



EVALUATING OBESITY PREVENTION EFFORTS

A Plan for Measuring Progress

INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

Evaluating Obesity Prevention Efforts A Plan For Measuring Progress

Susan Greenhalgh



Evaluating Obesity Prevention Efforts A Plan For Measuring Progress:

Evaluating Obesity Prevention Efforts Institute of Medicine, Food and Nutrition Board, Committee on Evaluating Progress of Obesity Prevention Effort, 2014-01-11 Obesity poses one of the greatest public health challenges of the 21st century creating serious health economic and social consequences for individuals and society Despite acceleration in efforts to characterize comprehend and act on this problem including implementation of preventive interventions further understanding is needed on the progress and effectiveness of these interventions *Evaluating Obesity Prevention Efforts* develops a concise and actionable plan for measuring the nation s progress in obesity prevention efforts specifically the success of policy and environmental strategies recommended in the 2012 IOM report *Accelerating Progress in Obesity Prevention Solving the Weight of the Nation* This book offers a framework that will provide guidance for systematic and routine planning implementation and evaluation of the advancement of obesity prevention efforts This framework is for specific use with the goals and strategies from the 2012 report and can be used to assess the progress made in every community and throughout the country with the ultimate goal of reducing the obesity epidemic It offers potentially valuable guidance in improving the quality and effect of the actions being implemented The recommendations of *Evaluating Obesity Prevention Efforts* focus on efforts to increase the likelihood that actions taken to prevent obesity will be evaluated that their progress in accelerating the prevention of obesity will be monitored and that the most promising practices will be widely disseminated

Evaluating Obesity Prevention Efforts Institute of Medicine (U.S.). Food and Nutrition Board, 2013 Obesity poses one of the greatest public health challenges of the 21st century creating serious health economic and social consequences for individuals and society Despite acceleration in efforts to characterize comprehend and act on this problem including implementation of preventive interventions further understanding is needed on the progress and effectiveness of these interventions *Evaluating Obesity Prevention Efforts* develops a concise and actionable plan for measuring the nation s progress in obesity prevention efforts specifically the success of policy and environmental strategies recommended in the 2012 IOM report *Accelerating Progress in Obesity Prevention Solving the Weight of the Nation* This book offers a framework that will provide guidance for systematic and routine planning implementation and evaluation of the advancement of obesity prevention efforts This framework is for specific use with the goals and strategies from the 2012 report and can be used to assess the progress made in every community and throughout the country with the ultimate goal of reducing the obesity epidemic It offers potentially valuable guidance in improving the quality and effect of the actions being implemented The recommendations of *Evaluating Obesity Prevention Efforts* focus on efforts to increase the likelihood that actions taken to prevent obesity will be evaluated that their progress in accelerating the prevention of obesity will be monitored and that the most promising practices will be widely disseminated Publisher s description [*Evaluating Obesity Prevention Efforts*](#), 2013

Global Health Complications of Obesity Jahangir Moini, Raheleh Ahangari, Carrie Miller, Mohtashem

