# Table of Contents

Acknowledgements ................................................................. 2
Letter from the Chairman of the National Board of Directors ............. 3
Letter from the President .......................................................... 4
Foreword ..................................................................................... 5
How to Use this Manual and Workbook ........................................ 6
NAACP’s Charge to Its Membership ............................................ 7
Overview ..................................................................................... 8
Beginning the Process ............................................................... 14
Understanding the Advocacy Areas ............................................. 17
  • Built Environment .............................................................. 17
  • Food Environment ............................................................. 20
  • School-Based Policies ........................................................ 22
Steps to Successful Advocacy and Local Action ............................... 24
  • Step #1: Identify Your Target Advocacy Area ......................... 27
  • Step #2: Create Your Community Portrait .............................. 27
  • Step #3: Select Your Policy .................................................. 29
  • Step #4: Develop and Implement Your COAAP ..................... 30
  • Step #5: Track Your Progress .............................................. 32
Call to Action ............................................................................. 33
Appendices ................................................................................. 34
  • Appendix I: Glossary .......................................................... 34
  • Appendix II: Case Studies ................................................... 37
  • Appendix III: Resources ...................................................... 40
References .................................................................................. 43
Greetings:

In the aftermath of the historic passage of the Patient Protection and Affordable Care Act on March 23, 2010, the NAACP still finds itself in the fight against health inequity that faces the nation’s African American community.

As a health professional and advocate, I am honored to share with you the NAACP Childhood Obesity Advocacy Manual. This resource was developed to assist NAACP units and other grass root organizations to address the childhood obesity epidemic in African-American communities across this country.

The NAACP views this as a social justice issue that is affected by work environment, socio-economic status, and geographic region. With over 1,200 active units in the United States, the Association is well equipped to utilize our power to engage community and state leaders in this fight to save the next generation.

Join the NAACP and stand up for the health and future of our children. The next generation is relying on you! Include them in this fight, empower them to take their health back and fight for justice. Equality in health will help to build the legacy of our community.

In the struggle,

Roslyn M. Brock
Chairman
NAACP National Board of Directors

Support for this manual was provided by a grant from the Robert Wood Johnson Foundation
Greetings:

The NAACP’s mission is to ensure the political, educational, social and economic equality of rights of all persons and to eliminate racial hatred and racial discrimination. Considering the current state of African American health in America, the NAACP stands with you to fight for the health of families, especially our children.

It is no secret that if not eradicated, childhood obesity will be one of the many causes of more premature deaths and chronic disease for our children. The NAACP treasures the lives of our children and will stand with communities to fight against any systemic or environmental barriers that inhibit one’s opportunity to live a healthy life.

The NAACP intends to provide support for local units to implement awareness, education, and advocacy opportunities to address childhood obesity in the Black community. This manual is designed to provide you with the tools you will need to address childhood obesity through policy, systems, and environmental change.

Join the NAACP as we stand unified with our local units and other grassroots organizations to address childhood obesity. Thank you for your work and we look forward to the many victories that are to come!

Sincerely,

Benjamin Todd Jealous
President and CEO

The NAACP is committed to using our voice to “sound the alarm” on childhood obesity that plagues this young generation, deemed the first that will NOT outlive their parents. Childhood obesity remains an issue of enormous social impact for which there are significant racial and systemic bias implications. African American children are more likely to be poor, obese, and live in unsafe communities where there are few opportunities for physical activity, higher exposures to harmful environmental factors, fewer supermarkets, and limited access to healthy food options. African American children are less likely to have access to preventive care and more likely to have emergency room visits than their White counterparts.

Childhood Obesity Facts:
- By 2008-09, 29.2% of Black adolescent girls ages 12-19 were obese; the highest prevalence of any age group by gender, race or ethnicity.
- African American children ages 6 to 11 are more likely to be obese or overweight than White children.
- African American females born in 2000 have a 49% lifetime risk of being diagnosed with diabetes while White females have a 31% risk, respectively.
- African American males born in 2000 have a 40% lifetime risk while White males have a 27% risk of being diagnosed with diabetes during their lifetimes.

To address the issue of childhood obesity in the African American community requires an advocacy agenda designed to change policies and programs at the local, state, and federal levels and building an effective, community-wide outreach plan that will provide African American families with, and increase awareness about the need to eradicate childhood obesity across this country. Targeting childhood obesity is an opportunity to implement a cross-generational approach to the promotion of healthy behaviors in Black families.

Do you live in a safe place for your children to play? Are there adequate parks and recreation centers available year-round for our children? Do local grocers and corner stores provide fresh fruits and vegetables? Do families have access to healthcare? The NAACP encourages African American communities to address the lack of access to healthy school foods, physical activity guidelines for schools, food deserts and issues of food justice, poverty, and the built environment. Join us in this fight to save our children!
The NAACP Health Programs Department has partnered with CommonHealth ACTION to develop this manual as a tool that supports local efforts to combat childhood obesity by improving the conditions within which children and their families live. The manual is a resource to educate and guide community members and leaders as they address the complex root causes of the childhood obesity epidemic through effective advocacy and policy change.

The manual and workbook will be disseminated primarily to NAACP units nationwide. Each unit leader should share this information with local members and lead discussions focused on the background information and resources provided. The unit should then set up a task force or subcommittee to develop a plan of action and implement a policy change strategy based on the information in the manual. NAACP units are encouraged to engage their partners, community members, and stakeholders in this process and collaborate with them to develop strategies and take action.

Instructions:
- Download the manual and workbook.
- Contact the NAACP Health Programs Department with questions.
- View the Obesity Webinar available online.
- Review and discuss the manual with your unit/team (NOTE: Key words will be bolded in purple when they first appear in the manual. Be sure to refer to the Glossary on pages 34-36 for definitions).
- Complete the process as outlined in the manual and workbook.
- Complete the requested online reports to give input, feedback, and progress updates to the NAACP Health Programs Department at health@naacpnet.org.

The NAACP has decided to shine a spotlight on childhood obesity, identifying it as one of the most important social justice issues of our time. The disparate number of African American children affected by this epidemic calls for us to stand as a unified community to combat this silent killer. Unacceptable rates of obesity and overweight have placed our children on a trajectory to be outlived by their parents. Without coordinated, collaborative action, we are at risk of losing a generation of young people to chronic diseases and contribute to playfully placing additional strains on our economic, public health, educational, and healthcare systems.

The NAACP is calling upon our members and units to address one of the following three policy areas in their communities: built environment, food environment, and school-based policies. These terms are explained in detail later in the manual.

The ultimate goal of this call to action is for local units, state conferences, and communities to identify a policy area and successfully advocate for policy changes that lead to reduce obesity and overweight rates for local children. At the same time, your collaborative action provides an opportunity to develop successful new models and strategies that can be shared and replicated in communities around the country as they seek to support the health and well-being of children.

It is important to note that disproportionately high rates of obesity among African American children are not because of genetics or being “big-boned,” nor should we lay blame solely on poor behavioral choices – although they are important factors in the obesity equation.

Instead, we all must focus on the environments and contexts within which children and their families live their lives and make their choices. Science now tells us that childhood obesity is fueled by neighborhoods that discourage physical activity; schools that promote inactive children; and limited access to affordable, healthy foods in many of our communities.

