

OBESITY PREVENTION PROJECT

'IF CURRENT TRENDS CONTINUE UNCHECKED, THE ENTIRE U.S. POPULATION WILL BE OVERWEIGHT BY THE YEAR 2040...'

Calendar of Events

Food Stamp Forum February 10, 2009 Tsakopoulos Library Galleria, Sacramento

This forum is for any and all people involved and interested in improving the Food Stamp Program in California. The aim is to bring together federal, state, and county officials and employees, hunger advocates and general friends of the Food Stamp Program to discuss the current state of the program and strategies for improving the program for the people of California.

12th Annual Network for a Healthy California Conference March 4-5, 2009 Sacramento, CA

This conference features 35 workshops on physical activity and nutrition education, with over 100 speakers offering insight on tools and strategies on how to make positive change happen in your community.

Childhood Obesity Conference June 9-12, 2009 Westin Bonaventure Los Angeles

The Childhood Obesity conference addresses the most pressing issues related to childhood obesity including: food access, nutrition, physical activity and physical environment.

February 2009 E-Newsletter

Physician Champion of the Month

Dr. Nicolas Yphantides

San Diego County Childhood Obesity Initiative

Dr. Nicolas Yphantides of San Diego has been selected as our Physician Champion of the Month based on his efforts in prevention of childhood obesity and family wellness. Dr. Yphantides' dedication of time and expertise to this epidemic comes from both professional and personal experience.

As chairman of the San Diego County Childhood Obesity Initiative, he is responsible for overseeing the implementations of the Initiative's programs as well as acting as a mediator between the county and the community. The initiative's mission is to reduce and prevent childhood obesity in San Diego County by creating healthy environments for all children and families through advocacy, education, policy development, and environmental change, further more promoting and developing health education, walkable communities, safe routes to schools, use of



school space for after-school activities, and accessibility to parks and open spaces. Dr. Yphantides has a strong platform to speak from when encouraging his patients to eat healthy and get physically active. Dr. Yphantides used to tell his patients, "do as I say, not as I do." But after losing 270 lbs. through diet and exercise, he is able to use his personal experience to inspire patients to make that permanent lifestyle change towards healthy eating and regular exercise.

Dr. Yphantides believes the solution is in family wellness. For a child or adult to change their habits and sustain a healthy lifestyle, their environment needs to change with them. It is through the San Diego Childhood Obesity Initiative that Dr. Yphantides works to bring about change that will facilitate community and family wellness. For more information about Dr. Yphantide's work visit:

<http://www.healthsteward.com/>

<http://www.ccwsd.org/>



CV PoWeR!

Chula Vista Physicians Winning with Recreation (CV PoWeR!) was started in 2006 as a way to connect families living on the west side of the city to opportunities for safe and structure physical activity in the city's recreation centers. It began as a partnership between the city's department of recreation and a handful of physician offices serving the west side of the city. Through a "recreation prescription" physicians were given a tool to help their patients minimize some of the barriers they were facing to increase their physical activity. The prescriptions allow for referral of all members of the community (regardless of age or income) to existing city recreation resources. With a prescription, families can swim for free, use after-school recreation classes and programming in recreation centers situated on the city's west side. The success of CV PoWeR in Chula Vista encouraged its creator and founder, Dr. Chris Searles to start www.RecreationRx.org to help promote partnerships between physicians and recreation organizations working in areas of unmet need throughout California. By housing this resource for new programs, his hope is to facilitate new program development and to make it easy for programs to share their experiences. To learn how you can share Dr. Searles vision and mission, visit RecreationRx.org

National Initiative for Children's Healthcare Quality Conference

The Obesity Prevention Project will be attending this year's NICHQ conference in Texas to present a storyboard on our Childhood Obesity Provider Toolkit as an innovative & promising method for reducing the prevalence of childhood obesity. This interactive forum will bring nearly 1,000 healthcare professionals of all disciplines together to highlight the most promising work being done in support of NICHQ's agenda to improve children's healthcare quality. Your attendance at the conference is encouraged. For more information please visit:

<http://www.nichq.org/nichq>

"Inner city Called a Food Desert"

Residents in South Los Angeles find eating healthy a challenge given the options they have in their neighborhood. "Among the three major southern California grocery chains – Ralphs, Albertsons, and Vons- there are six supermarkets in South Los Angeles, serving a population of about 688,000. By comparison, 19 supermarkets serve West Los Angeles' population of about 395,000." These neighborhoods are full of corner stores stocked with beer, cigarettes, fried snacks and fatty sweets. Stores claim the reasons they are not building in these areas are high employment turnover and lack of space. Still, residents suffer from the lack of fresh fruit and vegetables, making eating healthy near impossible. For those who rely on public transportation, traveling far to a supermarket is not feasible. A few local youth made fresh fruits and vegetables available at a nearby store through a grant from the California Endowment. Junk food like chips and candy were moved to the back of the store and a cooler was stocked full of fresh produce.



Tayefe, Shaya. "Inner city Called a Food Desert." Los Angeles Times. 21, December, 2008: A3 & A4.

UCLA study shows low-income youth more likely to become obese.

A recent policy brief conducted by the ULCA Center for Health Policy Research found that teenagers living in low income homes are almost 3 times more likely to be overweight or obese. Twenty-one percent of adolescents living in low-income families are obese. Factors being blamed include high consumption of sugary sodas, lack of parks for recreation & fewer opportunities for physical activity, more time spent watching television, and numerous fast food restaurants in the neighborhood. Lower income neighborhoods are more likely to have a food environment that makes it difficult to eat healthy and be active.



Read the policy brief at: www.healthpolicy.ucla.edu
http://www.healthpolicy.ucla.edu/pubs/files/Teen_Barriers_PB_1208.pdf