

Collaborate for Healthy Weight Needs Assessment Training
Fulton County Health Promotion-June 13, 2012 1:00-4:00

People in Attendance:

Pat Jackson
Ken Lazarus
Pat Smith
Lee Lambert
Ebony Caldwell
Don Rubin
Roz Tucker
Alan
Jenelle Holder Williams
Dr. Tulasi Vanapalli
Michael Elliston
Deanne Jacobson

1. Overview of initiative beginning
 - a. NICHQ initiative on obesity
 - b. Fulton County accepted into Collaborative for Healthy Weight
 - c. Improvement Lab, Virtual Learning Series
2. What are the needs? Why are assessments important?
3. CDC- Healthy community sites
 - a. Healthy eating
 - b. Physical activity
 - c. Tobacco
 - d. Health disparities
 - e. Chronic disease
4. What is the current environment we are living in?
 - a. We have engineered healthy habits out of our lives.
 - i. Vending machines, commuter traffic, television, advertisements, fast food restaurants.
5. Need for a multifaceted approach.
 - a. Policy and environmental changes.
 - b. Changing the context so that people's default decisions are healthy.
6. Communities can come together to make them healthier, more walkable, etc.
 - a. Walk to school day---walk to school year---walkable streets projects.
 - i. Local action is incredibly informative and impactful.
7. Where do we start with change?
 - a. Lifestyle, environment, healthcare factors.
8. 65% of clinics came from faith organizations.
9. Four-phase comprehensive model

- a. Faith community network
 - i. Statewide training events
 - ii. Georgia Faith-based workgroup
 - 1. www.Livehealthygeorgia.org
 - iii. Regional faith-based network
 - iv. Statewide live healthy in faith network
 - b. Capacity building
 - i. Statewide summit
 - ii. Live Healthy in Faith Toolkit training
 - iii. Nurse training
 - iv. Webinars
 - v. Conference calls
10. Truly Living Well
- a. Leadership coming together to create networks and better use the limited resources that we have.
 - b. Georgia is taking a lead by organizing institutionally to create greater benefits.
 - c. Wellness centers taking education into the communities through the church/organization.
 - d. Need to find a way to overcome the difficulty of large companies promoting unhealthy elements, or at least to work with or around.
 - e. When the consumer demands a healthier product, the companies will bring more healthy products to the consumer (by influencing their bottom line).
11. Food access
- a. Is there good, healthy food available to us?
 - i. Farm to school is a great way for faith-based organizations to get involved.
 - ii. Community gardens need to be taken a step further to create sustainability. FBO's can help distribute the food as part of a food system instead of just a project.
12. Physical activity
- a. Safe routes to school
 - i. Community infrastructure.
 - b. FBO's can partner with schools, or other FBO's to use land.
 - c. Safety patrol/safe streets.
 - i. Huge indicator of health of community.
13. Tobacco
- a. Tobacco free facilities
14. Chronic Disease (cancers, diabetes, asthma)
- a. Quitline promotion- free tobacco use cessation counseling.
 - i. Very strategic and successful.
 - b. Healthy ambassadors, community health leaders-preventive support within the community.