

**State Obesity Task Force  
Mission Statement:**

**“Working Toward Prevention and Reduction of Obesity for a Healthier Alabama”**

Obesity Task Force Meeting Minutes  
February 24, 2011  
Alabama Power Company WaterCourse Building  
Clanton, Alabama

**Welcome**

Bonnie Spear, Chair, welcomed members to the February Obesity Task Force meeting. After a member introduction time, she shared the following updates:

- Dietary Guidelines were released with information about sodium restrictions. The guidelines recommend children’s intake less than 3000 mg; adults’ intake reduced to 2500 mg; and adults over 50 and those with hypertension reduced intake to 1500 mg. Bonnie pointed out the current difficulty of staying this low due to processed food and the number of times the typical person eats away from home.
- DRI – Dietary Recommended Intake report stated there was not enough evidence that calcium intake assisted with weight loss. The Vitamin D section reported a trend for overweight/obese persons to be deficient in Vitamin D was noted. However more follow up is needed.
- ADECA – A conference in April will feature some of the physical activity initiatives. OTF had talked with ADECA about developing a web site with activities per county listing. The more this was discussed, the larger and more costly the project would be. At this point, the OTF does not have funds to proceed, but would like to have links on our web site for PA options.
- Web site: resource page- OTF would like to feature partners’ web sites on our page on the resource page.
- NICHQU- Bonnie attended a national meeting sponsored by National Child Health Quality (NICHQU). Plans to request a community coalition in each state to take the initiative of linking primary care physicians with community advocacy efforts to address obesity and use outcome measures for part of the evaluation. There are no funds with this initiative, but technical assistance will be offered. RFA will be released soon.

**Updates**

Mim Gaines gave an update on Scale Back Alabama. We have 63 counties, 8,388 teams, and 35,552 people participating. A team name contest will be in March.

Teresa Fair and Whitney Pinkston provided an overview of the Healthy Vending Machine Project at the state level. Refer to the power point. State agencies are participating in a pilot project where 50% of all food and beverage selections are considered healthy choices. The logo, policy, guidelines, and marketing materials are on the web site. The food tasting sessions were very helpful in eliminating employee fears that the foods would not taste good. Others are encouraged to adopt the policy and implement the changes.

Taylor Huff provided an overview of the Jefferson County Communities Putting Prevention to Work grant. See power point. Taylor provided an overview of the partners, shared successes, and outlined the next steps. The Community Healthy Living Assessment tool was used for basely, the data. For detailed information, in addition to the power point, go to <http://www.championsforhealth.com>

**Changing of Board- Heather**

Whitley, the incoming Chair, reviewed the committee structure for the group. Each committee chair and co-chair are a members of the Board. Today was used for committees to select project priorities. The Board election ballot will be send via internet questionnaire this month.

**Committee Work Groups**

Members self selected into a committee. Co chair volunteers were sought. Current project discussed, time lines and responsible parties listed. A list of priorities to accomplish this year was started. Refer to the committee pages for detailed reports.

12:00 Adjourn

**NEXT MEETINGS:** *May 18, Aug.17, and Nov 16.*