

Menominee Journey to Wellness: Leveraging Community-Academic Partnership to Prevent Obesity through Policy, Systems, and Environmental Change

Initial Community-Academic Partnerships

- Wisconsin Nutrition and Growth Study (WINGS) - Epidemiological study to assess prevalence rates and contributing risk factors for obesity, cardiovascular disease, and glucose intolerance in Wisconsin American Indian children.
- Healthy Children Strong Families (HCSF) 1 and HCSF 2 - Community-based participatory research assessing early childhood interventions to address childhood obesity among American Indian children.
- Developed initial Community Advisory Board to guide community-academic partnership efforts.

Community Engagement Workgroup

- Collaborative group of community and academic partners
- Facilitated by Jodi Pfarr, consultant with aha! Process, Inc.
- Key point of collaboration between community and academic partners and among community agencies for multiple initiatives related to community health
- Meets quarterly to monitor and maintain progress on community health initiatives.
- Enables partners to identify, discuss, and address underlying factors that broadly influence community health.

Community Obesity Prevention Initiatives Implemented

Policies

- Strengthened school nutrition policies
- Tribal wellness policy to support employee physical activity during the workday
- Lengthened recreation center hours

Systems

- New grocery store built on reservation
- Smart Sacks program in schools provides students with healthy foods for the weekend.
- Development of gardening programs and school and community gardens

Environments

- Newly refinished track accessible to community members
- New sidewalks built throughout the largest reservation community
- Development of school and community gardens

- **Additional programs:** Initiatives focusing on providing nutrition education and opportunities for family and community physical activity.

Key Contributors to Successes

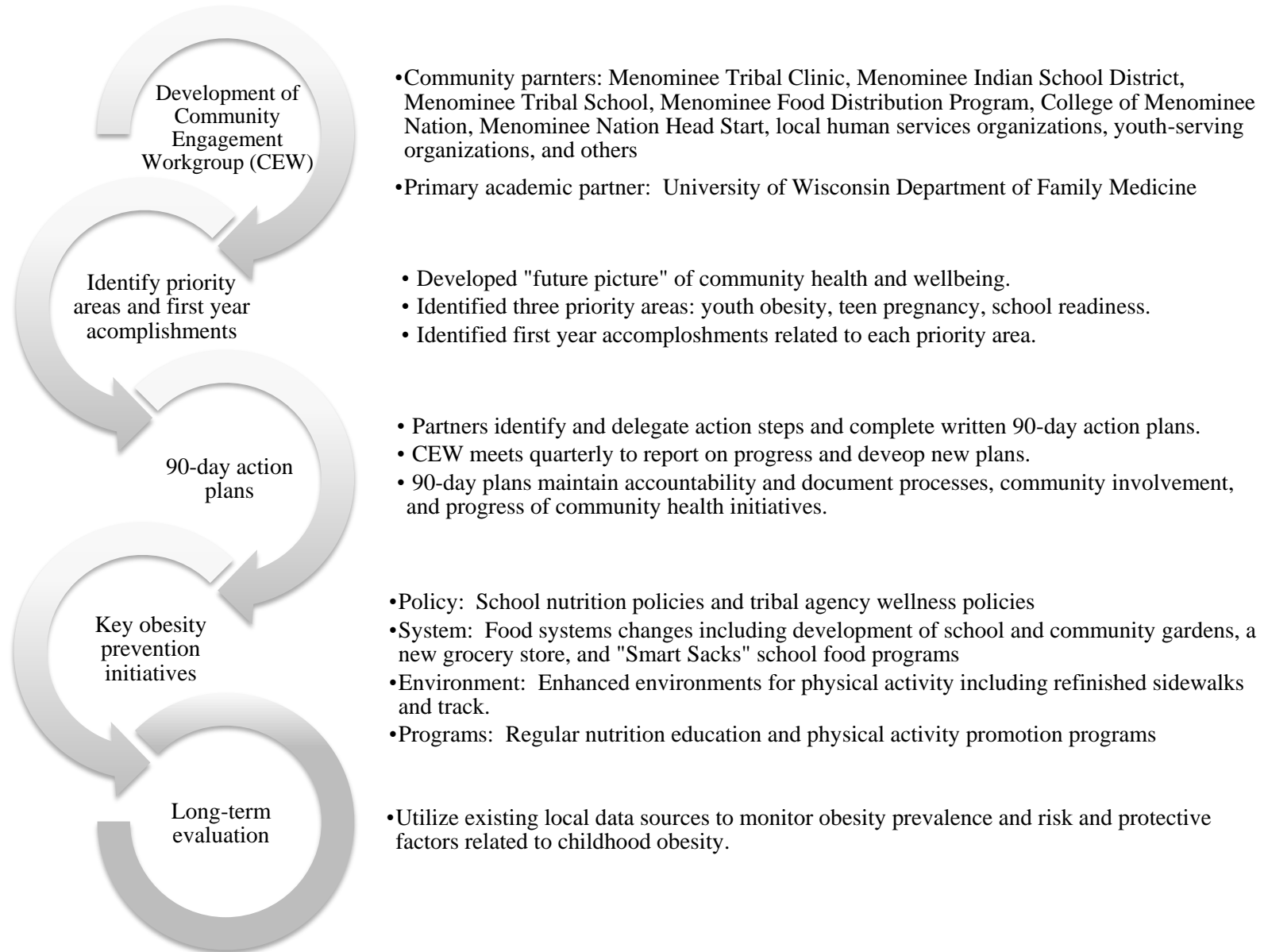
- Exchange of expertise between community and academic partners
- Strong interagency partnerships
- Strong agency leadership support
- Community-academic partnerships facilitate leveraging funding streams and other resources.

