

TOPIC:

# HEALTHY WEIGHT

**CHANGE CONCEPT:** Strengthening Linkages and Partnerships

**SUBTOPIC/CHANGE PROJECT:** Develop Relationship with Local Campaigns and Organizations Focused on Promoting Healthy Weight



**BACKGROUND:**

Columbus Public Health Caring for 2 (CF2) has been funded since 2000 and serves pregnant and parenting African American women and infants in 3 Columbus, Ohio neighborhoods: Near East, Near South and South Linden. Services are provided by an interdisciplinary team of nurses, social workers and care coordinators.

**CONTEXT:**

The City of Columbus Early Childhood Obesity Prevention Coalition focuses on neighborhoods with high obesity rates within the city and CF2 zip codes have the highest rates with one zip code showing a rate of 37%.

**AIM:** Assure that Healthy Start ICC participants are aware of the importance of a healthy weight.

**CHANGE:** Develop a working relationship with one or more local organizations that are focused on promoting healthy weight.

**MEASURES:** Increase participation at regular meetings with organizations and providers focused on promoting healthy weight.

**CHALLENGES:**

- Joining an existing group entails adopting the existing plan and schedule.
- Obtaining consensus from group members can be time consuming.

**PLAN**

- Become a member of Early Childhood Obesity Prevention Coalition.
- Present goals of Healthy Start ICC at meetings to inform coalition of Caring for 2's work.
- Learn about the service of coalition members and assess how Caring for 2 participants can utilize these services.

**DO**

- Developed healthy weight promotional message to display in Caring for 2 service area.
- Conducted focus group with CF2 participants on appropriate messaging.
- Developed nutrition survey for CF2 participants.

**STUDY**

- Evaluate advantages and disadvantages of the collaboration with the Early Childhood Obesity Prevention Coalition.

**ACT**

- Assess PDSA and modify as needed.

**SURVEY DATA**

CF2 Mothers, September 2010 - March 2011

**QUESTION:** In the past 30 days, did you do any of these things to help you lose or keep from gaining weight?

| ACTIVITY   | NO     | YES  |
|--|--------|------|
| Exercise   | 92.9%  | 7.1% |
| Smoke cigarettes                                   | 100.0% | 0%   |
| Take diet pills, powders, or liquids               | 97.6%  | 2.4% |
| Skip meals   | 97.6%  | 2.4% |
| Take laxatives                                     | 100.0% | 0%   |
| Eat less foods, fewer calories or foods low in fat | 95.2%  | 4.8% |

**QUESTION:** How many servings of each of the following food groups did you eat yesterday?

| FOOD TYPE              | NONE  | 1     | 2     | 3     | 4 or more |
|------------------------|-------|-------|-------|-------|-----------|
| Servings of dairy      | 16.2% | 10.8% | 37.8% | 18.9% | 16.2%     |
| Servings of grains     | 8.3%  | 11.1% | 22.2% | 27.8% | 30.6%     |
| Servings of fruits     | 11.1% | 13.9% | 22.2% | 36.1% | 16.7%     |
| Servings of vegetables | 20.0% | 17.1% | 28.6% | 28.6% | 5.7%      |
| Servings of meat       | 5.4%  | 10.8% | 8.1%  | 24.3% | 51.4%     |

**ACCOMPLISHMENTS**

- Developed nutrition survey and administered to CF2 participants, results demonstrate 92% of participants do no exercise to lose weight or keep from gaining weight, 51% eat 4 or more serving of meat, 31% grain, 16.2% dairy, 16.7% fruits, and only 5.7% eat vegetables.
- Established collaboration with Expanded Food & Nutrition Education Program and 19% of moms referred and are receiving individualized services.
- Established collaboration with MOMs2B a weekly cooking class for moms, CF2 RN and SW attend weekly and provide case management and health education services.
- Developed 3 sets of billboard messages on healthy pregnancy weight, and portion size that were displayed in CF2 service areas.
- Coalition formed Healthy Prenatal Weight Gain subgroup to address direct services activities.
- Developed prenatal weight gain checklist using the Five A's model for providers to discuss healthy weight during prenatal visits and 5 questions participants can ask provider about their weight.
- Attended monthly Early Childhood Obesity Prevention Coalition meetings.

**LESSONS LEARNED**

- We didn't have to reinvent the wheels, there was an existing coalition.
- CF2 services are highly needed and agencies are requesting collaboration.
- There is an established Physical Activity Plan in Franklin County which is promoting healthy lifestyle.
- Focus group results with our CF2 participants provided valuable input for healthy weight billboard messages.

**TEAM MEMBERS**

- Grace Kolliesuah, MSW, LSW, Project Director, (614) 645-1697
- Mary Margaret McClure, BS
- Karen Gray-Medina, MS, CHES
- Penny Carroll, MSW, LSW
- Cheryl Sheterom, BSN, RN
- Sharon Soliday, BSN, RN
- Mary Patty Conway, RN
- Autumn Trombetta, MS, RD, LD
- Cheryl Graffagnino, MS, RD, LD



[www.publichealth.columbus.gov/caring-for-2.aspx](http://www.publichealth.columbus.gov/caring-for-2.aspx)