

# CHILDHOOD OBESITY

## Evidence-based prevention strategies

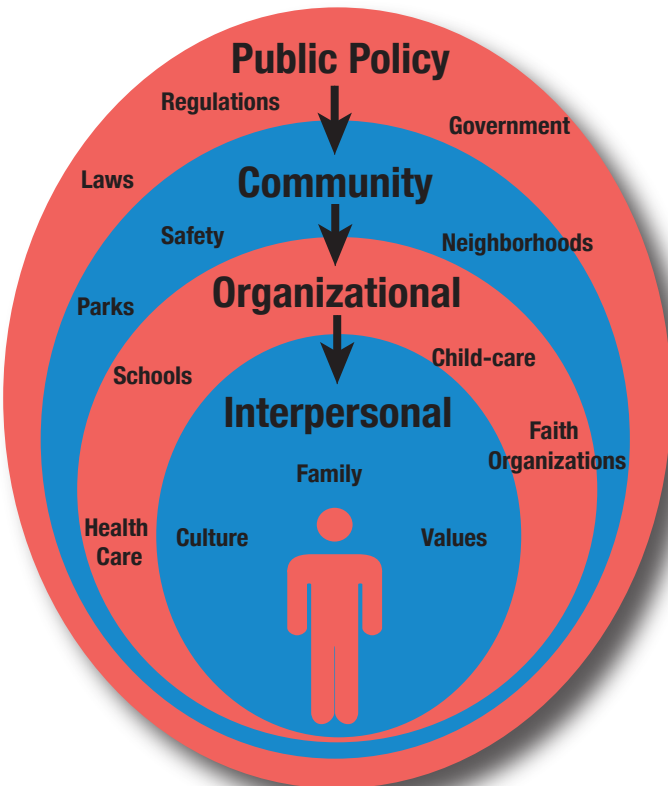
### The Social-Ecological Model

The *Social-Ecological Model* provides a framework to describe how multiple elements of society influence health.

Influences exist at multiple levels:

Public Policy  
Community  
Organizational  
Interpersonal

Comprehensive public health efforts should act across multiple levels of influence



### Resources

For more information go to:

Policy: <http://www.cdc.gov/nccdp/dnpao/division-information/policy/obesity.htm>  
Community: [http://www.cdc.gov/obesity/downloads/community\\_strategies\\_guide.pdf](http://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf)  
School: [http://www.cdc.gov/healthyyouth/policy/pdf/obesity\\_prevention\\_strategies.pdf](http://www.cdc.gov/healthyyouth/policy/pdf/obesity_prevention_strategies.pdf)  
Home: <http://www.cdc.gov/obesity/strategies/index.html>

#### References

National Survey of Children's Health, 2011/12. Child and Adolescent Health Measurement Initiative, Data Resource Center on Child and Adolescent Health website. Retrieved 14/06/15 from <http://childhealthdata.org/home>.

Caprio, S., Daniels, S. R., Drewnowski, A., Kaufman, F. R., Palinkas, L. A., Rosenbloom, A. L., & Schwimmer, J. B. (2008). Influence of Race, Ethnicity, and Culture on Childhood Obesity: Implications for Prevention and Treatment: A consensus statement of Shaping America's Health and the Obesity Society. *Diabetes Care*, 31(11), 2211-2221. doi:10.2337/dc08-9024

### Public Policy - Wyoming

- Schools meeting National Nutritional Standards for Competitive Food Laws
- Farm-to-school programs for local vegetables and fruits
- School vending machine policies
- Mandated curriculum for health or physical education
- Mandated physical activity or recess during school
- Taxes on sugar-sweetened beverages in stores
- Menu labeling laws requiring calorie listing

### Community

- Safe routes to school and mandatory bike lanes
- Joint shared use agreements with parks and gyms
- Community policing to improve neighborhood safety
- Improve access to grocery stores in low-income areas

### Organizational

#### In Schools:

- Support teachers and staff implementation of health promotion strategies and interventions
- Increased sessions for physical activity and development of movement skills each day in schools
- Nutrition and physical activity lessons woven through the curriculum
- Implement chronic disease screening in schools

#### In Early-Care or Out-of-School Settings:

- Limit screen time to less than 30min a week per child
- Provide safe inside and outside spaces for free play
- Provide a minimum of physical activity each day  
Full-day of care=60min; Half-day of care=30min
- Food quality and nutritional content should meet Federal Child and Adult Care Program standards

### Interpersonal - At Home

- Set examples for being active and eating healthy
- Incorporate home activities that promote movement such as after dinner walks
- Set limits on screen time (< 2hrs/day)
- Set limits on cell phone use