

# Alabama Obesity Task Force

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**8/20/14**

# Mission

*“The State Obesity Task Force works to address overweight and obesity issues through advocacy, policies, environmental changes, and programs that support healthy lifestyle changes.”*



# A New Methodology for Translating Evidence-based Obesity Prevention Strategies for Youths and Young Adults with Disabilities from Diverse Race/Ethnic Backgrounds

DRRP Obesity Expert Panel Consensus Meeting  
March 20, 2014

# Funding

## Disability and Rehabilitation Research Project (DRRP)

Funded by the U.S. Department of Education,  
National Institute on Disability and Rehabilitation  
Research (NIDRR), Grant #H133A120102 (2010-  
2015)

Program Officer: Margaret Campbell, PhD

# Purpose

Develop a new methodology for systematically identifying, adapting and modifying existing evidence-based obesity prevention/reduction strategies for youth/young adults with disabilities from culturally diverse backgrounds



**MMWR**<sup>™</sup>

**Morbidity and Mortality Weekly Report**

[www.cdc.gov/mmwr](http://www.cdc.gov/mmwr)

Recommendations and Reports

July 24, 2009 / Vol. 58 / No. RR-7

**Recommended Community Strategies  
and Measurements to Prevent Obesity  
in the United States**

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION



RECOMMENDED COMMUNITY STRATEGIES  
AND MEASUREMENTS TO PREVENT  
OBESITY IN THE UNITED STATES:  
*Implementation and Measurement Guide*

July 2009



# GRAIDs

- Evidence-Based Guideline  
Recommendations (discretionary)
- Policy Recommendation (required)

# Design of a Community Health Inclusion Index

## Proposed Instrument

Community Health Inclusion Index (CHII)

## Existing Instruments

CHLI\*

CHANGE\*

HAN-EAT

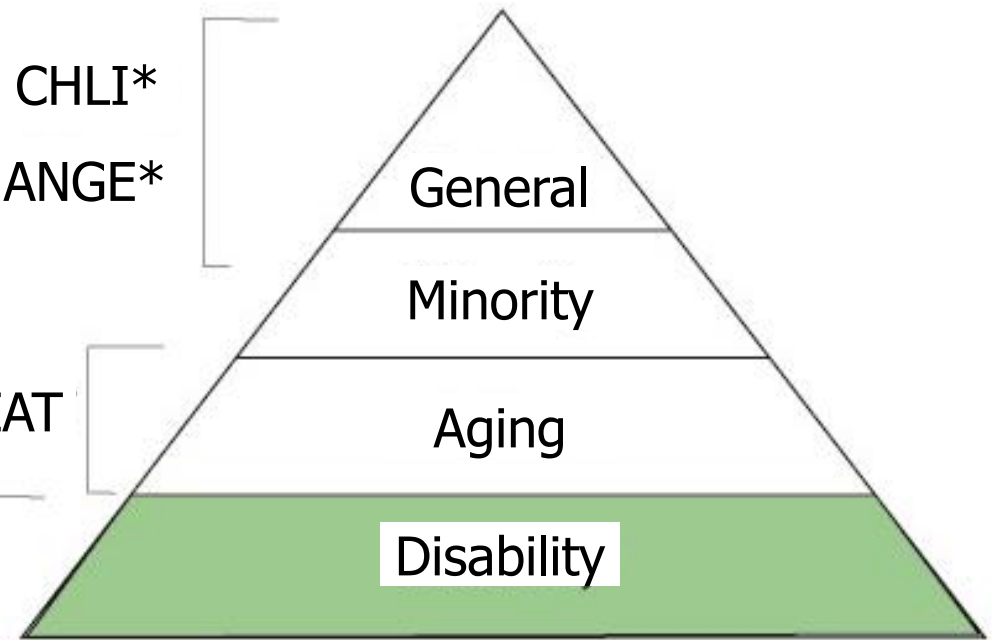
AIMFREE

Q-PAT

FABS

CHEC

CHIEF



Number of barriers to physical activity and healthy eating experienced

\*Limited # of disability, aging and minority items



1

## Coalition Building

- Initiate and continually grow political commitment

2

## Assessment

- Community Health Inclusion Index (CHII)

