

Our Communities. Our Issues. Our Solutions

Mobilizing Community Based Organizations to Address Obesity

Our Communities. Our Issues. Our Solutions: *Mobilizing Community Based Organizations to Address Obesity*



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Presenter Disclosure:

(1) The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

“No Relationships to Disclose”

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2

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Mobilizing Community Based Organizations to Address Obesity

Overview:

1. Public Health Significance of:
 - o Childhood obesity
2. Presentation UT-HAUL Initiative
 - o University of Texas, Health Science Center at Houston
 - o Houston Area Urban League
3. An analysis of focus group efficacy in African American populations
4. Long term planning for health disparities prevention among Houstonians served by HAUL
 - o Intervention development by UT-HAUL Initiative



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3

"The problem [of childhood obesity] is global and is steadily affecting many low- and middle-income countries, particularly in urban settings.... Globally, in 2010 the number of overweight children under the age of five, is estimated to be over 42 million. Close to 35 million of these are living in developing countries.

Overweight and obese children are likely to stay obese into adulthood and more likely to develop noncommunicable diseases like diabetes and cardiovascular diseases at a younger age." WHO

<http://www.who.int/dietphysicalactivity/childhood/en/index.html>



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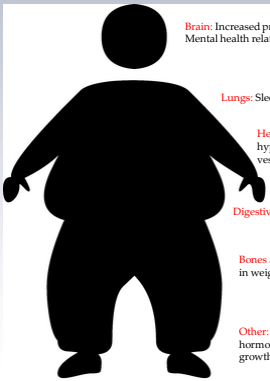
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4

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Obesity Complications:



Brain: Increased pressure causing headaches and double vision
Mental health related issues: poor self-esteem and depression

Lungs: Sleep apnea, asthma and shortness of breath with exertion

Heart: High low density cholesterol, low high density cholesterol, high triglycerides, hypertension, abnormal blood clotting and chronic inflammation that damages blood vessels

Digestive Tract: Acid reflux, constipation, gallstones, and fatty liver


Bones and Joints: Dislocated growth plate in hip socket, bowed knees, flat feet, and pain in weight bearing joints such as feet, knees, hips, and lower back

Other: Type 2 diabetes, early puberty in girls (polycystic ovarian syndrome), changes in hormone levels induce ovarian cysts, irregular menstrual cycles, and excessive hair growth on the chin, chest, abdomen and the upper lip

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Background:

- o Over the past 20 years, childhood obesity has doubled in the state of Texas¹
- o Overweight/obese 4th graders in Texas nearly doubled the nation's average¹
- o > 9 million American children \geq 6 years of age are obese²
- o 9 Large studies (NHANES II & NHANES III) revealed the highest % of overweight children exists among Hispanic boys and African-American and Hispanic girls
- o Childhood obesity's indirect healthy disparities¹ =
 - Hypertension
 - Type II Diabetes
 - Kidney function failure
 - Heart disease & cancers



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Background (cont'd):

Parental Influence:

- Parents are the largest investors in children's health behaviors³⁻⁶
- Parents should change their own unhealthy behaviors in order to be effective at changing their children's unhealthy behaviors³
- Parents should be compliant in behavior change efforts
- Parents should minimize barriers to adopting health eating behaviors for children³

Risk Factors for Childhood Obesity^{7:}

- Weight Wish
- Peer relations
- Family Life
- Favorite Foods
- Entertainment
- Physical activities and Weight reduction activities

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Background (cont'd):

Previously Identified Barriers to Physical Activities^{3, 8-11} (Parental viewpoint)

