

W-2005 Preventing Obesity in High Risk Families

Minutes

Nov. 1-2, 2012

University of Nevada Cooperative Extension

Las Vegas, NV

Introduction of Participants (present):

Linda Houtkooper	Jenna Hayes*	Mike Liebman
Melinda Manore	Amy Mobley	Jamie Dollahite (Skype)*
Rachel Novotny	Laura Hubbs-Tait	Jill Schultz (Conf Call)*
Marie Fialkowski*	Annie Lindsay	Pat Nelson (Conf Call)
Kay Hongu	Janet Kurzynske	
Rafida Idris	Madeleine Sigman-Grant	

* Participants present not currently members

Items by Janet Kurzynske

- Report W-2005 Next Year Janet asked everyone to be thinking about the report for next year: Here are some guidelines on preparing an effective report: <http://www.waaesd.org/wp-content/uploads/2012/01/EffectiveSAES-422.pdf> . For impacts, try to ask yourselves, “who cares and why?” This question should help you address impacts. They are interested in knowing how our project is contributing to our field, affecting the American public, etc.
- Also please review the W-2005 marketing flyer and provide feedback (she will email as well)

Review of 2 Objectives for W-2005

- ***Compare and contrast outcomes from 2006 W-1005 Objective 1 (field practice perspective) and Objective 3 (parent-child interaction) with findings from seminal obesity-prevention research to identify successful child obesity prevention strategies as influenced by parenting.***
 - Janet - Much research has come out since these were written
 - Laura – discussed the problem with the instruments being used. Including lack of validation as well as age group being different (ages 0-5).
 - Amy – question about age group 2-10 vs 3-10 vs 4-10
 - Madeleine – question about term “obesity prevention” should be longitudinal
- ***Using the results of Objective 1 (above) develop resources such as translational articles that community and public health professionals could use in implementing community programs that ultimately could change the trajectory of childhood obesity and overweight.***
 - Melinda – it cannot wait until Objective 1 is done. It needs to be addressed now.
 - Group 2 (W-1005) will become this team in W-2005.
 - Melinda - disconnect throughout USDA and Extension when it comes to the term energy balance yet it’s being discussed as important and people say they are doing it
 - What are the messages? What do parents need to know?
- Milestones (previously submitted) were reviewed.
 - Rachel – Going forward maybe we should look at opportunity to have a conceptual framework that broad-based community partners would find useful. How do we increase the broad-based piece?
 - Madeleine – We lack funds to do this without grant support.

- Laura – Discussed using a Meta Analysis Software. She is trying to get several licenses from Oklahoma State that could then be “loaned” to members of a W-2005 project.
- Goal for this meeting
 - Get commitments from everyone regarding the project and on the same page
 - Maybe make first step plan
 - Will also have regular conference calls to help keep everyone on task.

Jane Clary (National Program Leader) Update

- Upcoming Grants
 - Community Grant - Nov 28, 2012 low income audiences, fresh fruits/vegetables, sustainability, one-time infusion grant
 - Food Safety AFRI - Dec 5, 2012
 - Secondary Education - Jan 28, 2013
 - Higher Education - Feb 28, 2013
 - Hispanic - Feb 11, 2013
 - Foundational AFRI - May 2, 2013
 - AFRI Childhood Obesity – Jan 2013 release date
- Deidre Chester – recently came on board as Nutrition - National Program Leader, NCCOR, function and efficacy of nutrients as well as childhood obesity (shared with Jane Clary) email her @ dnchester@nifa.usada.gov
- REEport (Research Education & Extension) will replace CRIS in the next few months
- Jane is involved with and approves the multi-states but does not have the ability to travel (\$)

Energy Balance Expert Panel Update – Melinda Manore

- 2 Objectives
 - To develop comprehensive strategy to facilitate the integration of nutrition and PA in the training of future dietetic and exercise science practitioners and in training existing Cooperative Extension faculty.
 - Develop a strategy for incorporating the ‘dynamic energy balance’ integrated approach into nutrition and physical activity educational programs for the public with a focus on programs funded by federal and state agencies.
- Representation by ADA (AND), ACSM, USDA etc... (Molly Kretsch – Deputy Administrator for Nutrition, Food Safety and Health Agricultural Research Services)
- Outcomes from the meeting:
 - Go beyond health as motivation
 - Talk of collaborative accreditation
 - Incorporating PA assessment into dietitians, and nutrition assessment into exercise science
 - ACSM and ADA (AND) working together to do reviews on the topic
 - Changing competencies in public schools to include health/nutrition
 - How do we start changing guidelines for education (for curriculum implementation)

Dr. Robert Larzelere – Statistics

- Conducted an overview for members on steps for doing a meta analysis

Ideas generated for Objective 1 – Laura/Madeleine

- Include:
 - Family - includes child and parent in the intervention/study
 - Parent – includes any kind of parental involvement in treatment of childhood obesity (direct and indirect)
 - Parenting Behavior
- Meta Analysis Studies
 - Independent
 - Dependent
 - Moderators - parenting style/behavior/feeding practices; child age
- Prevention/Intervention Studies
- Inclusion Criteria – must have some sort of parenting piece in it, age criteria?