Samsam,2020-04-01 Global Health Complications of Obesity presents a valuable resource for research scientists and clinicians by covering the burden of obesity and related diseases and serving as a starting point for in depth discussions in academic settings and for obesity treatment specialists Obesity is associated with a statistically higher risk of heart disease hypertension insulin resistance type 2 diabetes and many other diseases This succinct resource focuses on the current data research and management of obesity It is essential reading for healthcare professionals endocrinologists nutritionists public health students and medical students Presents clinical cases key terms and targeted references Addresses diseases including diabetes cancer hypertension osteoarthritis fatty liver disease infertility renal failure and depression Provides a link to new knowledge that is ideal for both researchers and clinicians *Obesity Interventions in Underserved Communities* Virginia M. Brennan, Shiriki K. Kumanyika, Ruth Enid Zambrana, 2014-12-08 Groundbreaking approaches to preventing and reducing obesity among minority low income and other medically underserved communities in the United States The obesity epidemic has a disproportionate impact on communities that are hard hit by social and economic disadvantages In *Obesity Interventions in Underserved Communities* a diverse group of researchers explores effective models for treating and preventing obesity in such communities The volume provides overviews of the literature at specific junctures of society and health e g the effectiveness of preschool obesity prevention programs as well as commentaries that shape our understanding of particular parts of the obesity epidemic and field reports on innovative approaches to combating obesity in racial ethnic minority and other medically underserved populations in the United States Authors make specific recommendations to policy makers which are designed to reverse the rising rate of obesity dramatically The thirty one literature reviews commentaries and field reports collected here address obesity prevention and treatment programs implemented across a spectrum of underserved populations with particular attention paid to children and adolescents Aimed at students clinicians and community workers in public health and health policy as well as family medicine and pediatrics sociology childhood education and nutrition and deeply informed by fieldwork this book demonstrates the importance of taking a full contextual view both historical and current when considering the challenge of reversing upward obesity trends among ethnic minorities impoverished people and other underserved populations **Assessing Prevalence and Trends in Obesity** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Committee on Evaluating Approaches to Assessing Prevalence and Trends in Obesity, 2016-10-30 Obesity has come to the forefront of the American public health agenda The increased attention has led to a growing interest in quantifying obesity prevalence and determining how the prevalence has changed over time Estimates of obesity prevalence and trends are fundamental to understanding and describing the scope of issue Policy makers program planners and other stakeholders at the national state and local levels are among those who search for estimates relevant to their population s of interest to inform their decision making The differences in the collection analysis and interpretation of data have given rise to a body of evidence that is

inconsistent and has created barriers to interpreting and applying published reports. As such, there is a need to provide guidance to those who seek to better understand and use estimates of obesity prevalence and trends. *Assessing Prevalence and Trends in Obesity* examines the approaches to data collection, analysis, and interpretation that have been used in recent reports on obesity prevalence and trends at the national, state, and local level, particularly among U.S. children, adolescents, and young adults. This report offers a framework for assessing studies on trends in obesity, principally among children and young adults, for policy making and program planning purposes and recommends ways decision makers and others can move forward in assessing and interpreting reports on obesity trends. **Evidence-based Public Health** Ross C.

Brownson, Elizabeth Anne Baker, Anjali D. Deshpande, Kathleen N. Gillespie, 2018. The acclaimed textbook for navigating the practice and challenges of public health, now updated and completely revised. It should be recommended or assigned to all students in public health. *American Journal of Epidemiology*. This fully revised and updated edition of *Evidence-Based Public Health* offers an essential primer on how to choose, carry out, and evaluate evidence-based programs and policies in public health settings. It addresses not only how to locate and utilize scientific evidence but also how to implement and evaluate interventions in a way that generates new evidence. The Current State of Obesity Solutions in the United States Institute of Medicine, Food and Nutrition Board, Roundtable on Obesity Solutions, 2014-06-05. For the first time in decades, promising news has emerged regarding efforts to curb the obesity crisis in the United States. Obesity rates have fallen among low-income children in 18 states; the prevalence of obesity has plateaued among girls regardless of ethnicity; and targeted efforts in states such as Massachusetts have demonstrably reduced the prevalence of obesity among children. Although the reasons for this turnaround are as complex and multifaceted as the reasons for the dramatic rise in obesity rates in recent decades, interventions to improve nutrition and increase physical activity are almost certainly major contributors. Yet major problems remain. Diseases associated with obesity continue to incur substantial costs and cause widespread human suffering. Moreover, substantial disparities in obesity rates exist among population groups, and in some cases, these disparities are widening. Some groups and regions are continuing to experience increases in obesity rates, and the prevalence of severe obesity is continuing to rise. The Current State of Obesity Solutions in the United States is the summary of a workshop convened in January 2014 by the Institute of Medicine Roundtable on Obesity Solutions to foster an ongoing dialogue on critical and emerging implementation policy and research issues to accelerate progress in obesity prevention and care. Representatives of public health, health care, government, the food industry, education, philanthropy, the nonprofit sector, and academia met to discuss interventions designed to prevent and treat obesity. The workshop focused on early care and education, schools, worksites, health care institutions, communities, and states. The federal government and business and industry. For each of these groups, this report provides an overview of current efforts to improve nutrition, increase physical activity, and reduce disparities among populations. Cross-Sector Responses to Obesity Institute of Medicine, Food and Nutrition Board, Roundtable on