Current Initiatives

- Wisconsin Obesity Prevention Initiative pilot project
 - Assesses the impact of combining community organizing and collective impact to promote policy, systems, and environmental change to prevent obesity.



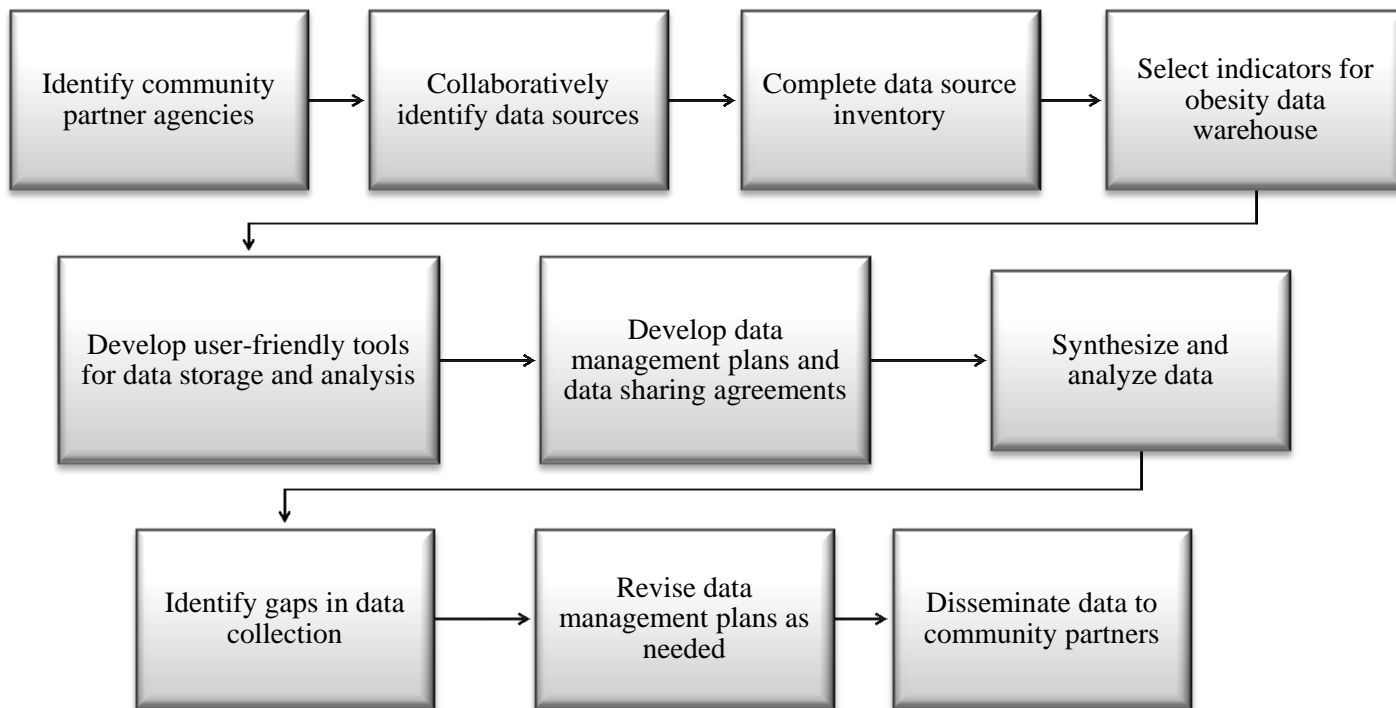
Menominee Community Engagement Workgroup Process



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Obesity Surveillance and Long-term Evaluation