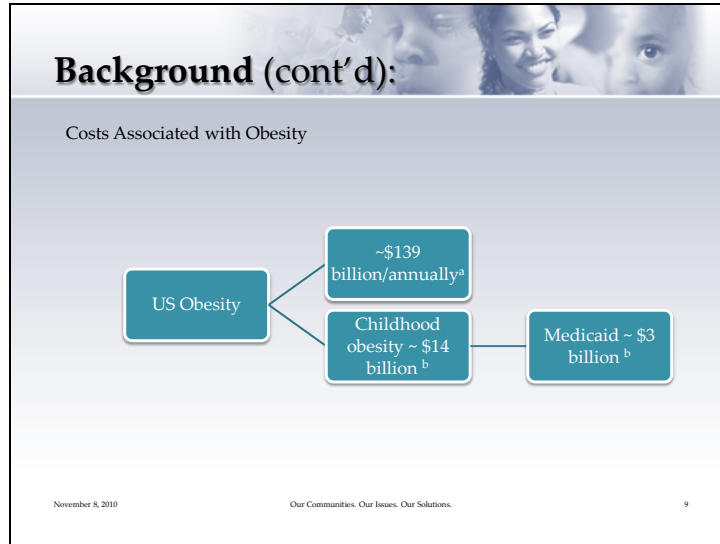
- Weather
- Siblings
- Finances
- Time
- Neighborhood safety
- Children's preference for sedentary entertainment
- Lack of affordable/accessible recreation
- Lack of motivation by children's caregivers
- External environments/societal factors responsible for children's unhealthy eating habits (absolving responsibility)^{3, 12, 13}



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Mobilizing Community Based Organizations to Address Obesity



Objectives:

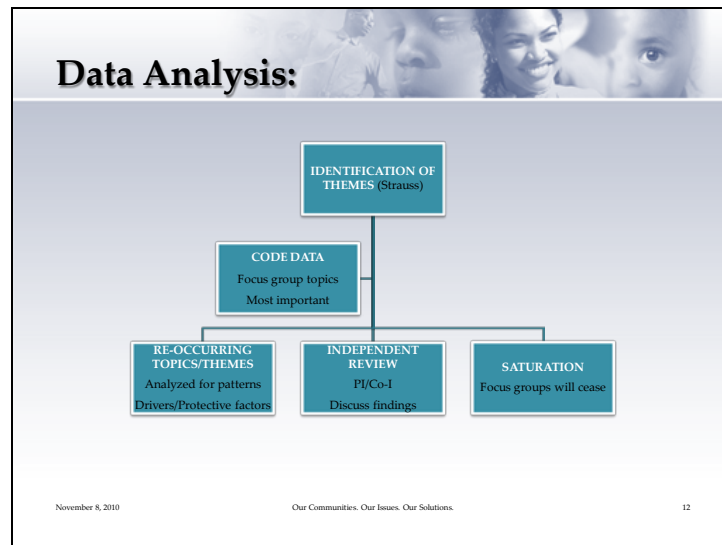
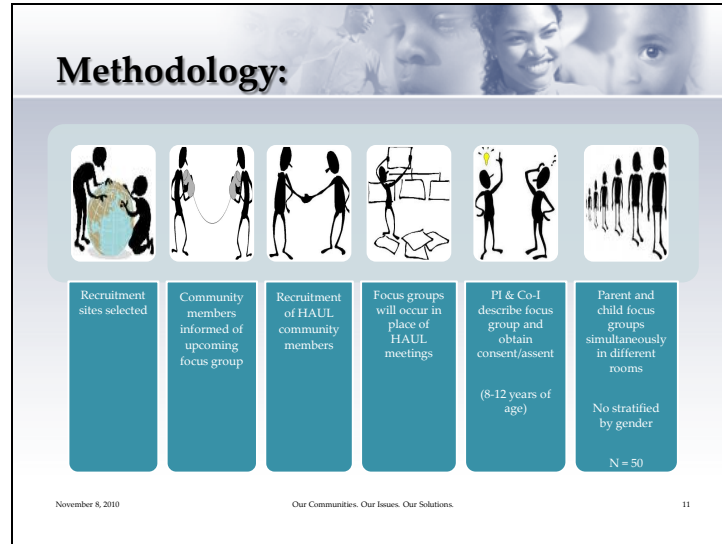


1. Explore existing thought patterns and lived experiences about eating habits and daily activity of children at risk for childhood obesity
2. Acquire an in-depth explanation of participants' attitudes towards factors related to childhood obesity encompassing:
 - Social norms
 - Dietary habits
 - Environmental influences
3. Explore rationales for differences between children and parental perspectives of ideal health

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Mobilizing Community Based Organizations to Address Obesity



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Focus Groups:



ACCESS

Family Life Relationship with food Environment/community Finances Transportation

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Q&A:



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Acknowledgements:




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Houston Area Urban League | Empowering Communities.
Changing Lives.

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November 8, 2010 Our Communities. Our Issues. Our Solutions. 16