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Integrated Research, Education and Extension Projects with Children

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OBESITY PROBLEM: Why USDA? Why NIFA?

1. USDA/NIFA Strategic Goal: One of 6,
Improve the Nation's Nutrition and Health
2. White House interest in combating
childhood obesity
3. USDA is responsible for Agriculture &
Food Systems



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OBESITY PROBLEM: Why USDA? Why NIFA?

4. Obesity = imbalance of food intake & energy expenditure
5. Etiology, prevention & treatment are multidimensional & extremely complex.
6. NIFA & Land-grant system are uniquely suited to take a multidimensional, coordinated approach.



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NIFA Niche Addresses Obesity

- Prevention, not treatment
- Behavioral & environmental factors, not biochemistry or genetics
- Focus on food, not supplements or meal replacements
- Include physical activity as part of obesity prevention



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NIFA Niche Addresses Obesity

- Improve health, not just weight
- Focus on “eating competence” not just diet prescriptions
- Promote healthy and enjoyable eating and physical activity
- Respect body-size diversity



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Synergy within NIFA Nutrition Research, Education and Extension

Research:

- Agriculture and Food Research Initiative (AFRI) and its predecessor, National Research Initiative (NRI)
- Hatch including Multistate Research Fund projects
- Small Business Innovation Research (SBIR) Program



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Research Highlights

From NRI:

Researchers at the University of Illinois, Iowa State and Michigan State Universities are studying the relationship between food insecurity, stress and obesity

- Family stressors are positively associated with child overweight and obesity
- Public policies to alleviate stress may help reduce childhood obesity

Gundersen, et al. (2008) *Pediatrics*, 122: e529-e540

Garasky, et al. (2009) *Social Science Research*, 38:755-766

Lohman, et al. (2009) *Journal of Adolescent Health*, 45:230-237



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Research Highlights

From NRI:

Researchers at the University of Illinois at Chicago are studying how food prices and restaurant and food store availability impact child weight.

- Higher prices of fruits & vegetables have a positive effect on childrens BMI
- Higher prices of fast food have a weak negative effect on BMI of adolescents only

Powell and Bao (2009) *Economics and Human Biology* , 7:64-72



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Research Highlights

From SBIR:

- CommGraphics, Inc. developed a CD-ROM video game
- Integrates nutrition into math, science, social studies, language arts
- 97% of students rated it as comparable to commercial games
- Users increased knowledge about energy balance and self-efficacy





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Synergy within NIFA Nutrition Research, Education and Extension

Education:

- AFRI
- Higher Education Challenge Grants
- Multicultural Scholars Program
- Food and Agricultural Sciences National Needs Graduate and Postgraduate Fellowship Grants Program



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Education Highlights

From NRI:

Troth Yeddha' Nutrition Project, University of Alaska,
Fairbanks, Interior-Aleutians Campus

- Expand opportunities to educate rural health, behavioral health workers, Tribal administrators, others about nutrition & obesity prevention
- Prepare students to provide nutrition & obesity prevention to community members





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Synergy within NIFA Nutrition Research, Education and Extension

Extension:

- AFRI
- Cooperative Extension System (listserv and NIFA Nutrition and Health Committee for Planning and Guidance)
- EFNEP
- SNAP – Ed
- Community Foods Projects Competitive Grants



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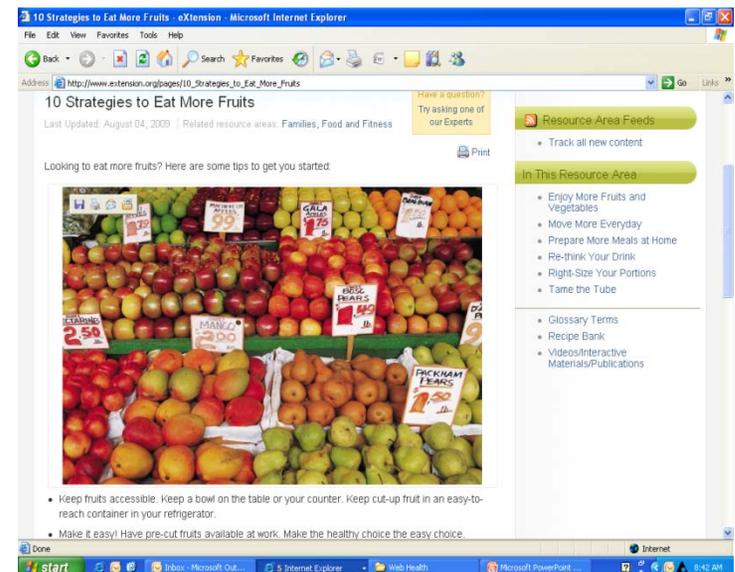


Extension Highlight

eXtension: Families, Food and Fitness: Preventing Obesity, [www.extension.org/families food fitness](http://www.extension.org/families_food_fitness)

6 Main Topic Areas:

- Enjoy more fruits and vegetables
- Move more everyday
- Prepare more meals at home
- Re-think your drink
- Right-size your portion
- Tame the tube