Obesity Solutions,2015-06-09 Obesity affects 17 percent of children and adolescents and almost 36 percent of adults in the United States Conservative estimates suggest that obesity now accounts for almost 20 percent of national health care spending Until the obesity epidemic is reversed obesity will continue to drive rates of chronic diseases such as heart disease stroke type 2 diabetes and certain types of cancer Cross Sector Responses to Obesity is a summary of a workshop convened by the Institute of Medicine Roundtable on Obesity Solutions in September 2014 to explore models of cross sector work that may reduce the prevalence and consequences of obesity This report identifies case studies of cross sector initiatives that engage partners from diverse fields and lessons learned from and barriers to established cross sector initiatives *Nation on the Take* Wendell Potter,Nick Penniman,2017-02-07 A rallying cry to bring government back under the control of the people Their argument is impassioned and accessible Library Journal American democracy has become coin operated Special interest groups increasingly control every level of government The necessity of raising huge sums of campaign cash has completely changed the character of politics and policy making determining what elected representatives stand for and how their time is spent The marriage of great wealth and intense political influence has rendered our country unable to address our most pressing problems from runaway government spending to climate change to the wealth gap It also defines our daily lives from the cars we drive to the air we breathe to the debt we owe In this powerful work of reportage Wendell Potter and Nick Penniman two vigilant watchdogs expose legalized corruption and link it to the kitchen table issues citizens face every day Inciting our outrage the authors then inspire us by introducing us to an army of reformers laying the groundwork for change ready to be called into action The battle plan for reform presented is practical realistic and concrete No one except some lobbyists and major political donors likes business as usual and this book aims to help forge a new army of reformers who are compelled by a patriotic duty to fight for a better democracy An impassioned infuriating yet ultimately hopeful call to arms *Nation on the Take* lays bare the reach of moneyed interests and charts a way forward toward the recovery of America's original promise **Creating Equal Opportunities for a Healthy Weight** Institute of Medicine,Food and Nutrition Board,Standing Committee on Childhood Obesity Prevention,2013-12-25 *Creating Equal Opportunities for a Healthy Weight* is the summary of a workshop convened by the Institute of Medicine's Standing Committee on Childhood Obesity Prevention in June 2013 to examine income race and ethnicity and how these factors intersect with childhood obesity and its prevention Registered participants along with viewers of a simultaneous webcast of the workshop heard a series of presentations by researchers policy makers advocates and other stakeholders focused on health disparities associated with income race ethnicity and other characteristics and on how these factors intersect with obesity and its prevention The workshop featured invited presentations and discussions concerning physical activity healthy food access food marketing and messaging and the roles of employers health care professionals and schools The IOM 2012 report *Accelerating Progress in Obesity Prevention* acknowledged that a variety of characteristics linked historically to social exclusion or discrimination including race ethnicity

religion socioeconomic status gender age mental health disability sexual orientation or gender identity geographic location and immigrant status can thereby affect opportunities for physical activity healthy eating health care work and education In many parts of the United States certain racial and ethnic groups and low income individuals and families live learn work and play in places that lack health promoting resources such as parks recreational facilities high quality grocery stores and walkable streets These same neighborhoods may have characteristics such as heavy traffic or other unsafe conditions that discourage people from walking or being physically active outdoors The combination of unhealthy social and environmental risk factors including limited access to healthy foods and opportunities for physical activity can contribute to increased levels of chronic stress among community members which have been linked to increased levels of sedentary activity and increased calorie consumption Creating Equal Opportunities for a Healthy Weight focuses on the key obesity prevention goals and recommendations outlined in Accelerating Progress in Obesity Prevention through the lens of health equity This report explores critical aspects of obesity prevention while discussing potential future research policy and action that could lead to equity in opportunities to achieve a healthy weight