Building  
**Inclusive**  
Healthy  
Communities

5

## Evaluation

- Community Health Inclusion Index (CHII) and other evaluation tools

3

## Planning

- Data Interpretation & Prioritization

4

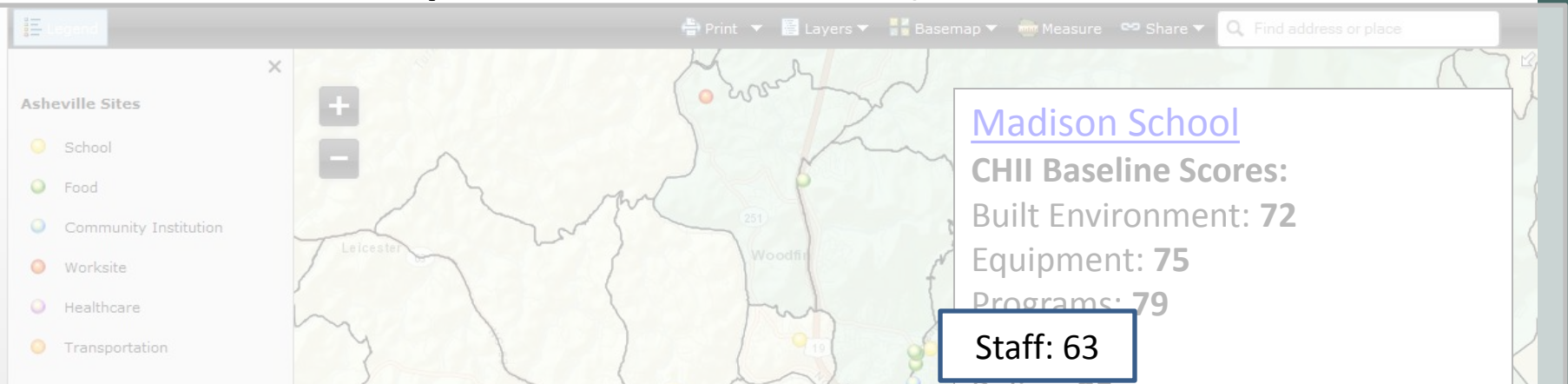
## Implementation

- Use GRAIDs to help improve inclusion in the community

## Outcomes

- Policy Change
- Systems Change
- Environmental Change

# Evaluation(CHII) to Implementation (GRAIDs)



## Guidelines, Recommendations, Adaptations Including Disability (GRAIDs) for Staff at Schools

Educate school personnel and parents on the legal requirements to provide access to extracurricular recreational activities for youth and young adults with disabilities

Employ various methods of professional development to educate PE and general education teachers about disabilities and how to adapt activities that ensure inclusion of all students

Train community recreation providers to develop and implement culturally and linguistically appropriate, quality recreation and physical activity programming and services for youth and young adults with disabilities

# Motivational Strategies for PDA

Make sure you **SELECT** the right



## Physical Activity



### RECTECH'S

# SELECT

#### Social Engagement



Physical activity can be social. Interactions with other humans, such as walking, tennis, golf, group aquatics and dance class are ways people engage socially through activity.

#### Enjoyment



Physical activity that is enjoyable and fun is more likely to be sustained because it is a preferred activity.

#### Learning



Learning something new motivates people and also gives them a sense of satisfaction. People learn through movement by going to museums, new cities, signing up for tennis or golf lessons, or taking dance classes. Kids learn new motor skills by playing.

#### Exploration



Exploration is a big reason people get moving. Cyclists, hikers and even avid shoppers are constantly exploring new trails, scenery and even new shops.

#### Competition



Competition is a big motivator for physical activity. Sports activities often engage people through competition, either against opponents or one's own goals.

#### Task Completion



Many people are physically active to complete tasks. Cleaning, work-related activity, walking the dog, or exercising solely to improve health are ways people move around to get things done.



Understanding the **6** components of the **SELECT** model is integral in promoting **more physical activity** in people with **disabilities**.

