

State Obesity Task Force Meeting Minutes

Mission Statement:

“Working toward prevention and reduction of obesity for a healthier Alabama”

Tuesday, November 16, 2010

AL Power Company WaterCourse Building, Clanton, AL

1. Bonnie Spear, PhD welcomed members and provided the following updates:
 - a. A meeting with ADECA staff provided information on Passport to Fitness program <http://www.adeca.alabama.gov/C4/PTF/default.aspx> and literature from the Alabama Bureau of Tourism <http://www.alabama.travel/> that tie in nicely with the Obesity Task Force goals of increasing physical activity.
 - b. The Surgeon General brought a fitness program to Mobile to promote weight loss. Whereas we are pleased she brought information to her home state, we are concerned with some of the coordination efforts and claims the trainer voices. The full Task Force recommended Bonnie send her a letter so she would know about the Task Force and some of the things going on in Alabama for future efforts.
 - c. Bonnie reminded the group to read the email sent prior to the meeting concerning a national recipe contest.
 - d. The American Dietetic Association has a report that will be published on what children are really eating. Bonnie will share the pre-publication with those interested.
2. Shenna Quizon, RD provided information on the progress of the UA student workgroup. The students represent different organizations across campus. As a collective group, they would like to address obesity issues by developing a twitter page devoted to health messages, to work with the on campus dining to color code some choices for determining healthy choices, and to develop a dining guide highlighting good food choices in various places in Tuscaloosa.
3. Monica Baskin, PhD, Associate Professor at UAB School of Medicine provided an update from the Alabama Obesity Institute. One of the goals of the institute is for funding for research. A grant writing workshop was provided at no charge to UAB students and faculty, and was open to the OTF members. (Invitation was emailed to all task force members.)
4. Monica Baskin, PhD and Claudia Hardy, Project Director of Deep South Network provided an overview of the work in West Alabama. The Deep South grant to reduce cancer health disparities recently expanded to focus on weight loss. Of the 22 communities the original grant serves, 14 will be in

the randomized trial to receive outreach information to support weight loss. Four sites will have a culturally appropriate individual focus and four will have the individual materials and a community aspect. The grant has a new partnership with the Mississippi Medical Center. Four of the counties will be Sumter, Perry, Wilcox, and Perry. The remaining four are in Mississippi. For more information, contact Monica at mbaskin@uab.edu.

5. Lisa Jones provided an update on the Diabetes Prevention Program (DPP) through the YMCA in Jefferson County. Lisa shared that AL is #3 in writing the most prescriptions. If following healthy lifestyles with a weight loss of 5 to 7 lbs, 58% delay in diabetes occurs. The YMCA program funds lifestyle coaches for Jefferson and Shelby Counties to work through MD referrals. The YMCA has room for more referral for the 16 week course.
6. Gina Clifford, of Design Alabama, explained the Alabama State Council on the Arts (ASCA) funds a program for small communities throughout the state, who do not have the funds or access to design professionals, to help create strategic and master plans for community development and downtown revitalization. The designs create a walkable area, which supports the OTF goals. The two organizations look forward to working together. To learn more about Design Alabama go to “ <http://www.designalabama.org/>”.
7. Task Force members self-selected into one of the groups below. At the end of the meeting, a report was given from the group to let the full Task Force hear the progress made.
 - OTF resolution statement- Michael Jackson led the group on a statement concept for the Task Force to use. The concept will be used to develop a resolution statement.

Branding statement- Mim Gaines chaired the group who took the OTF mission statement to shorten and develop a short concise statement to describe who we are and what we do. The draft statement developed is: *The State Obesity Task Force works to address overweight/obesity issues through advocacy, policies, environmental changes, and programs that support lifestyle changes.*

Or

“To bring together those individuals from across the state working towards the common goal of reducing obesity and increasing healthy decisions among the citizens of Alabama.”

OR

“The State Obesity Task Force is a volunteer organization made up of individuals committed to bringing together communities from across the state for the purpose of disseminating news, information, funding sources and best practices, as well as supporting those communities in their endeavors to develop programs and policies

to help reduce obesity in Alabama through treatment, education and providing access to healthy food, and healthy communities.”

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- Student Group- Linda Knol led the group through the ideas from the UA and AU students for next steps to take.
- Wellness Manual- Laurie Eldridge-Auffant divided the group into smaller working groups in order to review the manual by chapters. Each chapter outline was to review and revised as needed.

The meeting was adjourned at noon. The next full meeting will be in the first quarter of the New Year. Dates will be posted on the web page. The location will continue to be at the AL Power Company’s WaterCourse Office in Clanton, AL. We will meet from 9:00 am- noon.