To support the health and well-being of African American children and their families, we must work to create the circumstances in which they have opportunities to be healthy and make healthy choices. To that end, we call upon local leadership to participate in this new quest for health equity and to emerge victorious in the fight for healthier communities for African American children.
The United States is currently engaged in a war for good health and losing the battle against obesity. While the data are alarming, it is important to acknowledge that the nation’s challenges with obesity developed over the past four decades as a result of political, cultural, and economic conditions. Those conditions have converged and concentrated in communities of color, leading to ill-health, disease, and early death. They are most often the result of inequitable economic and social policies that place an unfair burden on African American communities while giving disproportionate benefits to other communities. Increasing rates of poverty, classism, and the ongoing manifestations of structurally racist policies have created African American and other communities of color that have limited resources and access to healthy foods and environments that support healthy weight, while perpetuating neighborhood conditions that promote obesity.

Childhood obesity is a serious medical condition that according to the Centers for Disease Control and Prevention has tripled over the past 30 years within the United States. It disproportionately affects African American children, poor children, and children who live in rural communities. Childhood obesity and overweight are characterized by an above-normal body mass index (BMI). BMI is calculated as weight in pounds divided by inches in height. The relationship between these two measurements reflects an overall degree of “fatness” or “fat mass.” It is important to note that the calculation of acceptable childhood BMI differs from adult BMI in that it takes into consideration childhood growth, and for children, healthy BMI is determined within percentiles.

Due to these issues, childhood obesity is currently one of the leading health concerns for African American children, is the emerging health, social justice, and equity issue of our time. Not surprisingly, combating obesity in children through sports and physical education, nutrition, frequency of meals); and commitments to businesses, schools, government, and communities. Many individuals and organizations have invested time and resources in developing programs and campaigns to end this national epidemic. Despite the increased awareness of the epidemic and data showing some improvement, obesity rates continue to rise within certain racial and ethnic groups.2 In addition to the direct and obvious consequences of obesity on health, there are costly effects on our society and economy. Obesity and overweight perpetuate chronic diseases that lead to absenteeism from school and work, and decreased productivity of adults in the workplace and children in school. In addition, there are increased costs to our economy based on medical expenditures for obesity-related conditions, higher health insurance rates, and even higher transportation costs (additional weight in planes and buses requires higher fuel usage). According to the Centers for Disease Control and Prevention (2009), obesity costs our nation as much as $147 billion per year in direct healthcare costs and lost productivity.3 Given these circumstances, it is clear that the nation’s escalating rates of childhood obesity qualify as a crisis worthy of immediate action by NAACP units and conferences, as well as communities.

“Obesity is the terror within. Unless we do something about it, the magnitude of the dilemma will dwarf 9-11 or any other terrorist attempt.”

Dr. Richard Carmona
Former Surgeon General

Factors that increase obesity...

- Increased food portions
- Promotion of a processed food culture
- Increased marketing efforts that target children
- Developed and built neighborhoods that hinder or prevent outdoor physical activity
- Limited physical activity in schools
- The ignored need for access to healthy foods in communities of color
- Reduced access to safe green spaces in many neighborhoods
- Failure to educate, influence, and inform families about good nutrition

As a result of these and other factors, we have created an America that has made our children increasingly vulnerable and increasingly unhealthy.

- Easy accessibility and availability of high-calorie, high-fat, high-sugar, high-sodium foods and beverages that also have little to no nutritional value or benefit;
- Challenges in the physical environment that prevent or discourage exercise and an active lifestyle;
- School environments that do not or cannot commit time or resources to support healthy eating and active lifestyles for children through sports and physical education;
- Limited availability of healthy foods;
- High cost of healthy food/low-cost of poor (junk) food;
- A lack of education about healthy eating (e.g., right amount of calories, good nutrition, frequency of meals); and
- A lack of understanding about active living (e.g., walking or biking instead of riding in a vehicle, engaging in physical activities such as organized or recreational sports).

Data indicate that obesity, particularly among African American children, is the emerging health, social justice, and equity issue of our time. Not surprisingly, combating obesity in children is a priority for public health professionals, but it is also important to businesses, schools, government, and communities. Many individuals and organizations have invested time and resources in developing programs and campaigns to end this national epidemic. Despite the increased awareness of the epidemic and data showing some improvement, obesity rates continue to rise within certain racial and ethnic groups. In addition to the direct and obvious consequences of obesity on health, there are costly effects on our society and economy. Obesity and overweight perpetuate chronic diseases that lead to absenteeism from school and work, and decreased productivity of adults in the workplace and children in school. In addition, there are increased costs to our economy based on medical expenditures for obesity-related conditions, higher health insurance rates, and even higher transportation costs (additional weight in planes and buses requires higher fuel usage). According to the Centers for Disease Control and Prevention (2009), obesity costs our nation as much as $147 billion per year in direct healthcare costs and lost productivity. Given these circumstances, it is clear that the nation’s escalating rates of childhood obesity qualify as a crisis worthy of immediate action by NAACP units and conferences, as well as communities.
CONTRIBUTING FACTORS TO OBESITY

Lifestyle Choices

Every day, people make decisions about what to eat and the level of physical activity within which they will engage. They make these decisions based on available foods, personal finances, knowledge of nutrition and exercise, available time, and their neighborhood environment. In addition, there are important traditions and cultural beliefs in the Black community that guide families and individuals in their daily food choices, perceptions of healthy weight, obesity, and body image, and the role that food plays in our social interactions. To stem the tide of childhood obesity, we must openly acknowledge the role our culture plays in unhealthy eating and at the same time, offer healthier nutritional options. In doing this, we have the opportunity to teach everyone new ways to achieve and maintain healthy body weight, good health, and wellness.

As we educate and inform families and individuals about healthy eating, we must also promote physical activity that fits the lifestyles and interests of our communities. While in some neighborhoods bike and walking trails are in demand, in others, the primary interests may be organized group exercise and activities. In some neighborhoods, it makes sense to support walking to the grocery store while in others the goal may need to be making safe indoor exercise facilities available.

The key is that local childhood obesity reduction efforts offer options for physical activity that fit the lifestyles and interests of our communities. While in some neighborhoods bike and walking trails are in demand, in others, the primary interests may be organized group exercise and activities. In some neighborhoods, it makes sense to support walking to the grocery store while in others the goal may need to be making safe indoor exercise facilities available.

CONTRIBUTING FACTORS TO OBESITY

The impacts of obesity...

• Families with obese children spend more money on clothing and medical care.
• Children who are obese and overweight are more likely to experience intense social pressures, such as teasing and bullying.
• Obese and overweight girls often enter puberty at a younger than average age, possibly increasing their risk of adolescent and teenage pregnancy.
• Girls and boys who are overweight and obese often suffer from low self-esteem, poor body image, and social isolation, all of which can lead them to engage in risky sexual behavior and substance abuse.

