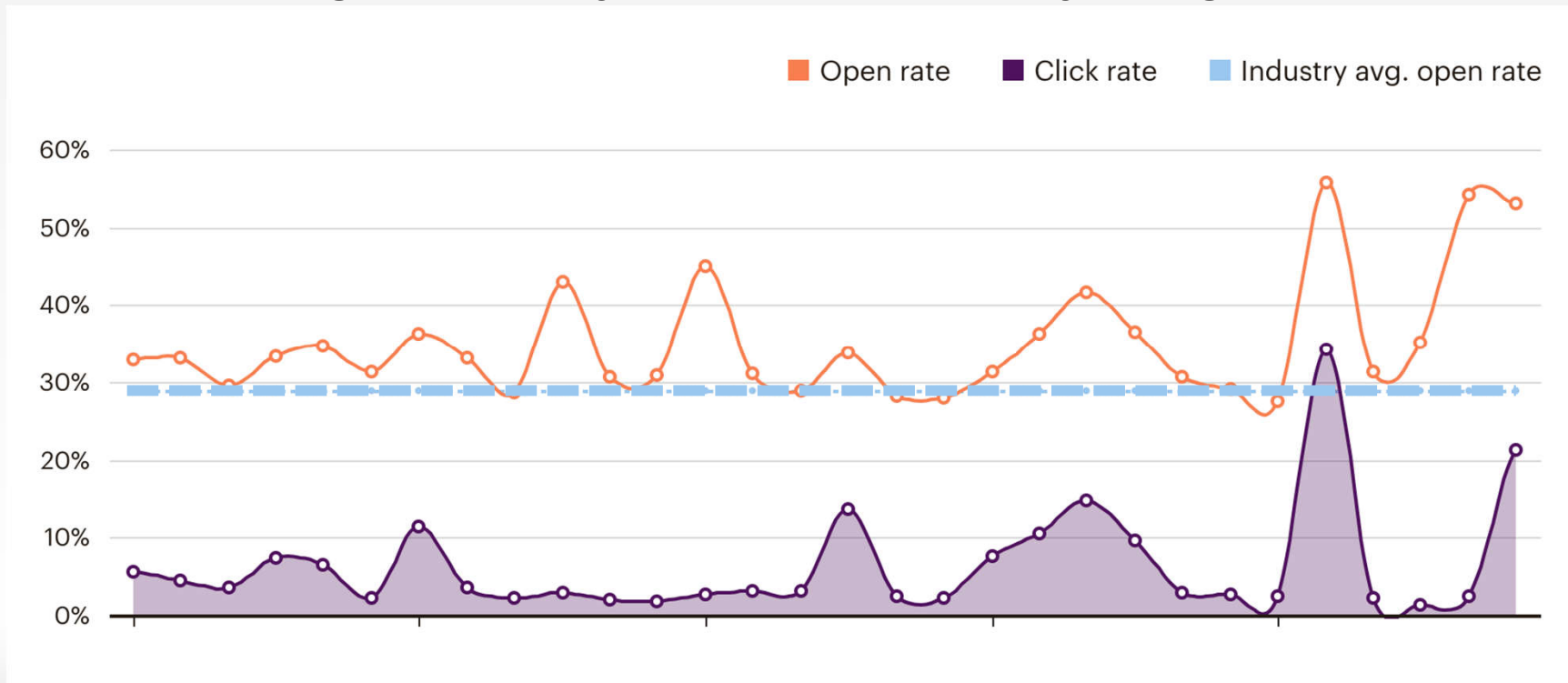
NCCOR Student Hub

- 736 subscribers
- 69% increase in new subscribers
- 40% open rate



NCCOR's e-Newsletter

NCCOR's mailings consistently outperform the industry average open rate.



Connecting the Field: Webinars

Held **four** Connect & Explore webinars with **1,847 total registrations**

- **January:** Breastfeeding Initiation Trends by WIC Participation and Race/Ethnicity Among Medicaid Births
- **March:** Clinical Practice Guidelines for the Evaluation and Treatment of Children and Adolescents with Obesity
- **April:** Cooperative Extension's National Framework for Health Equity and Well-Being
- **September:** Measuring Diet Quality Across the Lifespan: Introducing the New Healthy Eating Index-Toddlers 2020 and Healthy Eating Index-2020

Connecting the Field: Presentations & Exhibits



Active Living Conference (ALC), March 2023

- **Workshop Session:** Making the Economic Case for Activity-Friendly Places
- NCCOR **Exhibit Booth**



Nutrition 2023, July 2023

- **Poster:** Count Every Bite to Make "Every Bite Count": Measurement Gaps and Future Directions for Assessing Diet from Birth to 24 Months

Connecting the Field: Presentations & Exhibits



International Conference on Diet & Activity Methods
June 26 - 29 2023

International Conference on Diet and Activity Methods (ICDAM), June 2023

- **Poster:** The National Collaborative on Childhood Obesity Research (NCCOR) Catalogue of Surveillance Systems and Measures Registry: 10 Years of Progress and Looking Toward the Future
- **Poster:** Finding Measurement Needs for Youth Active Travel to School in the United States



APHA 2023
ANNUAL MEETING & EXPO
ATLANTA | NOV. 12 - 15
CREATING THE HEALTHIEST NATION
OVERCOMING SOCIAL & ETHICAL CHALLENGES

American Public Health Association (APHA), November 2023

- NCCOR **Exhibit Booth**

Questions?