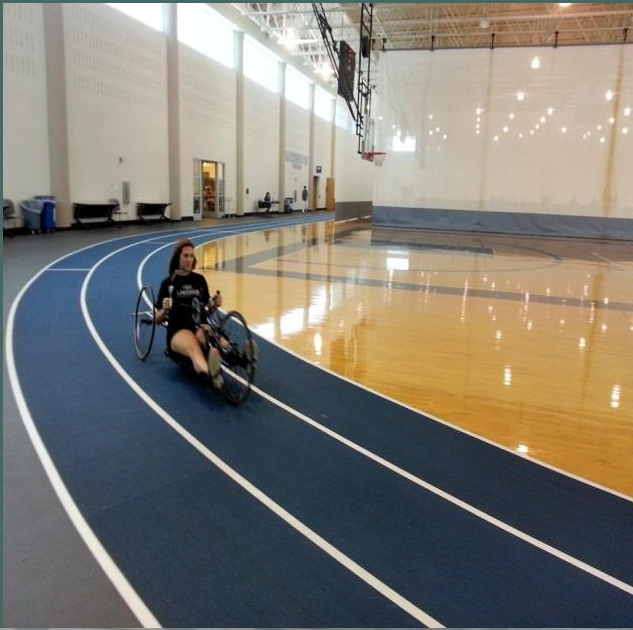
# Find or Create a Mini-Lakeshore Foundation in Your Neighborhood



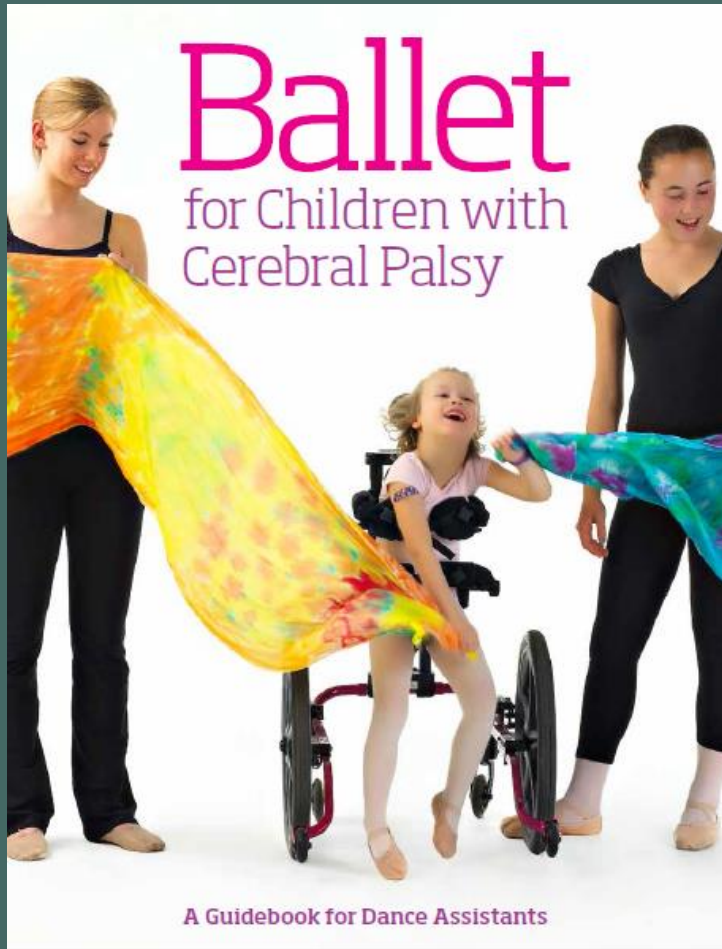
# S – for Social Engagement



# E – for Enjoyment



# L – for Learning



# E – for Exploration





# C- for Competition



# T - for Task completion



# Motivational Strategies for PDA

6 Key Motivating Elements that Promote

## Physical Activity

### REC TECH'S

# SELECT

#### Social Engagement



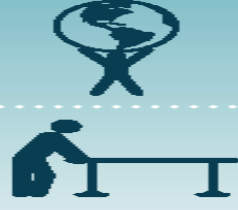
Physical activity can be social. Interactions with other humans, such as walking, tennis, golf, group aquatics and dance class are ways people engage socially.

#### Enjoyment



Physical activity also should have a level of enjoyment or fun to become a regular activity that is easy to sustain.

#### Learning



Learning gives people a sense satisfaction. People move in order to learn by going to libraries, museums, new cities, or taking dance classes. Kids learn new motor skills by playing.

#### Exploratory



Exploration is a big reason people get moving. Cyclists, hikers and even avid shoppers are constantly exploring new trails, scenery and even new shops.

#### Competitive



Competition can be a big motivator for physical activity. Sports activities often engage people through competition, either against opponents or one's own goals.