Cultural Norms

While perceptions and culture play critical roles in food choices and physical activity, it is also necessary to consider body image (attitudes and perceptions of healthy weight) among African Americans. Scientific studies indicate that African American women and men are less likely to correctly perceive their status as overweight than their White counterparts. African American women in particular tend to be satisfied with their bodies and perceive themselves as attractive while overweight. This perspective is identified as a risk factor for obesity and only changes once the woman becomes obese.

While self-acceptance and self-esteem are important for mental health, some degree of dissatisfaction is necessary for overweight or obese people to take action to achieve a healthy weight. To begin the process of individuals or families attaining a healthy weight, there has to be an accurate perception of their current weight. Adults must recognize this for themselves and at the same time, they must be aware of what a healthy weight is for their children. Emerging research tells us that African American parents often incorrectly view themselves and their children as being at a healthy weight. 4,5 One study of low-income African American and Hispanic parents indicated that two-thirds of mothers whose children were at risk of or were classified as overweight were satisfied with their children’s weight or wanted them to be heavier.

While one component of body image is self-perception, the other is attitudinal (how a person feels others view them or the degree to which they believe their weight is accepted by others). This also poses unique challenges in African American communities because of cultural norms that accept, uplift, and at times reward individuals who are considered “big-boned,” “P-I-A-T, fat,” or “thick.” These norms are often common in African American communities, consequently they put the population at increased risk for long-term chronic disease, early death, and in some instances school and work place discrimination, all of which jeopardizes the viability of our people.

The issue of accurate body image and its connection to overweight and obesity is critically important for African American children. Science indicates that overweight and obesity pre-dispose girls to early puberty. As a result, their bodies begin to develop physical characteristics associated with womanhood and being a woman. This perspective is identified as a risk factor for obesity and only changes once the woman becomes obese.

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As we advocate for local policy changes to reduce obesity, we must understand African American perceptions and culture related to weight and obesity, focus on medically-defined weight and obesity, and address childhood obesity. Regardless of whether the conditions in a community provide opportunities for the residents to live healthily, it is up to individuals to choose to eat well and be physically active.

The Roles of the Individual, Family, and Organizations

While effective public policy is the primary focus of this manual – and critical to ensure that communities are designed and managed to support healthy lifestyles – it is also important to acknowledge that individuals and families must play significant roles in addressing childhood obesity. Regardless of whether the conditions in a community provide opportunities for the residents to live healthily, it is up to individuals to choose to eat well and be physically active.

The Individual

One of the key ways in which an individual can make decisions to influence the food available in their community is how and where they spend their dollars when buying food.

Professor and author Michael Pollan calls it “Voting with your fork.” This type of action makes a difference in terms of personal behavior and it also influences the food options vendors offer, based on profitability. If each person decides to purchase healthy food and requests these options from their local food outlets, then merchants will be inclined to provide the products their customers want.

From the physical activity perspective, trying to increase one’s daily movement by adding additional steps to your routine makes a difference. Dr. James Hill, co-founder of America on the Move calls these small actions “The first rung on the ladder of self-efficacy.” By taking 2,000 more steps per day, an individual can begin the process of stopping weight gain, and if the small increases continue, eventually they will achieve weight loss. The main message of America on the Move is that small incremental changes on the individual level are the key to significant and sustainable progress towards a healthy lifestyle and body weight.

The family

As it relates to children, there are critical factors affecting their individual behaviors that must be taken into consideration. The war on childhood obesity must be waged where it happens in children’s lives, it is primarily their caregivers most often decide and control what children generally have the most support, within their families. While sometimes children make decisions regarding their food and activities, they often do not have a choice of what to eat, where to live, play, shop, or go to school. Since parents and adult caregivers most often decide and control what happens in children’s lives, it is primarily their responsibility to ensure that these children develop healthy eating and physical activity habits.

Parents need to set the tone for these habits by teaching and encouraging healthy behaviors (e.g., learning how to select the best fruits and vegetables in the supermarket, creating meal plans for the week, and preparing meals together at home). In addition, they can encourage an active lifestyle by not just signing their children up for after-school activities, but also by making time to play outdoor games or sports with them. Children take their cues from parents and the adults in their households, so the behaviors that are cultivated within the family will ultimately influence how they make lifestyle decisions.

Organizations

For many African Americans, social involvement is an essential component of their lives. Of course, in the Black community, faith organizations serve as a central social outlet, and this is where food plays a significant role in social interaction (e.g., potlucks, meetings, fundraisers, etc.). Unfortunately, the food served at many of these gatherings is high in fat, calories, sodium, and sugar. Since faith is such an influential part of the community, any individual or family efforts to establish healthy behaviors could be undermined on a weekly basis if faith institutions continue this approach to food preparation for their activities. In response to the call to address obesity in African American communities, faith leaders have begun providing their members with healthy alternatives to traditional meals (e.g., substituting turkey legs for ham hocks in greens, baking instead of frying chicken, etc.). Leaders have also begun using their platform to preach a “Health message” and encourage their members to consider their health as an essential component of their spiritual lives.

Although faith communities have been a focus of anti-obesity efforts, there are other civic organizations and social groups – e.g., the Rotary club, fraternities and sororities, family reunion planning committees, etc. – that can also take part in helping to support healthy eating and active living in African American communities. These civic/service organizations can ensure that they build opportunities for physical activity, in addition to providing healthy food alternatives in their programs.

It is critical that individuals and groups begin to be thoughtful about how to support each other to achieve healthy weight and our best health. This is necessary to the quality of life of African American children and their families.
Now it’s time to do the work!

Based on the information provided in this manual, your team should develop a plan of action that is to be completed and assessed over a two-year period. This process will involve members and local partners getting to know and understand resources and policies in their cities and towns, through research and outreach. It will also entail connecting and engaging diverse groups of community members, agencies, and organizations as a plan of action is developed for the team. The NAACP Health Programs Department will reach out to teams conducting this process periodically, to check in and determine where we can be of assistance. Together, we can all help to reduce and hopefully eliminate childhood obesity in our communities.

In order for your team to be successful in addressing childhood obesity, you must first understand the conditions and root causes that created and sustain this epidemic locally. Below, we have identified contributing factors that will assist you in understanding why your children are obese or at a greater risk for obesity. This understanding will serve as the basis for the strategies and activities provided later in the manual.

The Role of Public Policy

Based on the information in the previous section that explained the root causes of childhood obesity, it is important to understand that focusing on personal responsibility (i.e., depending on people to change their unhealthy behaviors) will not be enough to reverse the current obesity epidemic. People are products of their environment. If the environment does not support a healthy lifestyle or healthy choices, it will be difficult and for some, nearly impossible to change individual behaviors.