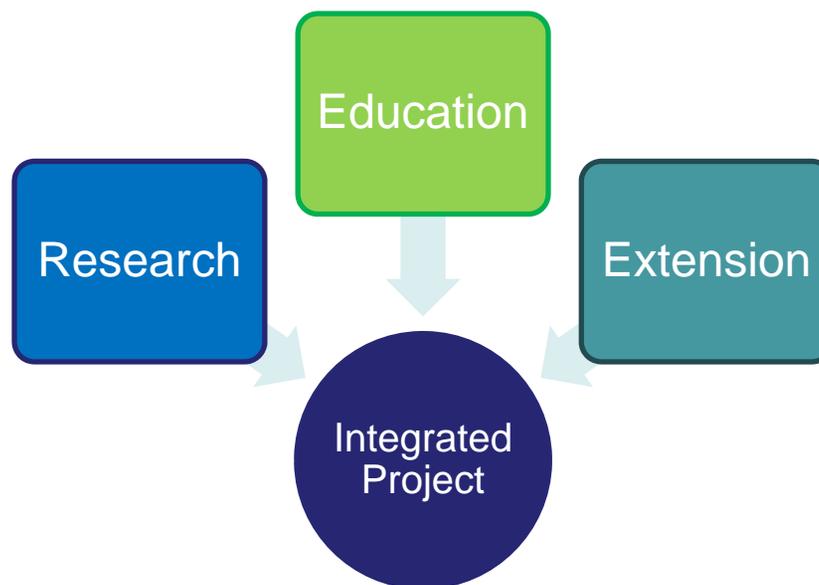


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Integrated Projects – Putting It All Together

Bringing together the three components of the agricultural knowledge system (research, education, extension) around a problem or activity





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Integrated Project Highlight



From NRI:

**Food Friends: Get Movin' with Mighty Moves®,
Colorado State University**

- Intervention to enhance preschoolers' gross motor skills, increase their physical activity levels in the classroom and encourage families to be more active
- Intervention led to significant increases in gross motor abilities and physical fitness when compared to control group.



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Integrated Project Highlight

From NRI:

Families and Schools for Health (FISH) project,
Oklahoma State University

- Test effectiveness of three intervention components, one targeting family eating and exercise, one that adds a family dynamics/therapy component, and one that targets school peers by facilitating inclusiveness and acceptance
- Parental feeding practices predict general parenting styles
- Interventions with children that fail to address parenting styles are not likely to be successful

Hubbs-Tait, et al. (2008). *Journal of the American Dietetic Association*, 108:1154-1161



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Characteristics of Successful Nutrition Education Interventions

- Intensive interventions with multiple components of nutrition education
- Tailored intervention (s) to an individual rather than just nutrition education by itself
- Formal rather than informal nutrition education format
- Combination of education activities reinforced in multiple venues
- Connection to community environment factors that influence obesity



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AFRI 2010 Five Societal Challenge Areas

- Keep American agriculture competitive while ending world hunger
- **Improve nutrition and end child obesity**
- Improve food safety for all Americans
- Secure America's energy future through renewable biofuels
- Mitigate and adapt agriculture to variations in climate



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AFRI 2010

- Grants will be larger – up to \$25M and longer in duration
- Grants will be longer in duration – up to 5 yrs and in some cases, renewal will be granted upon achieving specific goals.
- Pre- and postdoctoral fellowship grants “NIFA Fellows”



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AFRI RFA

AFRI Request for Application:

http://www.nifa.usda.gov/funding/rfas/afri_rfa.html

Also available from Grants.gov (search “AFRI”)



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Interested? Find more projects at: <http://cris.nifa.usda.gov/>

USDA/Current Research Information System - Windows Internet Explorer

http://cris.nifa.usda.gov/

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Display Search Results - Windows Internet Explorer

http://cris.nifa.usda.gov/cgi-bin/starfinder/0?path=owclink.txt&id=anon&pass=&search=ti,ob,ap,na=(ob) Live Search

Display Search Results

Current Research Information System **CRIS**

Obesity/Weight Control

Retrieved 97 records

Title	Investigator	Institution	View
CHILDRENS BEHAVIORAL AND PHYSIOLOGICAL RESPONSES TO STRESS AS PREDICTORS OF SCHOOL AND HEALTH OUTCOMES	Erath, S. A.	AUBURN UNIVERSITY AUBURN, AL	Brief Full
COMMUNITY ENHANCING HEAD START ON HEALTHY START (HS-HS) BY K	Bonsi, E.	TUSKEGEE UNIVERSITY TUSKEGEE, AL	Brief Full
FOOD DEMAND, NUTRITION, OBESITY, AND HEALTH	Nayga, R.	UNIVERSITY OF ARKANSAS FAYETTEVILLE, AR	Brief Full
STEALTH HEALTH: YOUTH INNOVATION, MOBILE TECHNOLOGY, ONLINE SOCIAL NETWORKING AND INFORMAL LEARNING TO PROMOTE PHYSICAL ACTIVITY	Going, S.	UNIVERSITY OF ARIZONA TUCSON, ARIZONA	Brief Full
IDENTIFYING SUPPORTS FOR AND BARRIERS TO HEALTHY LIVING IN AMERICAN SAMOA	Vargo, D.	AMERICAN SAMOA COMM COLLEGE PAGO PAGO, AS	Brief Full
EVERYTHING IN THE DESERT CONNECTS-2007	Buseck, P.	Tohono O'odham Community College Sells, AZ	Brief Full
MULTIDISCIPLINARY DOCTORAL TRAINING IN HUMAN NUTRITION AND OBESITY	Going, S. B.	UNIVERSITY OF ARIZONA TUCSON, AZ	Brief Full
RESEARCH FRONTIERS IN NUTRITIONAL SCIENCES CONFERENCE	Romagnolo, D.	UNIVERSITY OF ARIZONA TUCSON, AZ	Brief Full
CONSUMER SOCIAL RESPONSIBILITY	Helm, S.	UNIVERSITY OF ARIZONA TUCSON, AZ	Brief Full



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THANK YOU!