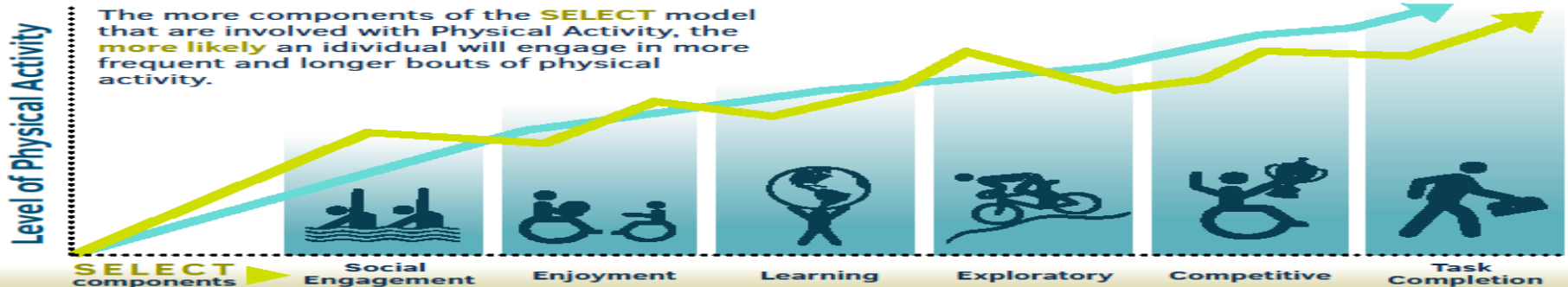
#### Task Completion



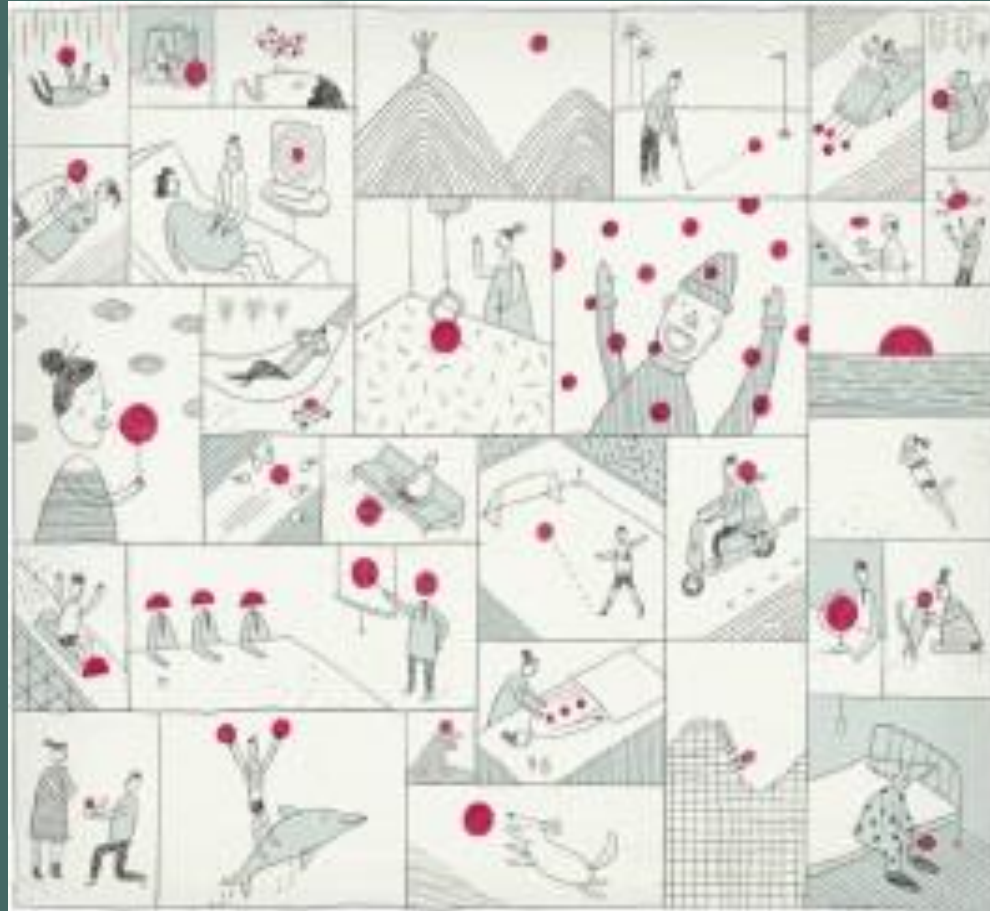
A majority of people are physically active for task completion, such as cleaning, work-related activity, walking the dog, or exercising solely to improve health.