So let’s figure out what to do. The key to developing a successful strategy is to understand the major issues behind America’s obesity problem. Based on our understanding of the roles of excess calories and unhealthy weight, it is clear that childhood obesity stems from two fundamental problems:

• Limited or no physical activity
• Unhealthy eating habits

An individual’s healthy or unhealthy behaviors are greatly influenced and at times determined by his/her environment. The following are examples of factors that contribute to health behaviors:

• Food and drink options provided to children at school
• Physical activity opportunities for children during and after the school day
• Availability of stores in a neighborhood that provide healthy foods
• Large numbers of unhealthy restaurant options in certain neighborhoods
• Safe and easily accessible places to walk or exercise in a community (e.g., no parks, sidewalks, bad lighting, high crime rates, availability of drugs, etc.)
• Community resources and assets that are necessary for daily living and are accessible by walking or biking (e.g., proximity to banks, employment, schools, faith homes, retail, health services, etc.)
• Levels of pollution in the areas surrounding a neighborhood (e.g., a manufacturing plant or garbage dump within close proximity of where people live)

Public policy shapes and controls all these factors and more.
Therefore, it is important to understand public policy's scope and significance related to neighborhood conditions and the environments in which individuals live. Below is the definition of public policy for the purposes of this manual.

Public policy [is] a system of laws, regulatory measures, courses of action, and funding priorities … [set] by a governmental entity or its representatives.14

In short, public policy largely determines the kind of neighborhood in which each of us lives. The policies that govern your community need to be developed, implemented, and revised for policy change. They are:

- **Built Environment** (e.g., improved public transportation, enhanced recreational spaces, better access to school playgrounds outside of school hours, increased walkability/bikeability)
- **Food Environment** (e.g., reducing food deserts by increasing access to healthy, affordable foods in corner stores and local grocery stores)
- **School-Based policies** (e.g., increased physical activity in schools and more nutritious school foods and drinks, including meals, vending, and concessions)

Understanding that childhood obesity can be addressed through various approaches, this manual aims to support members of NAACP units and grassroots organizations in local activities that help to reduce its impact. To that end, there are three areas around which the NAACP encourages its members to concentrate their efforts on advocacy, planning, and action for policy change. They are:

- **Built Environment**
- **School-Based policies**
- **Food Environment**

The following section will explain these topics in more detail and set the stage for how teams should begin framing their plan of action to address childhood obesity in their communities.

Public policy directly impacts:
- **how much money is spent to maintain the infrastructure of a community**
- **what types of food are served in schools**
- **who is allowed to provide goods and services**
- **where services are located**

These three advocacy approaches were chosen for the manual because they are the primary policy areas that affect childhood obesity. They also serve as some of the most appealing causes around which to mobilize communities, particularly because the issues are easy to identify and affect community members in tangible and direct ways.

As you will see later in the manual, your team will have to decide about the advocacy area on which to focus; however, we encourage you to review all the areas as it is good to understand the underlying factors that contribute to the childhood obesity epidemic. In addition, you may find that applying strategies from other areas may benefit your team's approach to your chosen area.

**AREA #1: BUILT ENVIRONMENT**

**Overview**

One of the primary influences on obesity is the built environment, which loosely defined encompasses all man-made structures, spaces, and conditions. This could include roads, schools, neighborhoods, town centers, parks, and even air pollution. The built environment's relationship to childhood obesity is important not only because it affects access to healthy food, but it also impacts the options children and adults have to be physically active.

**Background**

Over the past decade, the level of concern regarding the number of obese children and adults has escalated. Several research studies have connected obesity rates to conditions in the built environment. Data collected indicate that some physical activity (e.g., walking and bicycling) will not only reduce one's tendency towards being obese, it will also add years to a person's life.
For many children today, play time is often relegated to indoor activities such as playing video games and using the computer. With a limited number of safe places to play outside the home, there are reduced options for physical activity in school (or after school). Many children just do not have the opportunity to do even minimal amounts of exercise. Coupled with the increased use of cars and limited walking, children now have a largely sedentary lifestyle that contributes to the alarming increase in childhood obesity.

Clearly, the environment within which we live, play, and work has the potential to either hinder our efforts to be healthy, or support them. For example, if children live in a neighborhood where the street is the only place they can play, then it is likely that their parents (or just the environment itself) may influence them to stay indoors to stay safe. Conversely, if these same children lived close to a park that is well lit, has security, as well as responsible adults supervising activities in the park, they might be more inclined to engage in physical activity. In addition, children spend at least a third of their time in school. In the past, physical education was not only encouraged but required in order to graduate. This is no longer the case within numerous school systems around the country, where very few or no physical education classes are available to students. Some of the issues related to the guidelines that govern our school systems will be addressed later in the School-Based Policies section of the manual.

Another important factor to note is that the built environment directly impacts how, when, and what we eat. Living in a neighborhood where there are supermarkets or food outlets that offer healthy options and that are within walking distance or a short drive away, is definitely great support for healthy living. This is especially true for families in which the adults work long hours and have limited time to prepare meals. Many of these families will choose to eat at restaurants rather than prepare home cooked meals because it is more convenient for their busy schedules. If they have the option to purchase either partially prepared, healthy meals from a supermarket or to pick up dinner from a food restaurant that offers affordable/low-priced healthy options, this could have a significant impact on that family choosing and being able to live a healthy lifestyle. However, for many of these families, especially those in largely African American communities, those options tend to be limited. This directly connects to the community’s Food Environment, which will be discussed in more detail later in this manual.

Some other examples of how built environment conditions impact our ability to live healthily include:

- Zoning rules that influence the number of corner stores in a community, which is directly related to that community’s available healthy food options;
- Town planning policies that ask for sidewalks and complete streets, both of which encourage walkable/bikeable neighborhoods;
- Local recreational facilities and parks that offer after-school and weekend programs in which the community’s children and families may participate; and
- Joint use agreements that allow school facilities to be used by the community after school hours.

These examples show the connection between place and health, and this means that addressing built environment policies will ultimately change the trajectory of childhood obesity in our communities.
Food justice seeks to ensure that the benefits and risks of where, what, and how food is grown, produced, transported, distributed, accessed, and eaten are shared fairly. It ... represents a transformation of the current food system, including but not limited to eliminating disparities and inequities.\(^\text{17}\)

In this report, the summarized data from national studies about this grocery gap concluded:

- Low-income zip codes have 25 percent fewer chain supermarkets and 1.3 times as many convenience stores compared to middle-income zip codes. Predominantly Black zip codes have about half the number of chain supermarkets compared to predominantly White zip codes, and predominantly Latino areas have only a third as many.

- Low-income neighborhoods have half as many supermarkets as the wealthiest neighborhoods and four times as many smaller grocery stores, according to an assessment of 665 urban and rural census tracts in three states. The same study found four times as many supermarkets in predominantly White neighborhoods compared to predominantly Black ones. Another multistate study found that eight percent of African Americans live in a tract with a supermarket compared to 35 percent of Whites.

The Grocery Gap report also noted these critical findings:

1. Accessing healthy food is a challenge for many Americans—particularly those living in low-income neighborhoods, communities of color, and rural areas.

2. Better access corresponds with healthier eating.
Overview
Given that children and youth spend more than a third of their time in school and school-based activities, the school policy environment plays an important role in their health and well-being. Children’s health is critical to their ability to come to school prepared and ready to learn, therefore linking it to academic achievement. Policies that support sound nutrition and consistent physical activity have the potential to promote good health and healthy weight through the introduction of healthy behaviors, support for healthy activities, and social supports for individual behavioral change.

Guidelines for school-based physical activities vary greatly from state to state and from one school jurisdiction to another. Currently, Illinois is the only state in the nation that requires daily physical education for all students, grades kindergarten through 12. Additionally, numerous jurisdictions have issued high-profile bans against the sale of high calorie/high fat foods and sugary beverages on school property and at school-based events.

