

Agenda W2005 Minutes
Parenting, energy dynamics, and lifestyle determinants of childhood obesity: new directions in
prevention
November 6-7, 2015
Las Vegas, NV

Thursday, November 6, 2014

Introductions

Janet started us off with introductions (Janet Kurzynske)

Agenda for Today (Janet Kurzynske)

Janet reviewed the plan - we will try to get through as much of the agenda for today and tomorrow today to accommodate travel schedules

W2005 Info (Janet Kurzynske)

Check out all the W2005 info on the NIMSS site:

- http://nimss.umd.edu/lgu_v2/ You don't have to have a log-in to see most of the info - just go to the website, then:
- Go to SEARCH
- Enter W2005 for project number
- You can see the group members, minutes, etc.

Administrative Comments (Linda Houtkooper)

- Linda acknowledged the leadership efforts of Laura Hubbs-Tait and Janet Kurzynske for the W2005 group - thanks! yeah!
- Linda also spoke about the need for the work that W2005 does in all kinds of venues from community to Extension Future Extension goals are shifting slightly away from the traditional agricultural-centric focus more toward human health and the climate - Linda Houtkooper will share a document outlining this vision with the group. Information provided below:
Executive Summary: <https://www.aplu.org/document.doc?id=5115>
Full Report: <https://www.aplu.org/document.doc?id=5134>

Brief Reports from Sub Groups

Parenting (Laura Hubbs-Tait)

- A consensus was reached last year on the research questions to focus on
- This year, the parenting group is still working on Milestones 3 and 4 - Presentations should be prepared for discussion/presentation at conferences
- Progress has been made with Distiller SR
- Everyone on the group has access to Distiller SR (systematic review software from Ottawa, Canada)
- 242 articles identified through "smaller search" (title and abstract search first, this is saved, and can be revisited)

Physical Activity (Kay Hongu)

- What is the evidence for effects of community-based interventions on PA, sedentary behavior, and PA outside of school? Answer: moderate evidence exists. Need better measurement methods (not so much the objective measurements - few use accelerometers). One challenge in determining what works, is that interventions in the community were often combined with other venues/approaches - e.g., also have a home component; or a school component. Hard to disentangle the effects of just the community. This is not that surprising given the complex etiology of obesity in children. Parents are critical.
- PA group will send out some key review articles to the rest of the group (Melinda Manore)
- Side note: Food Hero (study published in JNEB) is a social media effort toward low-income moms in Oregon (from Oregon State) may provide some guidance to us in reaching parents (on SNAP) with nutrition ed (Melinda Manore)

Diet Quality

- There have been a number of conference calls that allowed the group to gather and discuss over the last year
- The research question is: How important is it to include parents in nutrition interventions with kids?
- The group has completed milestone 3 - the lit search and data collection (Melanie Hingle will send a review to the group on the topic of parental involvement in child-focused dietary interventions)

Tutorial on DistillerSR (Laura Hubbs-Tait)

- Laura reviewed some of the basic steps in using DistillerSR
- There are YouTube videos that explain the steps (setting up a systematic review in DistillerSR)
- Questions from the crowd - how can we create different research questions within the overall W2005 Project? (Laura will ask tech support for Distiller SR)
- Folks can join with a subscription so that everyone can work on this
- Laura will share URLs and username/password info so that others can see what we're seeing - the project is called "W2005 Training Project"

LUNCH BREAK

Review of Milestones (Janet Kurzynske)

- As a larger group, we are all at milestone 3 ... identifying whether there is sufficient literature to explore effect modifiers of the intervention on energy balance outcomes in children
- Janet wants us to consider milestone 5 - a protocol for discussion groups at the state, regional, or national level to prioritize and assess the feasibility of objective 1 findings for translation to the community level - in the context of regional centers for nutrition education that have just been funded by NIFA - more soon on this ...