Understanding the 6 components of the **SELECT** model, is integral in promoting **more physical activity** amongst people with **disabilities**.



# Encourage Low Intensity Movement Across the Day

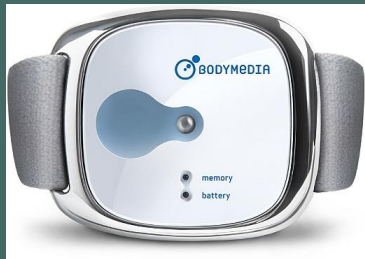


# More Time Outdoors – Less Access to Food and Inactivity



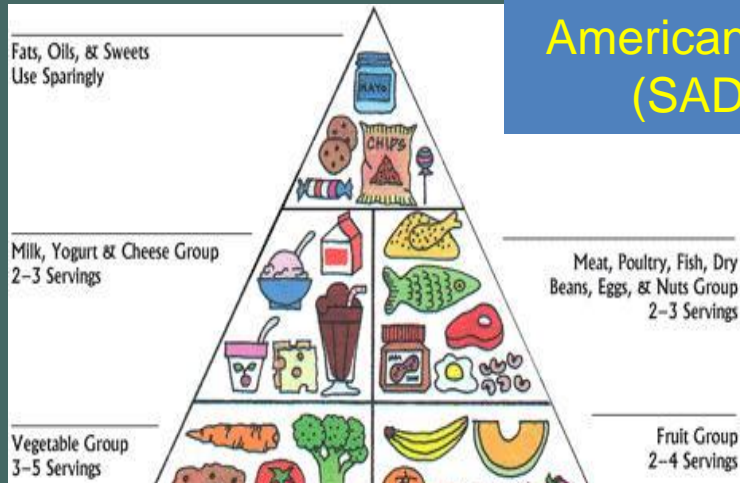
# Monitoring is Very Important

- Weight
- Activity
- Diet



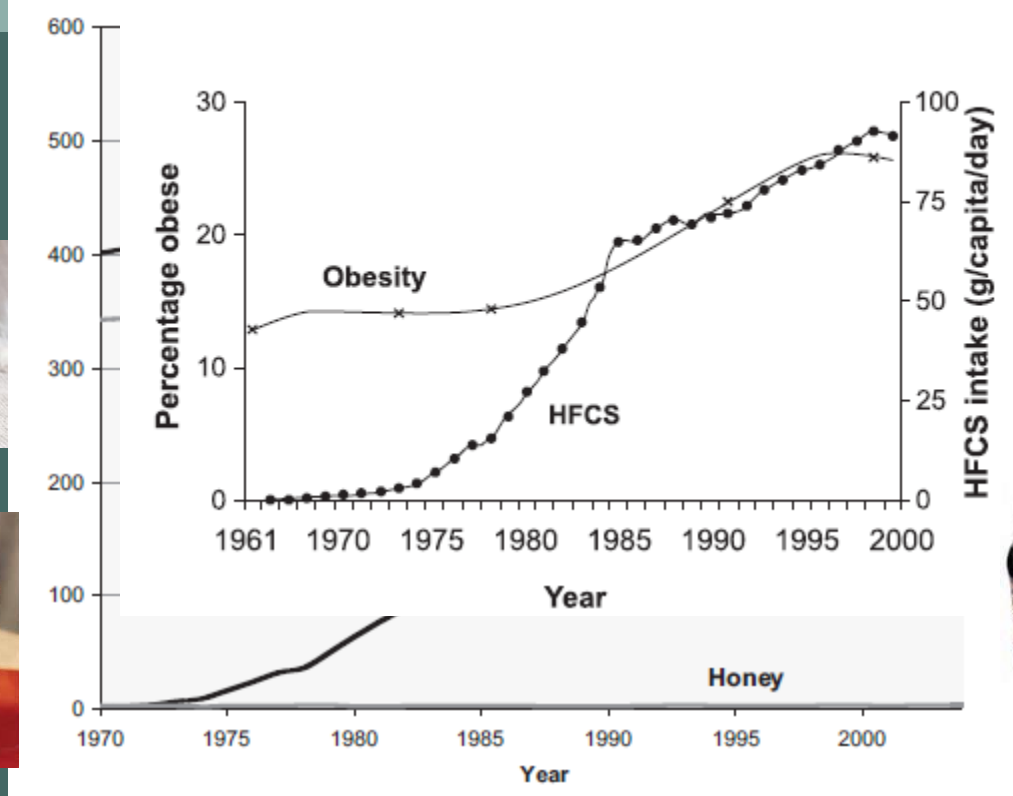
# Are we eating the right food?