Background
School Physical Activity Facts:
• Only 6-8 percent of senior, middle, and elementary schools provide daily physical education for the entire school year, for students in all grades.
• Approximately 71 percent of elementary schools provide regularly scheduled recess for students in all grades, kindergarten through 5.
• Only 49 percent of all schools offer intramural activities or physical activity clubs for students, and Black students are much less likely to participate in these clubs and sports than White students.

65 percent of high school students participate in vigorous physical activity on 3 or more days a week; 27 percent participate in moderate physical activity on 5 or more days a week.

Offering Healthier Foods and Drinks at School
The Healthy, Hunger-Free Kids Act of 2010 could help make major improvements to the National School Lunch and School Breakfast Programs. The law requires the USDA to update national nutrition standards for all foods sold and served in schools—not only for meals, but also those sold in vending machines, cafeteria à la carte lines, and school stores. The law also calls for more training for food service workers and for the first major funding increase in more than 30 years to help schools offer healthier meals.

School Meals
In January 2011, the USDA proposed new school meal standards that would increase the amount of fruits, vegetables, and whole grains, and limit unhealthy fats and sodium. The USDA is now working to finalize the standards. Because improving the meals will increase food service costs, it is critical for Congress to appropriate the funds included in the law.

Competitive Food and Beverages
When schools sell competitive food and beverages in vending machines, school stores, and à la carte lunch lines, students eat more unhealthy snacks and take in more calories. A national study showed that 68% of students drank sugary beverages (like soda) during the school day. Many students buy competitive foods in the cafeteria with their lunch. Those students often eat less of their lunch, get fewer nutrients, and consume more fat.

The USDA is expected to propose new nutrition standards for competitive food products in December 2011. These standards must be strong and schools and school districts need to be held accountable for changing their policies to keep junk foods and sugary drinks out of our nation’s schools.

General Guidance for Choosing an Advocacy Area
It should be noted that these three areas are not mutually exclusive in that concerns in one area may influence another; e.g., a community’s built environment may impact the types of food sources available and how certain school policies are shaped.

Nevertheless, while some components may overlap, it is important for teams to determine which area would be most beneficial to target, and focus on developing a strategy to address obesity from that advocacy perspective. The manual and workbook together will give more details about different approaches and how to use them, and this should give teams a base of information from which to make decisions about moving forward.
The following section provides specific steps to support your collaborative community processes to reduce childhood obesity. Before beginning these steps, you should identify a core group of leaders, members, stakeholders, and partners to form a team to participate in this process. This is the time when you, collectively, will identify the vision and targets of your efforts to reduce and eliminate childhood obesity through local action.

We recommend that you use each step as described and in the order provided. At the same time, recognizing that each community is unique, feel free to modify the steps to fit the needs and culture of your unit, population, the current political context, resources available, and leadership. As with any advocacy effort, the ability to adjust the vision and the steps may be critical to long-term success.

The NAACP Childhood Obesity Advocacy Manual is accompanied by a workbook that should now be reviewed in conjunction with the information that follows. This workbook contains the tools (i.e., checklists and forms) your team will need to develop steps that guide advocacy activities. The location of each form will be identified in orange, e.g., the Feasibility Assessment form is on WB p. 2. In addition, the forms will be provided in electronic format (i.e., Microsoft Word) to allow the team to enter information directly into the documents.

The process is comprised of the following five (5) steps:

STEP #1 Identify Your Target Advocacy Area
STEP #2 Create Your Community Portrait
STEP #3 Pick Your Policy
STEP #4 Develop and Implement Your Childhood Obesity Advocacy Action Plan (COAAP)
STEP #5 Track Your Progress

Each of these steps is outlined in detail, and will include references to the necessary forms, definitions, and checklists in the workbook that support this advocacy process. We suggest reviewing the entire manual and workbook before beginning your collaborative work, in order to understand clearly how the components connect and support each other.

Stay focused, but remain flexible. It’s time to begin the work!

STEPS TO SUCCESSFUL ADVOCACY AND LOCAL ACTION

Identify A Target Advocacy Area

As each team begins to review the advocacy areas, it is important to do a brief feasibility assessment (FA) (WB p. 2) as this process will help determine the area that has the greatest possibility for success. Through the FA process, the team will identify the following for each of the three possible target advocacy areas (i.e., the built environment, food environment, and school-based policies):

1. Define the level at which you will target your advocacy efforts for policy change (e.g., city, county, neighborhood, etc.)
2. Identify available community assets and resources
3. Review your responses for all three advocacy areas then choose the area that your team thinks has the greatest possibility of success.

Milestone:
Upon completion of the FA for each possible advocacy area, your team should select either the built environment, food environment, or school-based policies.

TIP:
You may already have an idea about your team’s advocacy area of focus based on your experience within your community. Begin by picking the “lowest hanging fruit” for this exercise and see if it is feasible!

Lee Haney
Fitness Expert and Eight-Time Mr. Olympia Champion

1. Define Your Community/Jurisdiction
Work collaboratively to identify the level on which you would like to create policy change.

• Is it more realistic for your community to advocate to the county council or would it make more sense to target the city officials?
• Does your jurisdiction have a track record of successful advocacy at the state level and how might you build on that to combat childhood obesity?
• Would it be more realistic to target advocacy efforts at your local school district to change school-based policies or would the state school board be more appropriate?
2. Identify Your Community Assets

A community asset is anything that can be used to improve the quality of community life of residents. As local advocates engage in policy change efforts, it is critical that they take inventory of available community assets that can support their work.

Examples of community assets include:

- **A person (people):** Someone who contributes or could contribute to the community by giving his/her time, leadership, wisdom, hard work, influence, or skills to any collaborative effort that improves the community and quality of life.

- **A physical structure or place [Built Environment]:** For example, a school, highway, farm, church, library, landmark, or recreation center.

- **Transportation systems:** These include highways, train stations, bus stops, or bike lanes.

- **Communication systems:** For example, local radio, television, newspapers, blogs, neighborhood newsletters, listservs, or community/town hall meetings.

- **Community interest, passion, and potential commitment to an advocacy area:** Determine how interested your community would be to addressing childhood obesity, specifically in the advocacy area.

- **Community readiness to advocate:** Identify past experience, similar work, etc. that has taken place, and/or current efforts active within your community.

- **Current political climate/context in relation to advocacy areas:** Your community’s unique political context that dictates the degree to which policy change is currently possible.

- **Estimated chance of affecting change in each advocacy area:** Based on your knowledge of the community, gauge the team’s chances of affecting policy change.

### Step #1

**Identify a Target Advocacy Area**

- **A person (people):** Someone who contributes or could contribute to the community by giving his/her time, leadership, wisdom, hard work, influence, or skills to any collaborative effort that improves the community and quality of life.

- **A physical structure or place [Built Environment]:** For example, a school, highway, farm, church, library, landmark, or recreation center.

- **Transportation systems:** These include highways, train stations, bus stops, or bike lanes.

