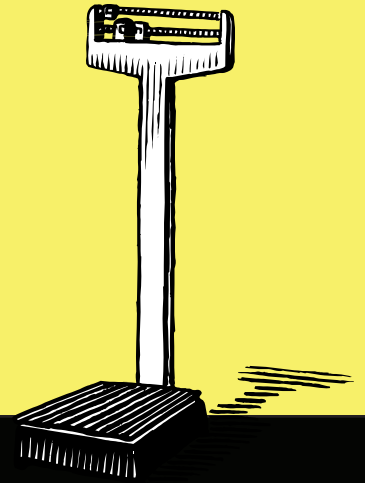


CHILDHOOD OBESITY



2008 Survey of the National Capital Region

*Working Document
with Supporting Charts & Graphs



Prepared by the Human Services Policy Committee and Health Officials Committee
for the Metropolitan Washington Council of Governments Board of Directors

CHILDHOOD OBESITY

2008 Survey of the National Capital Region



The number of overweight & obese Americans has increased dramatically since the mid-1970s. In that time span, the number of overweight children and adolescents has tripled.

Background:

COG held a regional summit in 2005 on childhood obesity and found a lack of information on the subject. Following the summit, a regional survey identified gaps in policies and programs. In 2006, COG's Human Services Policy Committee (HSPC) and Virginia Tech organized the conference, "Obesity, Tipping the Scales towards Crisis," to examine regional strategies to prevent and treat obesity and improve public health. In 2007, the COG Board of Directors adopted a resolution urging its participating jurisdictions to act on recommendations by the HSPC to reduce obesity in the region. The HSPC directed the Obesity Prevention Workgroup of the Health Officials Committee to report on the status of policies and programs in the participating jurisdictions. This document reports the findings of a survey conducted in 2008.

Survey Results:

Surveys were sent by area health officials to all local school systems, and the data included in this report is from the systems that voluntarily returned it. The survey examined four areas: nutrition, physical activity, planning/land use, and obesity trend data. While all the school systems included in this report meet or exceed the USDA nutrition standards for breakfast and lunch, the survey also noted several areas in need of improvement. The Obesity Prevention Workgroup identified three areas for regional leaders to focus on: meeting elementary school PE standards, including Health Impact Assessments in local land use processes, and collecting student Body Mass Index (BMI) measurements. (Survey results are listed in a table on the next page. Areas in need of improvement are highlighted.)

Recommendations:

After reviewing the survey results, COG's Human Services Policy Committee recommended that elected officials work to build understanding and support for policies that will prevent and treat obesity. These policies will also help meet other regional goals such as better academic performance by students and the creation of more livable, walkable communities. HSPC's recommendations are as follows:

- Participating jurisdictions should take steps to encourage retail access to fresh foods in low-income areas.
- Local elected officials should actively work in their jurisdictions to engage school board members, both as policy makers and as community influencers.
- Local elected officials should reach out across all sectors of the community through health fairs, health summits, and other activities to increase support for and involvement in changing beliefs and behaviors related to eating and exercise habits.
- After about a year of outreach in the jurisdictions, COG members should host a regional meeting among jurisdictional council/board members and school board members to address youth obesity and the impact on success in school.

COG Board Resolution R36-07

Member jurisdictions, including their school boards and planning agencies, are urged to undertake the following:

1. Adopt standards for all food served in schools and physical exercise in schools to conform with national standards. Lunches should meet USDA's School Meals Initiative for Healthy Children regulations. Physical Education should meet the National Association of State Boards of Education recommendations.
2. Collect data on obesity trends, such as Body Mass Index measurements for students, the Youth Risk Behavior Survey, and Behavioral Risk Factors survey, with a sample size that provides neighborhood level data.
3. In the adoption of new land use proposals, incorporate measures to encourage and enhance exercise, biking, and pedestrian options and access to healthy food.