Preventing War and Promoting Peace William H. Wiist, Shelley K. White, 2017-12-14 Preventing War and Promoting Peace focuses on how health professionals can actively engage in the prevention of war and the promotion of peace

Health Behavior Change in Populations Scott Kahan, Andrea Carlson Gielen, Peter J. Fagan, Lawrence W. Green, 2014-11-26 Focuses on today's major public health concerns to teach students the principles of population health behavior and behavior change The single greatest way to improve health and quality of life is not by developing new medical approaches but by addressing harmful personal behaviors These behaviors which include tobacco alcohol and drug use diet and physical activity play a significant role in the risk for and development treatment and management of the most common causes of disease disability and death in the modern world Health Behavior Change in Populations is designed to teach students and practitioners strategic principles for creating positive behavioral change on a population level With an emphasis on the application of theory and research to practice this textbook presents current and future public health professionals with a range of methods geared towards helping people make healthy choices from informing the individual to modifying the surroundings and circumstances that drive decision making Written and edited by experts in the health professions the book is arranged into three sections State of the Field State of the Science and Cross Cutting Issues The chapters within these sections include learning objectives with boldfaced keywords and a glossary of terms Each chapter addresses The magnitude of the public health burden Key determinants and conceptual framework for behaviors and behavior change including individual familial interpersonal community sociocultural structural and political perspectives Current evidence based interventions and best practices Roles for key stakeholders including health plans employers workplace health departments agencies sectors such as recreational and agricultural policymakers community groups advocates clinics clinicians researchers and funding institutions Considerations for implementation evaluation and

translation **Obesity Management in Primary Care, An Issue of Primary Care: Clinics in Office Practice** Mark B. Stephens, 2016-02-18 This issue of Primary Care Clinics in Office Practice devoted to Obesity Management is guest edited by Dr Mark Stephens of the Uniformed Services University of the Health Sciences in Bethesda Maryland Articles in this important issue include Obesity What Do the Statistics Say Economic Impact of Obesity The Future of Pediatric Obesity Obesity Prevention and Screening Behavior Modification in Obesity Management Nutritional Therapy Physical Activity Cornerstone or Roadblock Pharmacologic Therapy for Obesity Surgical Approaches to Obesity Multidisciplinary Teams and Obesity Role of the Modern Patient Centered Medical Home PCMH Healthcare Systems and National Policy Role of Leadership in the Obesity Crisis and Special Populations in Obesity Management New Horizons in Modeling and Simulation for Social Epidemiology and Public Health Daniel Kim, 2021-01-28 An introduction to state of the art modeling and simulation approaches for social and economic determinants of population health New Horizons in Modeling and Simulation for Social Epidemiology and Public Health offers a comprehensive introduction to modeling and simulation that addresses the many complex research questions in social epidemiology and public health This book highlights a variety of practical applications and illustrative examples with a focus on modeling and simulation approaches for the social and economic determinants of population health The book contains classic case examples in agent based modeling ABM as well as essential information on ABM applications to public health including for infectious disease modeling obesity and tobacco control This book also surveys applications of microsimulation MSM including of tax benefit policies to project impacts of the social determinants of health Specifically this book Provides an overview of the social determinants of health and the public health significance of addressing the social determinants of health Gives a conceptual foundation for the application of ABM and MSM to study the social determinants of health Offers methodological introductions to both ABM and MSM approaches with illustrative examples Includes cutting edge systematic reviews of empirical applications of ABM and MSM in the social sciences social epidemiology and public health Discusses future directions for empirical research using ABM and MSM including integrating aspects of both ABM and MSM and implications for public health policies Written for a broad audience of policy analysts public planners and researchers and practitioners in public health and public policy including social epidemiologists New Horizons in Modeling and Simulation for Social Epidemiology and Public Health offers a fundamental guide to the social determinants of health and state of the art applications of ABM and MSM to studying the social and economic determinants of population health *Assessing the Use of Agent-Based Models for Tobacco Regulation* Institute of Medicine, Board on Population Health and Public Health Practice, Committee on the Assessment of Agent-Based Models to Inform Tobacco Product Regulation, 2015-07-17 Tobacco consumption continues to be the leading cause of preventable disease and death in the United States The Food and Drug Administration FDA regulates the manufacture distribution and marketing of tobacco products specifically cigarettes cigarette tobacco roll your own tobacco and smokeless tobacco to

