

2010-2011 Examples of Local Health Jurisdictions Activities related to Healthy Women's Weight

Alameda

- Obesity
 - Brown Bag University Workshops were hosted focusing on: Adolescent Overweight and Obesity: Interventions and Resources: Over 50 participants.
 - Worked with the Community Health Services Division's Nutrition Education Unit in the following ways:
 - Convened Healthy Weight Workgroup meetings with community partners to address the goal of decreasing overweight and obesity in women of child-bearing age in Alameda County.
 - Provided information on the problem of obesity in women of child-bearing age to health care providers and public health staff including strategies for patient education and behavior change.
- Nutrition
 - Highland Prenatal Clinic: Provided technical support to Comprehensive Perinatal Services Program (CPSP) Nutritionist, regarding CPSP and Steps to Take nutrition resources, prenatal weight gain grids, dietary assessment tools, identification of high risk prenatal clients and gestational diabetes testing and referral
- Women of Childbearing Age
 - The Perinatal Services Program's nutritionist provided information on the problem of obesity in women of child-bearing age to health care providers and public health staff including strategies for patient education and behavior change
 - Convened Healthy Weight Workgroup meetings with community partners to address the goal of decreasing overweight and obesity in women of child-bearing age in Alameda County. 1/6/2011 and 2/8/2011

Fresno

- Prenatal Weight Gain
 - Providers were given new nutrition assessment forms and instructions on how to calculate BMI for pregnant and postpartum mothers in keeping with updated tools, based upon Institute of Medicine's (IOM) revised weight gain recommendations. These are in response to the growing numbers of obese and overweight mothers.

Kern

- Prenatal Weight Gain

- The Perinatal Services Coordinator (PSC) collects BMI data, emphasizes importance of nutrition assessments and reassessments to identify weight issues and to use Steps to Take material to educate clients on controlling weight gain during pregnancy.
 - Convened CPSP Roundtable on Pregnancy and Obesity and Prenatal Nutrition

Los Angeles

- Obesity
 - Los Angeles County Partnership to End Disparities in Infant Mortality Action Learning Collaborative (LAC PEDIM ALC)
 - Action Learning Collaborative partner 'Shields for Families' trained staff on assisting clients with healthy weight choices. Shields for Families will offer culturally sensitive, individualized family support and community programs designed to encourage healthy lifestyle changes.
- Prenatal Weight Gain
 - Nutrition assessment, including: documentation of pre-pregnant weight; use of the Perinatal Food Frequency Questionnaire; and plotting correctly on weight gain grid
 - Presented both Los Angeles Mommy and Baby (LAMB) and Los Angeles HOPE survey results at local and national meetings or conferences:
 - Food security and weight gain during pregnancy in a multi-ethnic cohort of women in Los Angeles: Findings from the 2007 LAMB survey
 - Gaps in postpartum counseling for women with diabetes, hypertension before and during pregnancy: Findings from the 2007 Los Angeles Mommy and Baby (LAMB) survey

Monterey

- Obesity/Folic Acid
 - Monterey County MCAH staff : Community education includes ongoing newspaper articles and radio spots on issues pertinent to MCAH including folic acid, preventing obesity, prenatal care

San Diego

- Prenatal Weight Gain
 - Submitted concept paper for March of Dimes 2012 Community Grants Program and was invited to submit full proposal for implementation of the *Fit Pregnancy Program*, a pilot program to test effectiveness of an education program based on good nutrition and maternal fitness for overweight and obese pregnant women. Notification awards will be sent in January 2012.

San Francisco

- Developed three (3) additional recipe brochures: one in Chinese, one in Spanish, and one in English featuring updated and healthy soul food recipes. All three of these brochures incorporated recipes that had been developed, field-tested and previously published by the MCAH Nutrition Services “Feeling Good Project.” All recipe brochures are available at <http://www.gofolic.org/links.html>
- BLOG, TWITTER, FACEBOOK, www.gofolic.wordpress.com: The Go Folic! Blog continued to post 3 entries weekly on preconception health and related topics, including: nutrition, fitness, Between December 2010 and June 2011, Go Folic! blog traffic increased by 498%, from 175 views per month to 1046 views per month. As of June 30, 2011, the blog had attracted 163 comments.

San Joaquin

- Obesity
 - Health Women/Healthy Bodies curriculum was developed to reduce risk of diabetes due to obesity in women
 - Healthy Eating/Making Change
 - Physical Activity/ Making a Plan

Sonoma

- Women of Childbearing Age
 - Included a presentation on “Healthy Weight and Women” at a CPSP Roundtable
 - Curriculum and materials developed as part of the Healthy Weight in Women Action Learning Collaborative were shared with community organizations developing teen cooking classes. Here is one example of a program that has been expanded:
<http://www.pressdemocrat.com/article/20100928/NEWS/9281011/1350?Title=Sebastopol-nonprofit-seeks-funds-for-move-expansion->

Stanislaus

- Obesity
 - A sub-group of the MCAH Advisory Committee is planning a Provider Forum to address obesity and diabetes in the MCAH population focusing on women of childbearing age and adolescents. Physicians and other medical providers will be invited to the Forum with CME and CEU’s being offered free of charge.

Ventura

- Obesity

- The Health Educator conducted/implemented the following activities in Fiscal Year 2010/11: 41 Workshops/Trainings on Childhood Obesity and prevention
- Advocates for a Lifestyle of Exercise and Nutrition in Ventura County (A LEAN VC) [Obesity Prevention Task Force of Ventura County]
 - Awards to 6 Ventura County agencies/organizations and launching the A LEAN VC website (<http://www.healthyventuracounty.org>).
 - A LEAN VC members have also participated in numerous community events, health fairs, and campaigns to promote healthy lifestyles, nutrition, and physical activity (e.g., Summer Fest, ReThink Your Drink campaign).
 - The A LEAN VC website publishes the latest news, campaigns, initiatives, events, projects, activities, and classes (all related to nutrition/physical activity and obesity prevention) occurring throughout Ventura County.
 - The various A LEAN VC subcommittees (Families & Communities, School Districts, Health Care Providers, Worksite, Policy & Built Environment, and Seniors) are also planning conferences/training in the community for the upcoming fiscal year.
 - A LEAN VC is also continuing to work with the school superintendents to improve school food in Ventura County school districts.