## Standard American Diet (SAD)



~60% carbohydrates (grains, sugars, starches)  
~20% protein  
~20% fat

# High Fructose Corn Syrup (HFCS)



Enters in mid-1970s  
38 lbs HFCS  
47 lbs sucrose

**“Sugar is addictive and toxic.”**  
-Robert Lustig – UCSF Pediatric Endocrinologist



# Internet Based System for Managing Obesity in Children with Spina Bifida

Research Team

James H. Rimmer, Brooks Wingo, Jeanell Irish,  
Drew Davis, Betsy Hopson

NIH Grant #1R21HD073487-01A1

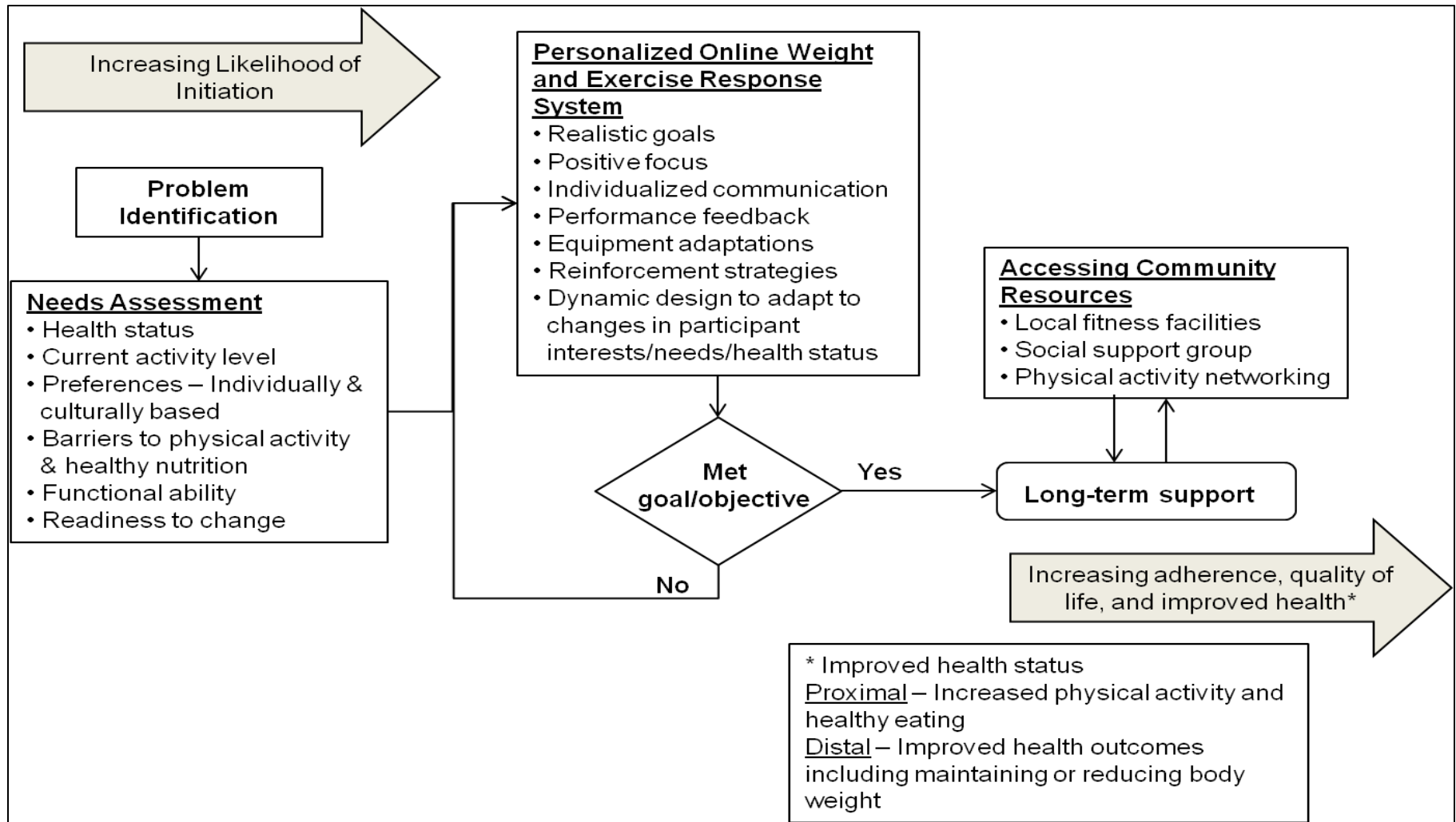
# Project Overview

## ➤ Specific aims:

- ❑ 1) to develop a web-based intelligent individualized Information and Communication Technology (ICT) system designed to promote physical activity specifically in youths with disabilities (POWERS)
- ❑ 2) to conduct a feasibility and efficacy study testing the utility of POWERS in 60 children with spina bifida.



# POWERS Intervention Model



# POWERS

POWERS by Lakeshore – A Personalized Online Weight and Exercise Response System

Enter Participant Name

## HEALTH ASSESSMENT

Preferred Call-in Number: **312-555-1212** Next Scheduled Call: **4/1/2012 @1PM**

[View Completed Calls](#)  
[Schedule a Call](#)

### Demographics

Participant: **Jane Doe**  
 Location: **Chicago, IL**  
 Age: **15** DOB: **4-13-1997**  
 Height: **5' 2"**  
 Weight: **137 lbs** BMI: **25.1**  
 Home Phone: **312-555-1219**  
 Work Phone: **312-555-2239**  
 Cell Phone: **312-555-9999**  
 Email: **jdoe9512@gmail.com**

### Disability & Function

Primary Disability: **Spina Bifida**  
 Secondary Condition: **Obesity, Fatigue**  
 Associated Conditions:  
**Meningomyelocele, Scoliosis, incontinence**  
 Chronic Conditions: **Anxiety, Asthma**  
 Assistive Devices:  
**Manual Wheelchair**

### Chronic Health

### Physical Activity

### Physical Activity Barriers

### Nutrition & Weight

SEARCH