protect public health and reduce tobacco use in the United States Given the strong social component inherent to tobacco use onset cessation and relapse and given the heterogeneity of those social interactions agent based models have the potential to be an essential tool in assessing the effects of policies to control tobacco Assessing the Use of Agent Based Models for Tobacco Regulation describes the complex tobacco environment discusses the usefulness of agent based models to inform tobacco policy and regulation presents an evaluation framework for policy relevant agent based models examines the role and type of data needed to develop agent based models for tobacco regulation provides an assessment of the agent based model developed for FDA and offers strategies for using agent based models to inform decision making in the future

Health Program Planning, Implementation, and Evaluation Lawrence W. Green, Andrea Carlson Gielen, Judith M. Ottosen, Darleen V. Peterson, Marshall W. Kreuter, 2022-02-08 A time tested landmark approach to health promotion and communication projects and everything that goes into making them successful For more than 40 years the PRECEDE PROCEED model developed in the early 1970s by Lawrence W Green and first published as a text in 1980 with Marshall W Kreuter Sigrid G Deeds and Kay B Partridge has been effectively applied worldwide to address a broad range of health issues risk factors like tobacco and lack of exercise social determinants of health such as lack of access to transportation and safe housing and major disease challenges like heart disease and guinea worm disease In Health Program Planning Implementation and Evaluation Green and his team of senior editors and chapter authors combine their expertise to offer a high level guide to public health programming This guide aligns with foundational public health competencies required by increasingly rigorous certification and accreditation standards Driven by the coronavirus pandemic and a looming climate crisis the book addresses the rapid changes in modern day conceptions of disease prevention and health promotion Today s public health practitioners and researchers are often called upon to address a complex web of factors including population inequities that influence health status from biology to social and structural determinants Program and policy solutions to population health challenges require systematic planning implementation and evaluation Providing students with knowledge skills and a range of tools the book recognizes new approaches to communication and fresh methods for reaching a greater diversity of communities The authors highlight the importance of starting the population health planning process with an inclusive assessment of the social needs and quality of life concerns of the community They explain how to assess health problems systematically in epidemiological terms and address the behavioral and environmental determinants of the most important and changeable health problems They also cover procedures for assessing and developing the capacity of communities and organizations to implement and evaluate programs Drawing on more than 1 200 published applications of the PRECEDE PROCEED model Health Program Planning Implementation and Evaluation features numerous case studies and contributions from internationally recognized experts including governmental academic and community public health leaders giving readers a thorough and well rounded view of the subject Ultimately it is an up to date powerhouse for

community and global health promotion at all levels Contributors Faten Ben Abdelaziz John P Allegrante Patricia Chalela Cam Escoffery Maria E Fernandez Jonathan E Fielding Robert S Gold Shelly Golden Holly Hunt Vanya C Jones Michelle C Kegler Gerjo Kok Lloyd J Kolbe Chris Y Lovato Rodney Lyn Guy Parcel Janey C Peterson Nico Pronk Amelie G Ramirez Paul Terry