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- **Estimated chance of affecting change in each advocacy area:** Based on your knowledge of the community, gauge the team’s chances of affecting policy change.

### Step #2

**Creating Your Community Portrait**

Before launching an advocacy campaign, it will be important for unit members and participants to assess the current state of childhood obesity in the community, especially as it relates to the advocacy area chosen during the feasibility assessment (Step #1). This is an important step in creating a persuasive argument for policy makers and power brokers (or even the community). It helps to provide evidence, proof, and data that there is actually a problem that is detrimental to children and that must be addressed through meaningful policy change.

Creating this task will give unit members and participants a greater understanding of the policies that govern their community, as well as the necessary information to decide how to address childhood obesity. More importantly, it will give them the rationale to convince others to join and support their cause.

Consequently, your team will create a “portrait” of your community that illustrates how various features of the environment influence residents’ actions related to maintaining a healthy lifestyle. For many years public health practitioners have used a Health Impact Assessment (HIA) process to help them understand the true effect of current or proposed policies. The HIA process is a very complicated and lengthy process; however, there are some tools in this process that may be simplified and applied to this approach (WB p. 31).
Try to be creative about how you present the information you collect for the portrait. For example, you should try to use different types of media (e.g., photos, video, stories) and perspectives (e.g., young children, business people, community elders, etc.) to develop a historical and comprehensive picture of the factors that influence childhood obesity within your community. Your final product can be in any format your unit decides, i.e., electronic or hard copy, just make sure it makes your case!

Guidance
1. Research and collect local data related to your selected advocacy area (from Step #6) about your community.
2. Collect data for another community close to yours that has better obesity rates for comparison.
3. Conduct a Walkability or Bikeability Study of your community using the checklists included. This will help you to assess the activities that your community environment supports.
4. Take photos and videos of areas in your community you think need to be improved or addressed, and identify the specific problems.
5. Compile all the collected information into an album that should be used to illustrate to other community stakeholders and policy makers the importance and impact of childhood obesity on your community.

Creating your community's portrait is a great opportunity for you to truly understand how your community functions and what factors affect the health and well-being of the residents. It will also be a good opportunity for you to develop or renew relationships with other community members and stakeholders, and get even more support for your work to combat childhood obesity.

Step #3

Pick Your Policy

Now that you have selected your advocacy area and created your “community portrait,” you will need to identify the local policies that create and maintain the current conditions in your advocacy area, as well as policies that need to be developed to change current conditions. For instance, if you have identified the food environment as the target of your advocacy work, consider the following:

- What policies need to be created, changed, or eliminated to increase the availability of healthy food options in your community?
- What policies can be changed to limit the availability (and marketing) of unhealthy foods and sugary drinks in schools?
- What policies can be changed to encourage more physical activity and physical education in schools?
- What business/economic policies need to be in place, or changes to current zoning codes made to attract grocery stores or “sit-down” restaurants to your neighborhood?
- What policies could encourage corner stores to sell fresh, healthy foods and make it profitable for the owners?
- What policies should be created to encourage the development and expansion of local farms and neighborhood gardens?
- What policies can be put in place to encourage restaurants to offer attractive, affordable, healthy options to customers?
- What local policies could be enacted to support the purchase of local produce by local government, schools, corner stores, grocers, and restaurants?

The Policy Selection Process (WB p. 17) will help you to identify a policy target for your advocacy activities. This policy target will be the basis on which you develop your Childhood Obesity Advocacy Action Plan (COAAP).
**Steps to Successful Advocacy and Local Action**

**Develop and Implement a Childhood Obesity Advocacy Action Plan (COAAP)**

**Milestone:**
An effective COAAP should be clear and concise, and the information should be organized so that anyone who reviews it will easily understand the scope and trajectory of the program as well as its related activities.

**Step #4**

Develop and Implement a Childhood Obesity Advocacy Action Plan (COAAP)

Included in the workbook is a template [WB p. 19] that will help each team to properly outline a plan of action. This tool will help the team to break down the program into manageable segments that may be assigned to individuals or sub-committees to manage. The action plan also provides the team with a comprehensive snapshot of the program and its approach, and will also help the team to organize and track its activities related to this program in the most effective way.

1. **Goals & Objectives:**
   - Establish specific goals & objectives for the program
   - Identify the critical challenges related to the food environment of your community.
   - Determine an overall goal for your program.
   - Develop SMART (specific, measurable, achievable, realistic, and time-based) objectives for the program.

2. **Tasks & Timeline:**
   - Develop a list of tasks and establish dates for completion
   - Establish a date for completing your goal.
   - Create a list of the tasks needed to complete your goals and objectives.
   - Develop a timeline to complete these tasks.
   - Create sub-committees and assign them to manage/ implement these tasks.

3. **Deliverables:**
   - Create a list of deliverables for the program
   - Each program component should have deliverables that will demonstrate the team's movement through each stage of the process.
   - Deliverables serve as proof of the team's success in accomplishing the objectives of the program.
   - These deliverables should be saved, documented, and organized in a way that they can be easily accessed in the future.

4. **Resources:**
   - Figure out the types of resources needed to complete each task
   - As the list of tasks and deliverables are determined, it will be important to determine what resources will be needed and how they will be acquired.
   - Take advantage of current and potential partnerships to draw upon their efforts and assets for your program.

**Assignments:**
- Assign tasks to team members
- It is strongly suggested that a team member be selected to serve as the Health Ambassador, who will manage all the moving parts of the program and keep everyone on task and on time.
- Tasks should be broken up into manageable segments and assigned to individuals or groups who will have the time and resources to complete them.
- Do not forget to engage members of the community or outside partners in these tasks as it also helps to secure buy-in from these individuals and groups.

**Additional Guidance**

When the team has developed its COAAP and is ready to begin implementation, there are certain issues to consider that will impact the team's success. The following are some suggestions of strategies that will help to establish and sustain the team's advocacy program:

- **Develop organizing strategies**
  - Secure key partnerships and relationships to engage different levels and sectors of the community
  - Develop outreach strategies to get buy-in and engage the community in your program
  - Plan for sustainability
  - Establish events or programs that will sustain this activity and continue building on the goals & objectives as well as the lessons learned.
  - Solidify relationships with community organizations and local agencies to continue the work.

- **Document lessons learned**
  - Develop a quarterly report to review the current challenges and successes of the program, as well as the lessons learned from each stage of the program.
  - Revisit previous lessons learned at each milestone and identify ways to improve the process.

**TIP:**
It is best to choose simple goals that may be achieved in one or two years.
The team’s evaluation system should be established from the beginning of the program and should be updated periodically to record changes in the data/community conditions.

Evaluating Your COAAP: Using the sample form provided (WB p. 23), each team should outline the goals of the program as well as the tasks identified for the advocacy area chosen.

The team should develop a timeline to complete these tasks and then review and update this timeline at several intervals during the program process. At each six-month mark, an evaluation should be conducted to determine how far along the process the team has progressed and which tasks have been accomplished to date. Finally, at the end of two years, the team will use the post-program evaluation form to determine if they have achieved the goals they outlined at the beginning of the program.