Workgroup Updates

Melissa Van Orman
NCCOR Coordinating Center

Workgroup Updates

- **Catalogue of Surveillance Systems:** Launched a communications campaign for the sleep update. Presented CSS updates to NIH's Sleep Disorders Research Advisory Board (SDRAB).
- **Economic Impact of Built Environment Improvements:** Finalizing updates to the Economic Indicators Library.
- **Identification and Categorization of Evidence Gaps in Physical Activity Research:** Completed the first draft of the manuscript and identified target journals for publication. The group continues to refine and finalize the manuscript tables, figures, and supplemental materials.
- **Implementation Science:** Beginning to develop concepts for a digital tool to help practitioners understand how to use Implementation Science.

Workgroup Updates

- **State of the Science on Measures of Individual Diet, Food Environment, Individual Physical Activity, and Physical Activity Environment:** Completed the first draft of a manuscript and tables.
- **Lessons Learned from International, National, and Local Public Health Policy Efforts for Healthy Childhood Growth:** Meeting weekly to develop the first workshop agenda, currently slated as a three-day virtual workshop in late spring 2024.

Communication Updates

Melissa Van Orman
NCCOR Coordinating Center

CSS Promotion Campaign

CATALOGUE OF SURVEILLANCE SYSTEMS



Now with
sleep variables!



nccor.org/css

CATALOGUE OF SURVEILLANCE SYSTEMS



Now with
sleep variables!



nccor.org/css

CATALOGUE OF SURVEILLANCE SYSTEMS



Now with
sleep variables!



nccor.org/css

FEATURED TOOL

Catalogue of Surveillance Systems

Increase efficiency with access over 100 surveillance systems relevant to childhood obesity research—now featuring variables for sleep research!

[LEARN MORE](#)



Catalogue of Surveillance Systems

The Catalogue of Surveillance Systems, launched by NCCOR in 2011, is a comprehensive catalogue of datasets relevant to childhood obesity research and including information on health behaviors. It allows users to review, sort, and compare more than 100 surveillance systems relevant to childhood obesity research and evaluation of policy and environmental interventions. This free online resource helps researchers and practitioners more easily investigate childhood obesity in America by increasing efficiency, effectiveness, and innovation in obesity research.

The Catalogue allows users to search and filter by

- Level
- Scope
- Key Variables
- Age Group
- Racial/Ethnic Groups
- Design
- Cost

Each surveillance system's profile includes the system's purpose, target audience, data collection time frame, sampling design, sample size, how to access the data, and much more.

NOW WITH SLEEP VARIABLES!

Enjoy the same great benefits of the Catalogue plus the addition of

- Sleep-related key variable filter options:
 - Physical sleep environment
 - Social sleep environment
 - Sleep duration and quantity
 - Sleep disturbances and quality
 - Sleep timing and regularity



NCCOR: WORKING TOGETHER TO REVERSE CHILDHOOD OBESITY

NCCOR is a partnership of the four leading funders of childhood obesity research: 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). These four leaders joined forces in 2008 to continually assess the needs in childhood obesity research, develop joint projects to address gaps and make strategic advancements, and work together to generate fresh and synergistic ideas to reduce childhood obesity.

For more information about NCCOR, visit www.nccor.org.

Research suggests that the 24-hour cycle, which includes sleep, diet, and physical activity, is an important determinant of childhood obesity. While the importance of sleep as it relates to childhood obesity is known, there are limited resources where researchers can look at data with intersecting variables on sleep, diet, and physical activity. NCCOR has addressed this gap by adding sleep as a key variable in the Catalogue of Surveillance Systems so that researchers and public health professionals can filter datasets to identify which ones may be a good fit for their use.

The Catalogue is available at www.nccor.org/css. Systems included were chosen because they provide access to publicly available, raw data gathered in the United States within the last 10 years. The Catalogue of Surveillance Systems is updated as new data become available.



May 2023

www.nccor.org • Email: nccor@rth360.org

How You Can Help!

- Distribute our [new factsheet](#) that details the addition of sleep variables and their relevance in childhood obesity research.
- Share our [social media graphic and message](#) to let your network know about this exciting update.
- Feature the [update about sleep variables](#) in newsletters, e-mail lists, or message forums.
- Introduce the new sleep variables during staff meetings or professional gatherings.

Announcements

2024 Calendar Reminders

Member Calls

- March 20
- April 17
- May 15
- June 19
- July 17
- August 21
- October 16
- November 20
- December 18

Member Meetings

- February 28 (virtual)
- Summer 2024, Senior Leadership Briefing (DC)
- September (DC)

We are always looking for Spotlight speakers!
Please e-mail your suggestions to rgrimsland@fhi360.org

Questions?