Additional Review of 2 Objectives for W-2005

Compare and contrast outcomes from 2006 W-1005 Objective 1 (field practice perspective) and Objective 3 (parent-child interaction) with findings from seminal obesity-prevention research to identify successful child obesity prevention strategies as influenced by parenting.

Using the results of Objective 1 (above) develop resources such as translational articles that community and public health professionals could use in implementing community programs that ultimately could change the trajectory of childhood obesity and overweight

- Discussion on the role of physical activity (exercise physiology) and inactivity/reduced screen time (inactivity physiology).
- Objective 1- Begin to put together teams (working groups) to proceed for searching systematic reviews
 - Subgroups: DIET QUALITY: F/V merged with decreased sweetened beverages/fast foods, increase milk (healthy diet) synergy – diet quality. Track each separately – four separate outcomes. HEI components concept (preschool specific – Kranz) but may be a research project to develop from reported studies. Two age ranges: 2 to 12 (preschool and elementary school aged child.)
 - Physical activity/inactivity (decreased screen time)-same template – split topic search
 - Parenting/family environment and BMI group – Mad Laura Amy. How parenting/family involvement (structures) moderates? Word parenting not necessarily encompasses the more global family structure. We need to make sure we are inclusive in our term “parent”.
- Objective 2 – looking for extension programs addressing these topics (may need to wait but if people want to begin work in this area, they can begin) – non-published
 - Environmental interventions (system change in communities) on obesity – Rachel’s team has done a systematic review (8 papers) – 2-8 year olds (sleep, water drinking, BMI, PA, F/V, screen time). Would need to look at papers to see about parenting.
- Working teams:
 - Diet Quality
 - Mike*
 - Rafida

- Janet
 - Diane?
 - Physical Activity & Inactivity/Screen Time (relative to parenting or family component)
 - Annie
 - Kay*
 - Melinda
 - Ennette?
 - Parenting/BMI
 - Madeleine (
 - Laura*
 - Rachel
 - Marie
 - Amy
 - Pat
 - Barbara?
- Member who will coordinate
- Literature Review (consistent for all groups) for Meta-Analyses
 - Groups will conduct reviews using spreadsheet template for articles (attached)
 - Good, recent reviews (meta-analyses or qualitative literature reviews)
 - Articles not earlier than 2000 (BMI for children initiated, obesity trends, PA guidelines, etc...).
 - Key classic articles that are often cited (crucial for citation searches)
 - Start list of research articles to consider for meta-analysis from references in the these reviews
 - Try to identify overlapping literature in other sub-disciplines
 - Sub-disciplines primarily cite their own sub-discipline, so you could miss overlapping research elsewhere
 - Ensure that you are considering the most recent relevant articles
 - Use citation searches (e.g. Web of Science, PsychInfo)
 - Use most cited key (classic) articles and/or reviews key for citation searches

Final Items for Discussion

- **Organization and Governance** (as it reads in the NIMSS guidelines):

“The organizational structure consists of a chair, vice-chair and secretary nominated and elected annually by the technical committee. The chair will appoint sub-committees to complete specific tasks. Conference calls will be held at minimum quarterly and an annual meeting will take place to address progress on the project. After the initial call for participation, new membership will be determined by technical committee vote either at the annual meeting or by electronic poll. Voting criteria is based upon the project’s need for specific expertise. This is to ensure project continuity and focus. It is expected the members will be active participants.”

 - Officer re-elections (nominations and voting took place), members elected were:
 - Chair (Janet Kurzynske)
 - Vice-Chair (Laura Hubbs-Tait)

- Secretary (Anne Lindsay)
- Membership issues
 - Discussion about how to address:
 - New members coming (will be determined by vote as defined above)
 - Marie Fialkowski was elected as a new member by the technical committee; membership pending University of Hawaii approval.
 - Current members not actively participating- the Chair will communicate with these members to actively engage them
 - Authorship – decide within groups how it will be handled?
 - First conf call will deal with the governance of publications
 - Prior to Rachel will send guidelines she uses in a multi-site grant
 - Prior to Janet will send guidelines as written in W-1005
- Upcoming Conference Calls
 - Next call Friday Feb 1, 2013 4 PM EST
 - Future call Friday May 3, 2013 4 PM EST
 - Janet will send out number and password for calls (LD charges will apply)
- 2013 Annual Meeting
 - University of Nevada Cooperative Extension in Las Vegas, NV
Thurs/Fri Nov. 14-15, 2013

Meeting adjourned 12:00 pm