Advanced Search

### Physical Activity

### Nutrition

### Behavior

### All

### Notes

Objective	Strategies	Status
<input type="checkbox"/> Increase physical activity to 30 minutes a day.	Perform the cardio section of the NCPAD exercise video developed for youth with spina bifida for 10 minutes.  Lorem ipsum dolor sit amet unum loreminger dopet sit.	<b>Complete</b>
<input type="checkbox"/> Perform light stretching activities before endurance exercise (ie, Wii boxing and wheeling around block) to improve range of motion in lower extremities and reduce effects of spasticity during activity.	Place a chair that is the same height of the child's wheelchair in front of child and extend one leg at a time onto the chair to stretch hamstrings and calves. Hold each stretch for 15 sections (see sample video in coaching corner).  Lorem ipsum dolor sit amet unum loreminger dopet sit.	<b>Active</b>
<input type="checkbox"/> Improve peak flow	Teach child how to use diaphragmatic breathing (belly breathing) by taking deep breaths into abdomen and blowing out air through pursed lips (see sample video clip of technique in coaching corner). Perform for five minutes daily before wheeling around the block.	<b>Active</b>
<input type="checkbox"/> Another physical objective goes here.	Another physical strategy goes here.	<b>Active</b>
<input type="checkbox"/> Add new		



### Daily Goal Evaluation

#### Enter/Edit Values

Fruit and Vegetable Consumption **80%**



Calorie Goal **1400**



Accumulated Physical Activity **90%**



Steps **5000**



Physical Activity **75%**



# Personalized Online Weight and Exercise Response System (POWERS)

Accessible Community Features

[+ SUBMIT A REPORT](#)

[HOME](#)

[REPORTS](#)

