

**Institute of Medicine -
Accelerating Progress in
Obesity Prevention:
Solving the Weight of the Nation**

**Weight of the Nation™ 2012 Conference:
Moving Forward, Reversing the Trend
Washington, D.C.
May 7-9, 2012**

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

**Chris Economos, PhD
Associate Director
John Hancock Research Center on
Physical Activity, Nutrition, and Obesity
Prevention
New Balance Chair in Childhood Nutrition
Associate Professor
Tufts Friedman School of Nutrition
Tufts School of Medicine**

Faculty

**Harvey Fineberg
President
Institute of Medicine**

Faculty

**Daniel R. Glickman, JD
Executive Director of
Congressional Programs
Aspen Institute
Senior Fellow
The Bipartisan Policy Center
Washington, D.C.**

Faculty

**M.R.C. Greenwood, PhD
President
University of Hawaii System**

**Shiriki Kumanyika, PhD, MPH
Senior Advisor to the Center for
Public Health Initiatives
Professor
University of Pennsylvania**

Faculty

**William Purcell, III, JD
Attorney
Special Advisor/Co-Chair
Allston Work Team
Harvard University**

An Urgent Need for Action

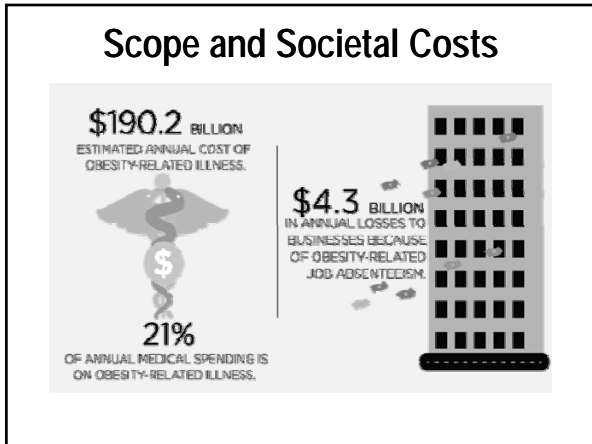
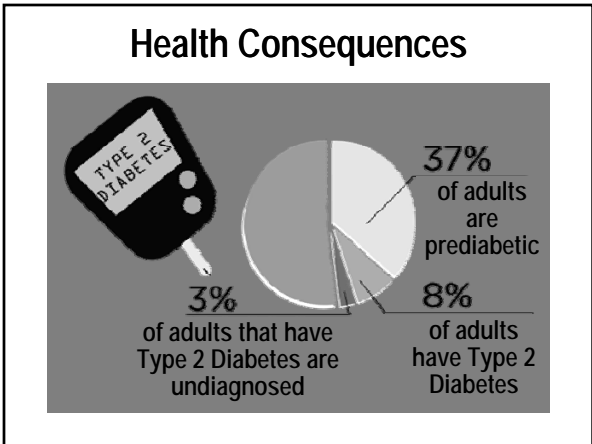
Where Are We Now?

FOOD INTAKE

PHYSICAL ACTIVITY

- ### Health Consequences
- 1 out of 3 children are overweight or obese
 - 2 out of 3 adults are overweight or obese

- ### Health Consequences
- Obesity can cause other health problems
 - Cardiovascular disease
 - Type 2 diabetes
 - High blood pressure
 - Sleep apnea
 - Depression



Committee on Accelerating Progress in Obesity Prevention

• Study charge:

“review past . . . obesity prevention-related recommendations, identify a set of critical recommendations for future action, and recommend indicators of progress in implementing these actions.”

Committee Membership

- Daniel Glickman (chair), The Aspen Institute and Bipartisan Policy Center
- M.R.C. Greenwood (vice chair), University of Hawaii System
- William Purcell (vice chair), Jones Hawkins and Farmer
- David Britt, retired Sesame Workshop

Committee Membership

- Jamie Chriqui, University of Illinois, Chicago
- Patricia Crawford, University of California
- Christina Economos, Tufts University
- Sandra Hassink, A.I. duPont Hospital for Children

Committee Membership

- Anthony Iton, The California Endowment
- Steven Kelder, University of Texas
- Harold (Bill) Kohl, University of Texas
- Shiriki Kumanyika, University of Pennsylvania
- Philip Marineau, LNK Partners

Committee Membership

- Vicky Rideout, VJR Consulting
- Eduardo Sanchez, Blue Cross and Blue Shield of Texas
- Ellen Wartella, Northwestern University

The Solutions

Review of Prior Recommendations

- ~ 800 obesity prevention-related recommendations!
- Comprehensive review reflecting:
 - Institute of Medicine and National Research Council
 - Childhood Obesity Action Network

Review of Prior Recommendations

- Healthy Eating Activity Living Convergence Partnership
- US Department of Health and Human Services (CDC, Community Preventive Services Task Force)
- Keystone Forum