AFTERNOON BREAKOUT SESSIONS

REPORTS

Physical Activity/Energy Balance (Melinda Manore)

- The focus of this group has been reframed as “dynamic energy balance”
- This topic could be focused as an Extension publication or training that would be geared toward faculty/professionals to help them communicate about energy balance in a more effective way to kids/families
- PA is usually talked about separately from diet and is oversimplified
- Some key points ... One example of a common misconception is 3500kcal deficit is not equivalent to a pound of fat loss; Factors that impact energy expenditure and appetite; PA is more than creating a kcal deficit
- Anne Lindsay gave the example of a colleague’s husband who did the math and didn’t lose the expected amount of weight

Diet Quality (Janet Kurzynske)

- Over 200 articles identified
- Almost all databases reviewed
- Almost all abstracts in Dropbox
- Projected date: January 1, 2015 - Karen and Janet will then join Distiller
- Completed Distiller in April/May
- Diane will do the analysis after that
- Analyses projected to be completed in the summer

Parenting Group (Laura Hubbs-Tait)

- Focused on the Systematic Review/Meta-Analysis Process
- We need to define steps to meet 2014 milestones 1-4 - publish a systematic review or meta-analysis
- Search Engines: PubMed, PsychInfo, Web of Science, Scopus
- Types of articles for hand searches: RCT protocols, systematic reviews, and meta-analyses
- There may not be enough data for a meta-analysis Possible journals for this review: IJBNPA, Appetite, American Journal of Public Health

ACTION PLAN FOR PARENTING GROUP:

- Any changes to the research questions should be framed as PICO = population (parents, children), intervention (parenting styles), comparison (RCT designs - so control groups), outcome (anthropometric outcomes including BMI, weight status, circumferences, etc)
- Laura and Ashley will take the lead on the search and screening for now and review 242 papers using Level 1 screening with 3 forms
- Madeleine will be auditor
- Rachel will monitor/assist as needed
- Then Laura and Ashley will send correlation studies on Hand searches will be conducted as needed Laura and Ashley will review intervention/RCT full text studies

Friday, November 7, 2014

2015 Meeting Location

- Next Year's W2005 Meeting: October 21-23, 2015 in Las Vegas, NV
- Continued in-person presence is requested of all members
- We will be at the Hilton Gardens South Las Vegas, rooms will be booked asap

Officers and Organizing Committee

- Elections for W2005 Officers - Chair, Vice-Chair, and Secretary
- Melinda nominated Laura and Janet to continue their leadership into 2015; Anne seconded this motion; the group concurred unanimously - Janet and Laura accepted:-)
- Janet and Laura need to be formally acknowledged for their leadership efforts - letter should come from the group Anne, Madeleine and Cindi should be acknowledged in their organizing/hosting duties - pls send letter to Dean of the College and cc the Provost
- Melanie was nominated for W2005 Secretary by Janet – this was seconded by Melinda/Laura – the group voted unanimously YES: Melanie accepted

Objectives for 2015

Overall, we need to put together a dissemination plan for our findings/results of our work. How will we achieve this?

Thoughts:

From the PA Group: Let's start with professionals, then go to consumers with some of the messages **From the Parenting Group:** we need to hold a call with everyone to figure out our plan for this; Melanie's contact info is hinglem@email.arizona.edu and phone is 520.621.3087, address: Melanie Hingle, PhD, MPH, RD, University of Arizona Department of Nutritional Sciences, 1177 E 4th Street, Shantz 328, Tucson, AZ 85721

From the Diet Quality Group: ditto to parenting group

Folks Who Weren't Able to Attend This Year's Meeting

Please Contact Janet or Laura to Confirm Your Interest/Participation

With the exception of Amy and Karen, it's unclear what working group objectives folks who were not in attendance are working on. Please contact the co-Chairs of W2005 Janet jkurzyns@uky.edu and Laura laura.hubbs@okstate.edu to register your interest/choose a working group.

Linda acknowledged Madeleine's contribution and years of service to the W2005! THANKS!

Perhaps we can plan a dinner meeting next year before we begin!

Until then ... bon voyage and see you soon.