Fat-Talk Nation Susan Greenhalgh, 2015-06-24 In recent decades America has been waging a veritable war on fat in which not just public health authorities but every sector of society is engaged in constant fat talk aimed at educating badgering and ridiculing heavy people into shedding pounds We hear a great deal about the dangers of fatness to the nation but little about the dangers of today's epidemic of fat talk to individuals and society at large The human trauma caused by the war on fat is disturbing and it is virtually unknown How do those who do not fit the ideal body type feel being the object of abuse discrimination and even revulsion How do people feel being told they are a burden on the healthcare system for having a BMI outside what is deemed with little solid scientific evidence healthy How do young people already prone to self doubt about their bodies withstand the daily assault on their body type and sense of self worth In Fat Talk Nation Susan Greenhalgh tells the story of today's fight against excess pounds by giving young people the campaign's main target an opportunity to speak about experiences that have long lain hidden in silence and shame Featuring forty five autobiographical narratives of personal struggles with diet weight bad BMIs and eating disorders Fat Talk Nation shows how the war on fat has produced a generation of young people who are obsessed with their bodies and whose most fundamental sense of self comes from their size It reveals that regardless of their weight many people feel miserable about their bodies and almost no one is able to lose weight and keep it off Greenhalgh argues that attempts to rescue America from obesity induced national decline are damaging the bodily and emotional health of young people and disrupting families and intimate relationships Fatness today is not primarily about health Greenhalgh asserts more fundamentally it is about morality and political inclusion exclusion or citizenship To unpack the complexity of fat politics today Greenhalgh introduces a cluster of terms biocitizen biomyth biopedagogy bioabuse biocop and fat personhood and shows how they work together to produce such deep investments in the attainment of the thin fit body These concepts which constitute a theory of the workings of our biocitizenship culture offer powerful tools for understanding how obesity has come to remake who we are as a nation and how we might work to reverse course for the next generation

Privacy Concerns Surrounding Personal Information

Sharing on Health and Fitness Mobile Apps Sen, Devjani, Ahmed, Rukhsana, 2020-08-07 Health and fitness apps collect various personal information including name email address age height weight and in some cases detailed health information When using these apps many users trustfully log everything from diet to sleep patterns However by sharing such personal information end users may make themselves targets to misuse of this information by unknown third parties such as insurance companies Despite the important role of informed consent in the creation of health and fitness applications the intersection of ethics and information sharing is understudied and is an often ignored topic during the creation of mobile applications

Privacy Concerns Surrounding Personal Information Sharing on Health and Fitness Mobile Apps is a key reference source that provides research on the dangers of sharing personal information on health and wellness apps as well as how such information can be used by employers insurance companies advertisers and other third parties While highlighting topics such as data ethics privacy management and information sharing this publication explores the intersection of ethics and privacy using various quantitative qualitative and critical analytic approaches It is ideally designed for policymakers software developers mobile app designers legal specialists privacy analysts data scientists researchers academicians and upper level students

Regenerative Agriculture David Dent,Boris Boincean,2021-06-21 The food system is our last coal fired power station our last diesel engine This book is a trans disciplinary approach to what needs to be done to make our food system sustainable and to regenerate soil and water resources habitat economy and society The book brings back classical principles of agronomy and integrates economic agro ecological and social perspectives drawing on a wealth of expertise on the political economy of the food system Conservation Agriculture and long term field experiments Regenerative agriculture builds on known knowns like crop rotation water and nutrient requirements soil and water conservation farm gate prices international trade and supply chains It grapples with known unknowns like weed pest and disease control without agrochemicals cover crops for profit as well as protection mitigating and adapting to the climate crisis resilience and tipping points in ecosystems farming systems and societies and how we can pay for imperative changes Lastly it acknowledges unknown unknowns the things we are oblivious to but which we really must know like how to liberate the ghettos of the mind inhabited by farmers agronomists politicians and societies

Decoding **Evaluating Obesity Prevention Efforts A Plan For Measuring Progress**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Evaluating Obesity Prevention Efforts A Plan For Measuring Progress**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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