Childhood Obesity: 2008 Survey of the National Capital Region Results*

	DC	Frederick	Montgomery	Prince George's	Alexandria	Arlington	Fairfax	Loudoun	Prince William
 Nutrition (completed by School Nutrition program)									
Has an Educational Component in Nutrition Program	✓	✓	✓	✓	✓	✓	✓	✓	✓
Meets or Exceeds USDA Standards for Breakfast and Lunch	Meets	Meets	Exceeds	Exceeds	Meets	Meets	Exceeds	Meets	Exceeds
 Physical Activity (completed by school PE program)									
Meets recommended minutes per week of elementary school PE									
Minutes per week of middle school PE		✓	✓		✓	✓	✓	✓	
Use of a Physical Fitness Assessment	✓	✓			✓	✓	✓	✓	✓
 Planning/Land Use (completed by Planning Department)									
Use of Smart Growth Practices	✓	✓	✓		✓	✓	✓	✓	
Analysis of Services Available w/o a car	✓		✓		✓		✓	✓	
Safe Routes to School Program	✓	✓	✓		✓	✓	✓		✓
Health Impact Assessment in Planning Process		✓	✓						
 Obesity Trend Data (completed by Health Department)									
Collection of Student BMIs	✓					✓			
Use of Youth Risk Behavior Survey	✓		✓	✓	✓	✓	✓		
Use of Behavioral Risk Factor Surveillance System	✓		✓		✓				

*The survey was sent by area health officials to all local school systems, and the data included in this report is from the systems that voluntarily returned it.

Summary of Findings

Nutrition Survey

Strengths

- Half of jurisdictions report that they exceed the USDA standards, while the other half are meeting them (Figure 1); limiting trans fats and sodium were the most common ways of exceeding
- All jurisdictions reported that they have a vending machine policy, most commonly this involves no access for elementary school students and limited access for middle and high school students. Most jurisdictions also have nutritional requirements for the foods and beverages available in the machines.
- Eight out of nine jurisdictions report that they incorporate an educational component into their nutrition program – typically this involves class room lessons and/or printed nutrition information and articles in newsletters for parents.
- Seven of the nine jurisdictions report that they have eliminated or reduced fried foods.
- Most do not offer competitive foods at Breakfast (Figure 2) while a majority offer them during lunch (Figure 4); most reported that their competitive foods were low fat and met nutritional standards (Governor’s Standards in Virginia schools).
- Most jurisdictions have an after school snack program that meets nutritional standards.
- Only two jurisdictions allow some students to go off-campus for lunch.

Challenges

- Most jurisdictions (seven out of nine) reported that not having enough time for the students to eat breakfast (due to tight schedules, late buses, and students not arriving on time) was a major barrier to participation. In all jurisdictions, the majority of the students who eat breakfast at school qualify for free meals (Figure 3); most jurisdictions track these kinds of data to monitor participation and plan menus
- Overall, most jurisdictions listed greater financial assistance as necessary to increase the nutritional content of their meals. Another common response was the need for lower sodium foods.