Review of Prior Recommendations

- National Governors Association
- National Association of County and City Health Officials
- National Physical Activity Plan
- Robert Wood Johnson Foundation

Review of Prior Recommendations

- Trust for America's Health
- USDA
- White House

Guiding Principles

1. Bold, widespread, and sustained action
2. Actions must drive cultural and societal changes
3. Cultural and societal changes are needed and a system approach must be taken

Guiding Principles

4. Solutions must come from multiple sources, involve multiple levels and sectors
5. Recommendations should be based on best available scientific evidence
 - IOM's LEAD Framework

Guiding Principles

6. Cost, feasibility, and practicality of implementation must be considered
7. Unintended consequences must be considered
8. Incorporate ongoing evaluation of progress and need for any course corrections

Guiding Principles

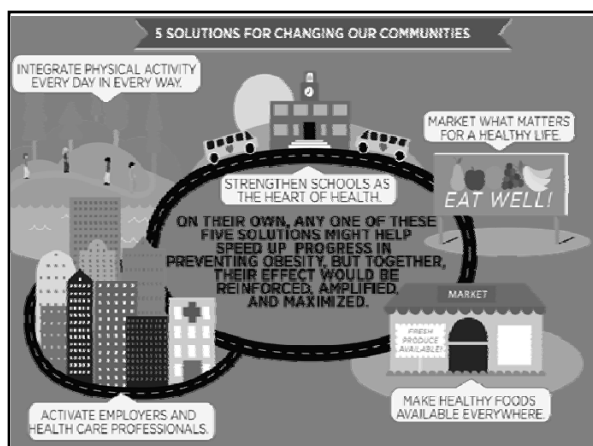
9. Must include assessment of potential for high impact; reach and scope of potential effects; timeliness of effects; ability to reduce disparities and promote equity; and have clearly measureable outcomes

Goals

1. Integrate physical activity every day in every way
2. Make healthy foods available everywhere
3. Market what matters for a healthy life
4. Activate employers and health care professionals

Goals

5. Strengthen schools as the heart of health

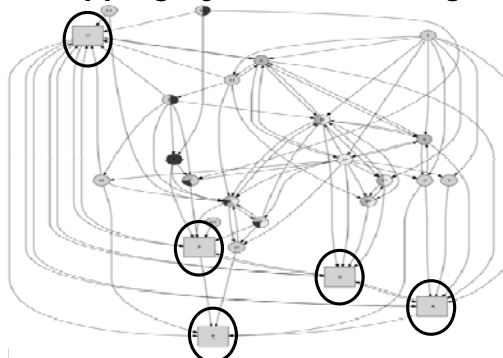


Accelerating Progress

Mapping Systems of Change

- Sector of Action
 - Business/private
 - Public
 - Citizens/civic organizations
 - Health care
 - Worksites/employers

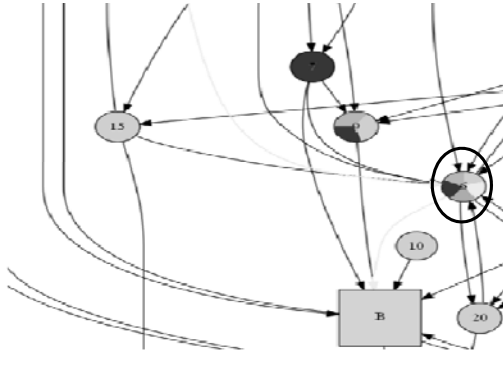
Mapping Systems of Change



Five Interacting Areas



Multi-Sector Interactions



Meeting the Challenge of Achieving Equity

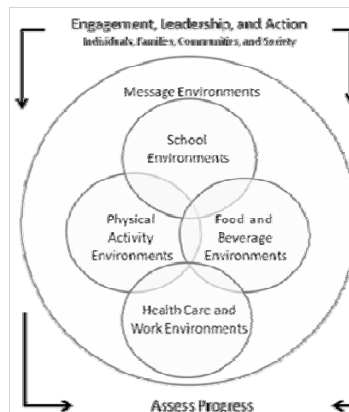
- Transform inequitable environments
 - Food and beverage
 - Physical activity
 - Message

Meeting the Challenge of Achieving Equity

- Target critical settings
 - School
 - Worksites

A Call to Action

- Engagement
- Leadership and responsibility
- Assessment



Questions and Answers

- The committee envisions a successful, sustainable society that supports obesity prevention and offers broad opportunities for everyone to lead a healthy, productive life

Special Thanks To...

- The Robert Wood Johnson Foundation
- Michael and Susan Dell Foundation
 - Measuring Progress in Obesity Prevention: Workshop Report
- Study Staff: Lynn Parker, Leslie Sim, Heather Cook, Emily Ann Miller, Heather Breiner, Elena Ovaitt, and Matt Spear

To read more about the project and download the full reports and report briefs:

<http://www.iom.edu/acceleratingobesityprevention>