
Additional Tools for the Campaign Against Weight Gain

State and federal resources on overweight and obesity

by Curtis A. Johnson, PharmD, Editor

The growing public health and policy concerns regarding overweight and obesity have led to many public initiatives to address these problems. This article will summarize some of those initiatives and provide resources to those who wish to explore these initiatives further. The following is by no means an exhaustive list of state and federal resources, but will provide direction to those who wish to learn more about these topics.

STATE OF WISCONSIN

The Department of Health and Family Services has published a state health plan entitled *Healthiest Wisconsin 2010: A Partnership Plan to Improve the Health of the Public*. This document is available online at [HTTP://DHFS.WISCONSIN.GOV/HEALTH/STATE-HEALTHPLAN/IMPLEMENTATIONPLAN/](http://DHFS.WISCONSIN.GOV/HEALTH/STATE-HEALTHPLAN/IMPLEMENTATIONPLAN/)

A companion to the state health plan is *Healthiest Wisconsin 2010: An Implementation Plan to Improve the Health of the Public*. (Available at the same Web site) This implementation plan provides strategic direction to achieve the goals of the state health plan, namely to improve the health of the public and to improve the public health system capacity.

Within the state health plan are 11 health priorities that will have the greatest

impact on the overall health of the people in Wisconsin. Two of the priorities are, 1) adequate and appropriate nutrition, and 2) overweight, obesity, and lack of physical activity.

Adequate and appropriate nutrition

The long-term objectives include:

- By 2010, Wisconsin will have an established infrastructure to assure that all people in Wisconsin will have access to qualified and culturally competent public health nutrition services.
- By 2010, increase the proportion of Wisconsin's population that make healthy food choices.
- By 2010, increase the number of Wisconsin households that have access to adequate, safe, and appropriate food at all times.

Overweight, obesity and lack of physical activity

The long-term objectives include:

- By 2010, Wisconsin will have established an infrastructure to develop, support and sustain healthy lifestyles among Wisconsin residents through opportunities to be physically active and to make food choices for optimal health.
- By 2010, increase the proportion of

children and adolescents who engage in at least 30 minutes of moderate physical activity, on 5 or more of the previous 7 days, from 27% to 37% for adolescents.

- By 2010, increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for 30 minutes or more per day from 23% to 38%.
- By 2010, reduce the proportion of children who are overweight from 11.4% to 9.4%, the proportion of adolescents who are overweight from 10% to 8%, and the proportion of adults who are obese from 20% to 15%.

In July 2003, DHFS received a \$443,005 award from the Centers for Disease Control and Prevention (CDC). This award was made to assist Wisconsin to plan a comprehensive nutrition and physical activity program for the state. This planning grant is designed to build the state infrastructure to address the problem of obesity. During year one and year two, the grant requires that a state plan and an evaluation plan be developed and that Wisconsin implement and evaluate an intervention. DHFS has established a goal to have the state plan written by the end of the year. The CDC grant contains limited funding to support implementation activities, but the Department hopes to compete for implementation funding in the next year or so. Additional funding will support evidenced-based interventions. The program coordinator for this project is Mary Pesik, Wisconsin Division of Public Health.

CENTERS FOR DISEASE CONTROL AND PREVENTION

The CDC offers numerous overweight and obesity resources to the public and health care providers. The Web site WWW.CDC.GOV/NCCDPHP/DNPA/INDEX.HTM provides links to many important topics including the following:

- Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases
 - Overweight and Obesity
 - Nutrition
 - Physical Activity
 - Campaigns and Programs
- Each of these links contains a multi-

tude of resources that address overweight and obesity. This CDC Web site also provides a link to various state programs, including the program here in Wisconsin.

NATIONAL INSTITUTES OF HEALTH

The National Institute for Diabetes & Digestive & Kidney Diseases (NIDDK) has prepared the Obesity, Weight Control, and Nutrition Organization Resource List for Consumers. See WWW.NIDDK.NIH.GOV/HEALTH/NUTRIT/PUBS/WINORGS.HTM. This Web site lists many federal clearinghouses, other federal agencies, and nongovernment agencies that address obesity, weight control, and nutrition. The NIDDK also offers a Web site on weight loss and control. See WWW.NIDDK.NIH.GOV/HEALTH/NUTRIT/NUTRIT.HTM. This site links to many weight loss and control topics such as gastrointestinal surgery for severe obesity, helping the overweight child, dieting and gallstones, and others. Some of the resources are available in Spanish. The Weight-control Information Network is a national information service of NIDDK and is available online at WWW.NIDDK.NIH.GOV/HEALTH/NUTRIT/WIN.HTM.

The NIH Obesity Education Initiative was founded in 1991. Through the site, WWW.NHLBI.NIH.GOV/ABOUT/OEII/INDEX.HTM, viewers can link to a program description

and to “Aim for a Healthy Weight” (public and health care provider versions). This site also contains a link to “Hearts N’ Parks,” a national initiative for park and recreation agencies to encourage healthy life styles. There are also special applications including menu planning tools, BMI calculators, and treatment guidelines.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES OFFICE ON WOMEN'S HEALTH

The National Women’s Health Information Center WWW.4WOMAN.GOV offers a Web site on obesity. While the site is intended primarily for women, most of the information presented is useful to men as well.

UNITED STATES DEPARTMENT OF AGRICULTURE

The National Agricultural Library of the USDA is the site for the Food and Nutrition Information Center (FNIC). FNIC offers a Web site on weight control and obesity. See WWW.NAL.USDA.GOV/FNIC/ETEXT/000060.HTML. This site provides numerous links to resources dealing with childhood obesity, evaluating weight control programs, practical online weight control assistance, non-diet approach and other resources. ●

Wisconsin Pharmacy Residency Update

PSW is committed to promoting the continued development and advancement of pharmacy practice in Wisconsin. One example of that commitment is PSW’s active promotion of pharmacy residency practice opportunities to the students at the UW School of Pharmacy.

The Nov/Dec 2003 issue of *JPSW* published a listing of residency sites in Wisconsin. Two new listings have since been added: The Medicine Shoppe of LaCrosse and Covenant Healthcare-St. Joseph Regional Medical Center.

Complete residency information is available on the PSW Web site at



WWW.PSWI.ORG/PROFESSIONAL/RESIDENCIES

New Members

Welcome to the newest members of PSW
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