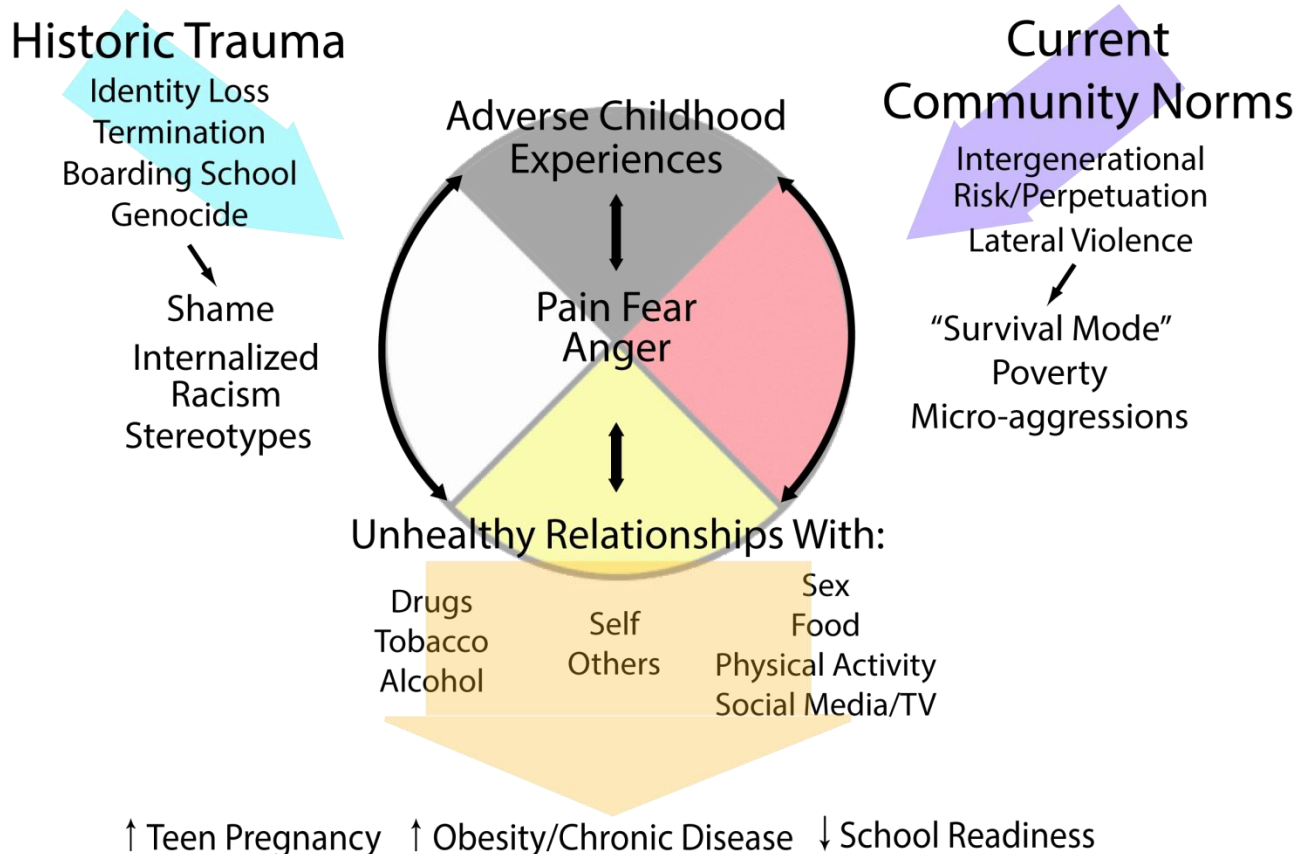
Process for developing local childhood obesity data management system in the Menominee community



| Local sources of demographic, anthropometric, and obesity risk factor data. | | |
|---|--|--|
| Data Source | Population | Data available |
| School Fitnessgram™ data | Children in grades K-12 | <ul style="list-style-type: none"> Demographic: age, gender, grade level Anthropometric: height, weight, percent body fat Fitness: aerobic capacity, flexibility, strength |
| Head Start screenings | Children ages 2-4 years | <ul style="list-style-type: none"> Demographic: age, gender Anthropometric: height, weight |
| WIC data | Low-income mothers and children ages 0-4 years | <ul style="list-style-type: none"> Maternal risk factors: high pregnancy weight gain, smoking Nutritional factors: breastfeeding initiation/duration, sugary beverage consumption Infant risks: high weight for length, low birthweight |
| Youth Risk Behavior Survey (YRBS) | High school aged students | <ul style="list-style-type: none"> Physical activity frequency and duration Screen time behaviors |



Broken Hoop Model



Developed in collaboration with the Menominee Community Engagement Workgroup
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Acknowledgements:

We gratefully acknowledge the participation, insights, and support of the Menominee Tribal Clinic, Menominee Nation Early Childhood, Menominee Indian School District, Menominee Tribal School, and the Menominee Community Engagement Workgroup.

External Funding:

- 1) University of Wisconsin-Madison School of Medicine and Public Health, Wisconsin Partnership Program, Community-Academic Partnership Fund: “Menominee Journey to Wellness” to Menominee Nation
- 2) University of Wisconsin - Madison School of Medicine and Public Health, Wisconsin Partnership Program, Wisconsin Population Health Service Fellowship
- 2) NIH RO1 HL114912 to Alex Adams
- 3) NIH: 1 U01 HL087381-01 to Alex Adams

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