

# NJAAP Obesity Prevention Initiatives

## New Jersey Conference on the Prevention of Childhood Obesity

March 2009

Sponsoring organizations included the New Jersey Department of Health and Senior Services, the Pediatric Council on Research and Education (PCORE), the New Jersey Council of Children's Hospitals, the Central New Jersey Maternal and Child Health Consortium, the American Academy of Pediatrics (AAP), the American Dairy Association & Dairy Council, Inc., the American Heart Association and the Mid-Atlantic Dairy Association.

## Healthy Active Living (HAL) Grant

2010-2011

NJAAP, in partnership with the Englewood Area Community Foundation, Bergen Family Health Center, and other Bergen County organizations serving children and families at risk, including healthcare professionals, parents and community organizations promoted obesity prevention with a focus on healthy beverage consumption. The program increased awareness and provided educational outreach to families in northern New Jersey that will help promote healthy nutritional choices.

## Let's Move in the Clinic!

2012-2013

NJAAP/PCORE partnered with the NJ Partnership for Healthy Kids - Newark to conduct an obesity prevention program for five pediatric sites in the city. The goal of the Let's Move program was to: 1) help initiate and guide office-based system changes to strengthen and sustain the pediatric/family practice's capacity to screen and counsel their patients and families about the importance of optimal nutrition and physical activity; and 2) link pediatric patients and their families to community resources and services supporting healthy nutrition and physical activities.

## Building a Culture of Health Conference

December 2015

Since 2015, NJAAP has been a sponsor of the Building a Culture of Health Conference to influence changes that will surround kids and families in every community with opportunities to make healthy choices. Conference presentations and workshops explore how health is linked to health care; how policy and environment changes can better support children, family and community life; how equity is connected to opportunity; and how private and public decision-making impacts health. This conference will discuss how New Jersey must balance the cost, benefits and effectiveness of treatment and prevention to improve the health of all residents. In 2015, the Culture of Health Conference focused on food insecurity.

## Food Insecurity & Child Health in New Jersey

2016-2017

Beginning in 2016, NJAAP partnered with the Food Trust's Center for Healthy Food Access to address disparities in food access in New Jersey communities. The Chapter is developing a model to draw broader attention, understanding and action to reduce food disparities in New Jersey, intended for national replication. Program priorities focus around three key areas: provider education, healthcare partnerships, and information and education dissemination.

2006

2007

2008

2009

2010

2011

2012

2013

2014

2015

2016

2017

## Choosing a Healthy Life by Making Healthy Choices

2006-2009

NJ PCORE was awarded a grant from the Robert Wood Johnson Foundation through its New Jersey Health Initiatives program to create and pilot a model obesity prevention program for preschool and elementary age children. NJ PCORE partnered with the Long Branch School District, Monmouth Medical Center, Prevention First, and Knowledge Learning Corporation to pilot this unique program aimed at improving life skills for approximately 600 young children and their families in Long Branch, NJ. The program encouraged children to make healthy choices that include healthy nutrition, exercise and overall well-being.

## Healthy Habits, Healthy Living

2009-2010

The NJ Pediatric Council on Research and Education (NJ PCORE) implemented the "Healthy Habits, Healthy Living" program. Jointly funded by the NJ Department of Health and Senior Services, Division of Family Health Services and Children's Futures, the program provided office based obesity prevention and care coordination/management training to eleven pediatric/family practitioners in the Trenton metropolitan area. Utilizing the EPIC (Educating Practices In their Communities) model, two training sessions were conducted for all office staff at each practice site. The first module introduced age appropriate anticipatory guidance and messages, in an effort to establish sound nutrition and activity advice within the context of the medical home. The second module introduced AAP's Staged Approach to Obesity Treatment, providing practices with clinical and behavior modification tools to initiate office based treatment for their overweight and obese patients and families. Each office received bilingual educational materials to use when interfacing with patients and their families. This IRB approved program utilized chart reviews and pre and post training surveys to evaluate the program outcomes.

## NJ Baby Friendly Hospital Initiative

2010-2013

NJAAP/PCORE partnered with the NJ Department of Health and Senior Services, Office of Nutrition and Fitness to implement the Baby Friendly Hospital Initiative in New Jersey (NJ BFHI). The goal of this Initiative was to increase exclusive breastfeeding rates in NJ, thereby preventing obesity and improving health outcomes. The two major objectives of the Initiative were: 1) Implement the World Health Organization's "Ten Steps to Successful Breastfeeding" in NJ delivery hospitals; 2) Implement EPIC BEST (Breastfeeding Education, Support and Training) office based education for pediatric, family and OB providers and their staff about best breastfeeding practices

## Resident Advocacy Day: Food Insecurity in NJ

June 2016

Each year, NJAAP organizes Resident Advocacy Day which offers Residents from all nine pediatric residency programs across New Jersey the opportunity to network with fellow Residents and Community Organizations while expanding their knowledge base on a particular topic. In 2016, Resident Advocacy Day educated attendees on the importance of implementing evidence based screening for food insecurity and linking families in need to community based nutrition assistance.