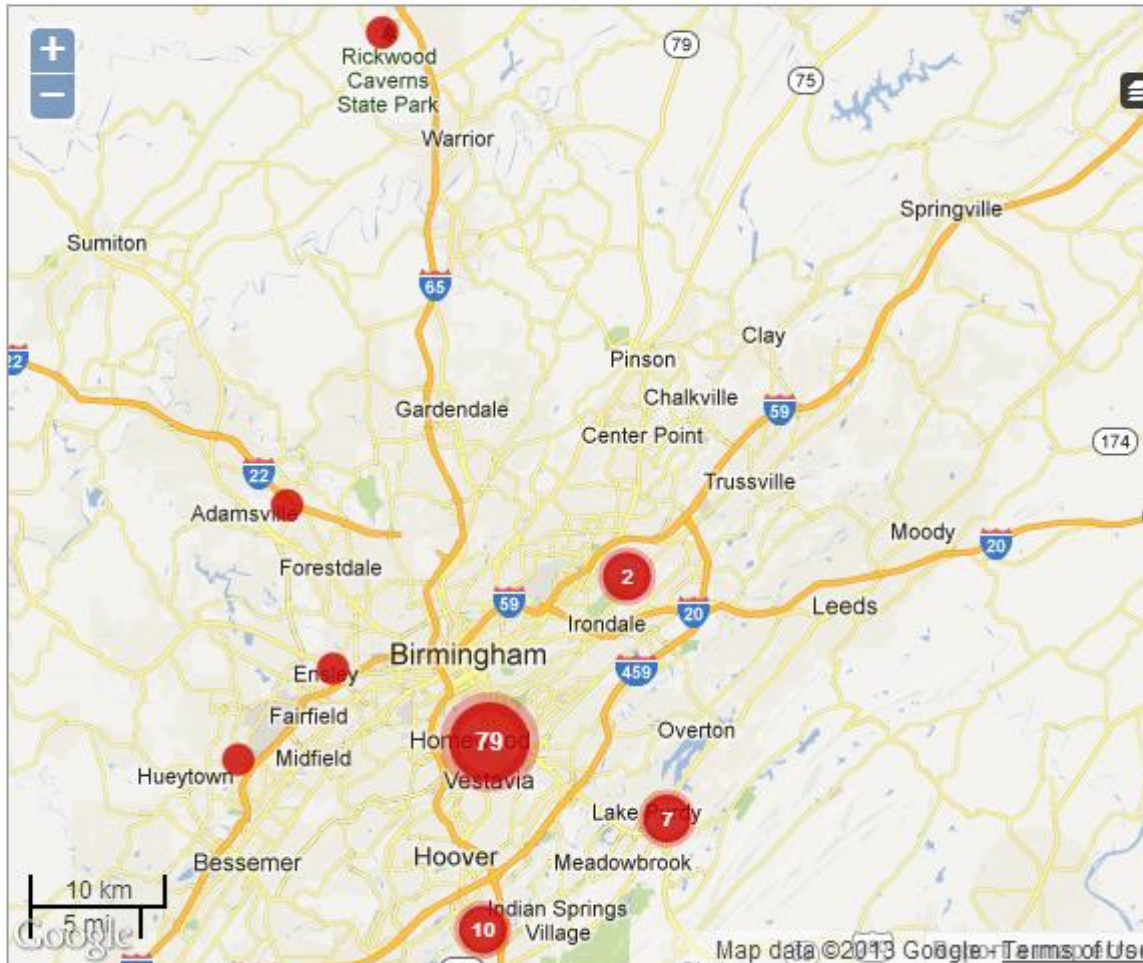
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↓ CATEGORY FILTER [ HIDE ]



## ALL CATEGORIES

- ADVENTURE PROGRAMS
- SOCCER
- BIKING
- AEROBICS
- VARIOUS SPORTS
- HOCKEY
- WATER AEROBICS/EXERCISE
- ATHLETICS/ TRACK & FIELD
- TABLE TENNIS
- FISHING
- BOCCIA
- LINKING

Scale = 1 : 433K -86.37108, 33.53567



# Do you get enough?

*Physical Activity is for **Everybody!***

National Center on Health, Physical  
Activity and Disability (NCHPAD)

[www.nchpad.org](http://www.nchpad.org)

(800) 900-8086

NATIONAL CENTER ON HEALTH PHYSICAL ACTIVITY AND DISABILITY



**UAB** | LAKESHORE  
RESEARCH COLLABORATIVE  
promoting the health and wellness of people with disabilities

# NCHPAD ([www.nchpad.org](http://www.nchpad.org))

- Specialists in disability and one or more content areas in health promotion (physical activity, nutrition and weight management) and Information and Communication Technology (ICT)
- Cross-disability focus
- 15<sup>th</sup> year of operation
- Headquarters: Lakeshore Foundation