Assessing Your Impact: In order to assess how much your team’s activity has had an impact on the policies influencing childhood obesity in your community, some preliminary information about the current state of the disease must be documented before a plan of action is put into place. Using the process outlined in the form provided (WB p. 23), the team should collect specific information/data related to childhood obesity health indicators. Over the two-year period, the evaluation process should also assess the impact of the team’s advocacy efforts on the specific policies being targeted. Essentially, the team should try to document how its proposed plan of action to counter the effects of obesity has influenced policy. Subsequently, once the plan has been implemented, the members should then conduct another evaluation to determine if the plan was successful and to what degree. In addition, the team should support the development and implementation of alternate policies that will assure the health and well-being of the community members.

Finally, here are some tips to help you achieve your goals of addressing childhood obesity in your community when using this manual:

• Be practical. Don’t allow the process to overwhelm you and hinder you from reaching your ultimate goal. Remember that this problem did not develop overnight, and it will take time and effort to reverse it’s effects. Be sure to only take on what you and your team can manage and ensure that you do it well. You can then build on those successes and gather even more support from others in the community to help resolve the problem.

• Understand the root causes of the American childhood obesity epidemic. Get the facts and details around your argument for change and be prepared to defend your argument against opposition. Learn how to use the facts to talk about childhood obesity in ways that are meaningful and inspire community advocacy. Acknowledge the role of individual behavior and choice but then elevate the dialogue to look at local conditions that influence both behavior and choice.

• Engage all sectors of the community. Your team cannot address this issue alone. It is important for you to reach out to and engage all types of community stakeholders, e.g., business people, faith leaders, administrators, schools, parents, youth, coaches, civic organizations, etc. The more support you generate, the more effective your advocacy will be.

• Get connected to your policymakers. These individuals are the ones who determine the rules that govern your community on various levels, i.e., local, state, and national. It is important for you and the team to connect with these individuals and let them know that you want to have a say in the development and implementation of your community’s policies.

• Establish your media/communications strategy. The best plan is of little use if no one knows about it. Be sure to get the word out to your community using all types of media, e.g., newspaper, local radio and television, social media, etc. This is where you can capitalize on the relationships generated with community stakeholders.

• Change YOUR habits. Although this manual is not focused on personal actions, we encourage team members to make healthier choices that will demonstrate their commitment to healthy eating and active living. This will ultimately improve their health and well-being.

• Get connected to the NAACP Health Programs Department. The health programs department is ready to support you in implementing this program, so please do not hesitate to contact us at health@naacp.com.
Before reviewing the manual’s contents in depth, it is important to familiarize yourself with key definitions, terms, and concepts related to childhood obesity. The following glossary is provided as a reference to help educate members, participants, and stakeholders. As with all advocacy and policy efforts, a critical first step is to establish a common language and a common understanding of issues. Before reviewing the manual’s contents in depth, it is important to familiarize yourself with key definitions, terms, and concepts related to childhood obesity. The following glossary is provided as a reference to help educate members, participants, and stakeholders.

### KEY TERMS

#### Advocacy
Advocacy is action taken by an individual or group to inform or influence public or institutional policy and resource allocation decisions within political, economic, and social systems. It may be motivated by moral, ethical, or faith principles. Advocacy may include activities including but not limited to media campaigns, public speaking, commissioning, and publishing research or polls.

#### Body Mass Index (BMI)
Body Mass Index (BMI) is a number calculated from a person’s weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems. For adults, a BMI greater than or equal to 25 is overweight and a BMI greater than or equal to 30 is obesity. BMI provides the most useful population-level measure of overweight and obesity as it is the same for both sexes and for all ages of adults. However, it should be considered a rough guide because it may not correspond to the same degree of fatness in different individuals. For Children and Teens, BMI is calculated from the child’s weight and height and is a reliable indicator of body fatness for most children and teens. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat.

#### Built Environment
The physical environment refers to the man-made surroundings that provide the setting for human activity, ranging in scale from personal shelter to neighborhoods, to the large-scale civic surroundings. It encompasses all buildings, spaces, and products that are created, or modified, by people. It includes homes, schools, workplaces, parks/amenities areas, greenways, business areas, and transportation systems. It extends overhead in the form of electric transmission lines, underground in the form of waste disposal sites and subway trains, and across the country in the form of highways. It includes land-use planning and policies that impact our communities in urban, rural, and suburban areas.

#### Community
A community is a group of people who share common characteristics, beliefs, or interests and see themselves as distinct in some way from the larger society within which it exists. It may be social, religious, political, geographic, or demographic in nature.

#### Community Asset
A community asset is anything that can be used to improve the quality of community life.

### APPENDICES

#### Appendix I: Glossary

<table>
<thead>
<tr>
<th>Definition</th>
<th>Community Portrait</th>
<th>Competitive food</th>
<th>Community Asset</th>
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<td>A community portrait is a collection of data, narrative, and media (i.e., pictures, videos) that illustrate specific features of a neighborhood or community, and gives an indication of the quality of life of the individuals who live within that community. This document may be hard copy or electronic format and is typically used by community members to present and support their demands for policy change that will improve conditions and environment within which they live.</td>
<td>The USDA defines competitive food as those foods and beverages, regardless of nutritional value, sold at a school separate from the USDA school meals program.</td>
<td>A community asset is anything that can be used to improve the quality of community life.</td>
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Obesity (and overweight)  
Obesity is a term used to describe body weight that is much greater than what is healthy. If you are obese, you also have a much higher amount of body fat than is healthy or desirable. Overweight and obesity are also defined as abnormal or excessive fat accumulation that may impair health. 

Public Policy  
Public policy can be generally defined as a system of laws, regulatory measures, courses of action, and funding priorities comprising a given topic promulgated by a governmental entity or its representatives. Individuals and groups often attempt to shape public policy through education, advocacy, or mobilization of interest groups. 

Quality of Life  
Quality of Life describes a person's emotional, social, physical, and economic level of well-being. 

School-Based Policies/ School Policy  
The National School Boards Association (NSBA) compares the school policy system to Congress, state legislatures, and city or county council. School-board policies govern and regulate the educational system. By setting various goals and assigning authority, school-based policies make school governance and management possible. They clarify to the public exactly those things for which educators and administrators are accountable. School policy helps educators and administrators manage local school districts to reach the unified mission of serving the well-being of their students. Locally, there are various procedures that govern and guide the process by which school policies are developed, formalized, and implemented. 

Stakeholders  
Stakeholder describes a person, group, or organization that has a vested interest in a community and that affects or can be affected by conditions within that community. 

Walkability/Bikeability Study  
A Walkability or Bikeability Study is an assessment of how amenable a neighborhood or community is to walking and biking. Research has linked a neighborhood's walkability to its residents' quality of life, notably improved physical and mental health. 

APPENDICES

APPENDIX I: Glossary

APPENDIX II: Case Studies

Area#1: Built Environment

Community Case Studies: Accessible Physical Activity Options for Children and Their Communities

Illegally dumping waste in a local stream has impacted people living in the area. The people affected are those living near the stream and those who depend on it for recreation. The local government, through a process of consultation and public hearings, decides to implement a new waste management plan that includes improving access to public transportation, creating bike lanes, and establishing recreational areas. This results in increased opportunities for physical activity and improved quality of life for the affected community. 

Area#2: Food Environment

Community Case Studies: Availability of Healthy Food. These case study abstracts illustrate how solutions related to the food environment were implemented in communities to increase the physical activity of children and improve the quality of life for communities. 

People's Grocery  
People's Grocery was established to combat the negative effects of living with limited access to healthy food, disenfranchisement from food production, and lack of nutritional knowledge and resources. Over the past eight years, People's Grocery has created innovative food distribution models, urban agriculture programs, and public health and nutrition projects in West Oakland. Their work has been replicated by peer organizations and their leaders have spoken around the nation about their success.
After years of thought leadership and model urban agriculture and food enterprise creation, in 2008 and 2009, the organization devoted increased resources toward incubating a for-profit grocery store, a long-term goal. For 15 years, committed community members tried without success to get a large merchant into their community. Fortunately, several years ago, Jeff Brown, the owner of 10 ShopRite stores, partnered with Pennsylvania’s largest for-profit/non-profit partnership that can holistically support solutions for food insecurity in West Oakland.

For 15 years, committed community members tried without success to get a large merchant into their community. Fortunately, several years ago, Jeff Brown, the owner of 10 ShopRite stores, partnered with Pennsylvania’s largest for-profit/non-profit partnership that can holistically support solutions for food insecurity in West Oakland.

The ShopRite at the Park West Town Center in Philadelphia looks like a suburban street design, including dead-end streets without bicycle and pedestrian access, long blocks, and few sidewalks and paths. The neighborhood has a traditional older suburban street design, including dead-end streets without bicycle and pedestrian access, long blocks, and few sidewalks and paths. The area also is dominated by high crime rates, stray dogs, and abandoned houses.

Knollwood Elementary applied for funding from the Georgia Safe Routes to School Pilot program, along with 12 other schools. The infrastructure improvements, engineering support, and technical assistance were valued at approximately $345,000 per school.

Knollwood Elementary also enrolled in the state’s Clean Air School program. The local school team implemented a “no killing” campaign to encourage parents to shut off their cars while waiting for children, which also improves air quality for children walking and bicycling.

Read More:
http://www.saferoutespartnership.org/media/file/Health_Evaluation_Feb_2010.pdf

APPENDICES

Appendix II: Case Studies

Resources/Evidence-based Models & Best Practices

APPENDICES

Appendix II: Case Studies

Resources/Evidence-based Models & Best Practices

Read More:
http://www.sun-sentinel.com/local/story/SBN00A3FC865A5996C68EDE7418F69154.html

Read More:
http://www.peoplesgrocery.org/
The following are resources in the form of reports, programs, and organizations with valuable information that will be helpful to you as it develops its advocacy program to address childhood obesity. This offering is by no means comprehensive as there are many other local and national resources that can provide additional guidance for your team.

ORGANIZATIONS/PROGRAMS

America on the Move
http://www.convergencepartnership.org/site/c.fhLOK6PELmF/b.3917533/k.543E/Whats_New.htm

The Convergence Partnership was founded on the belief that health and place are inextricably linked. People are healthy when the places where they live support good health. Without a healthy environment, people are more likely to suffer from obesity or many other chronic diseases plaguing the United States: diabetes, heart disease, and asthma, and many other chronic diseases. Part of the solution is creating healthier, affordable environments. Let's Move! is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools. Ensuring that every family has access to healthy, affordable food. And, helping children become more physically active.

Food Day
http://www.foodday.org

Food Day will be October 24, in 2011 and in years to come. Food Day seeks to bring together Americans from all walks of life—parents, teachers, and students; health professionals, community organizers, and local officials; chefs, school lunch providers, and eaters of all stripes—to push for healthy, affordable food produced in a sustainable, humane way. We will work with health experts around the country to create thousands of events in homes, schools, churches, farmers markets, city halls, and state capitals.

The Food Project
http://www.thefoodproject.org

Since 1991, The Food Project has built a national model of engaging young people in personal and social change through sustainable agriculture. Each year, we work with over a hundred teens and thousands of volunteers to farm on 37 acres in eastern Massachusetts in the towns and cities of Beverly, Boston, Ipswich, Lincoln, and Lynn. We consider our hallmark to be our focus on identifying and transforming a new generation of leaders by placing teens in unusually responsible roles, with deeply meaningful work.

Let’s Move!
http://www.letsmove.gov

Launched by First Lady Michelle Obama, Let’s Move! is a comprehensive initiative dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, Let’s Move! is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools. Ensuring that every family has access to healthy, affordable food. And, helping children become more physically active.

NAACP Project HELP (Healthy Eating Lifestyle & Physical Activity) Prevention
http://www.naacp.org/pages/health-program-resources

NAACP Project HELP is an evidence-based nonprofit organization located in Denver, CO whose mission is to improve health and quality of life by promoting healthy eating and active living among individuals, families, communities, and society.

Centers for Disease Control and Prevention, Childhood Obesity and Overweight
http://www.cdc.gov/HealthyYouth/childhoodobesity/

Our environments determine our health. The Convergence Partnership was founded on the belief that health and place are inextricably linked. People are healthy when the places where they live support good health. Without a healthy environment, people are more likely to suffer from obesity or many other chronic diseases plaguing the United States: diabetes, heart disease, and asthma. To prevent disease we must create healthier environments. Changing the environments—homes, schools and neighborhoods—in which children live, learn and play is now seen as an essential strategy for reversing the obesity epidemic. This summary provides a synopsis of the current state of research into the environmental factors and policies related to young people’s physical activity and sedentary behavior patterns, and how these in turn may be linked to obesity. This research identifies potential strategies for addressing physical inactivity among youth and the childhood obesity epidemic.

Disparities in Park Space by Race and Income

Parks offer a gateway to active living—a traffic-free space for children and adults to play, run, bike, engage with friends and have fun. Parks also play a critical role in the battle against obesity. In the United States, two-thirds of adults and nearly one-third of children are overweight or obese, yet nearly half of Americans fail to exercise at the level recommended by the U.S. Surgeon General—an hour a day for children and 30 minutes most days for adults. Researchers have found that people who live within a half-mile of a park report exercising five or more times per week more often than those who live further away. It makes sense. Those who live close to a park have a place to integrate physical activity into their daily routine. And active living is part of good health.
Growing evidence suggests that the built environment—where people live, work, and play—impacts levels of physical activity, parks, recreational programs, bike trails and sidewalks represent components of the built environment that allow for exercise and active living. Recently, a study by the CDC found that children who lived closer to parkland were more active than comparable children who lived further away. Another. Without a healthy environment, people are more likely to suffer from obesity or one of the many chronic diseases confronting the United States right now, including diabetes, asthma, and heart disease.

Where people live, work, and play significantly impacts their health. People thrive when they live in communities with parks and playgrounds, grocery stores selling nutritious food, and neighbors who know one another. Without a healthy environment, people are more likely to suffer from obesity or one of the many chronic diseases confronting the United States right now, including diabetes, asthma, and heart disease.

Appendix III: Resources

**REFERENCES**


National-Moves-America-young-people-healthy-gen