Nutrition Figures

Figure 1

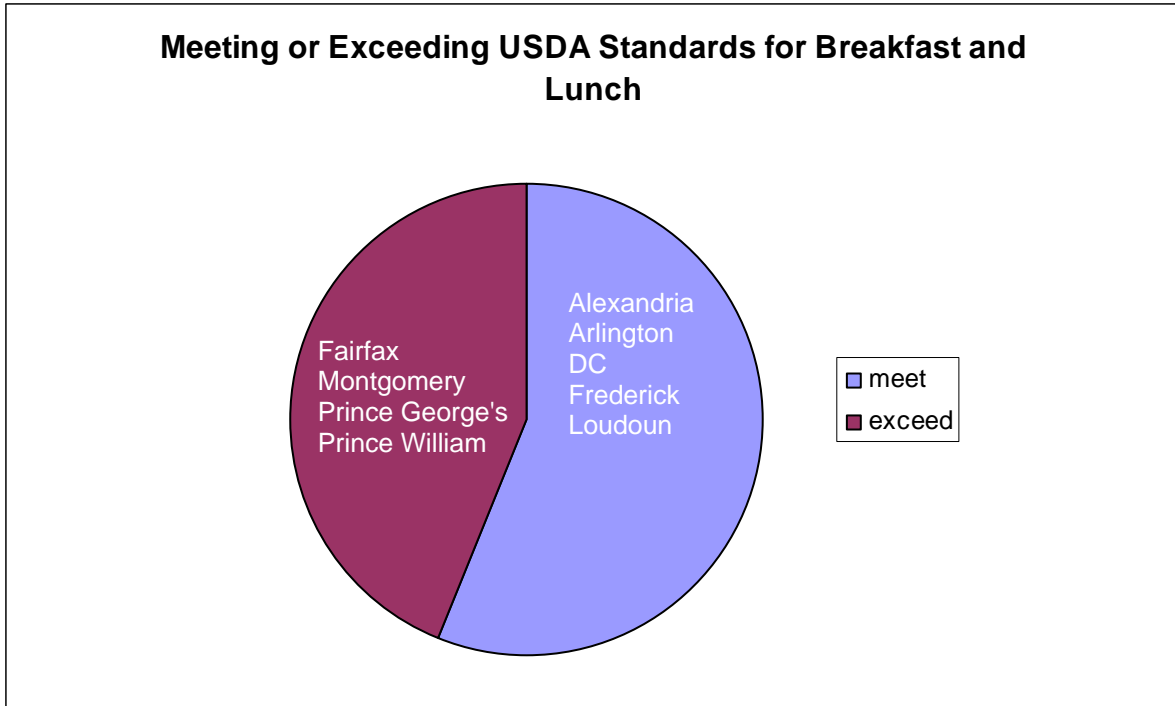


Figure 2

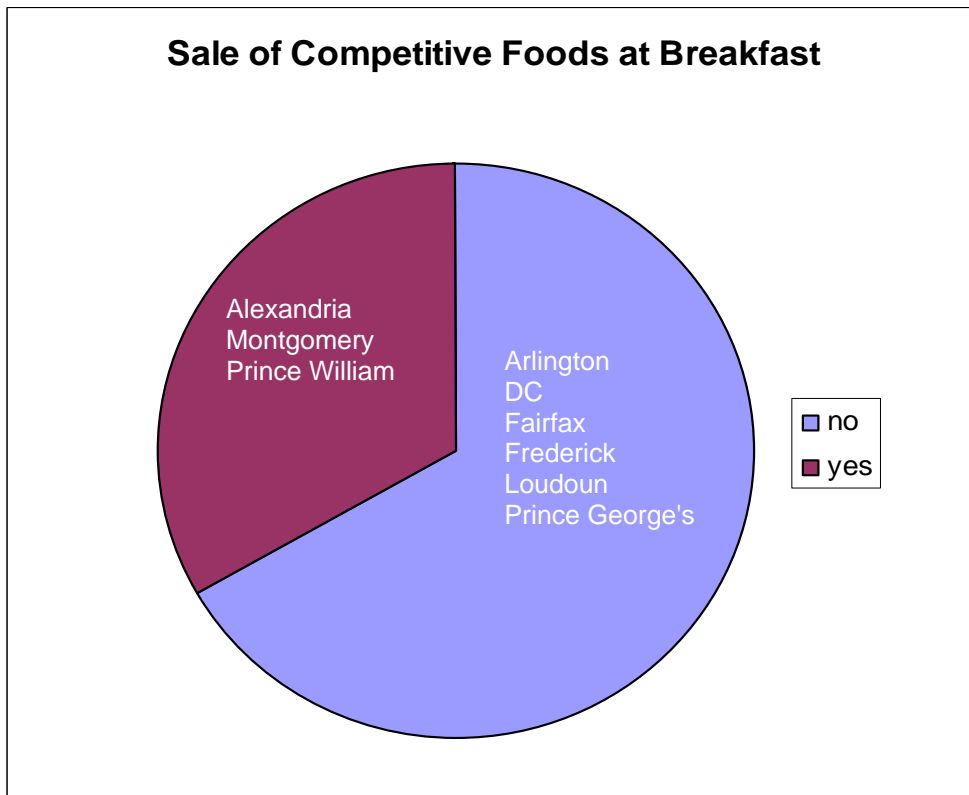
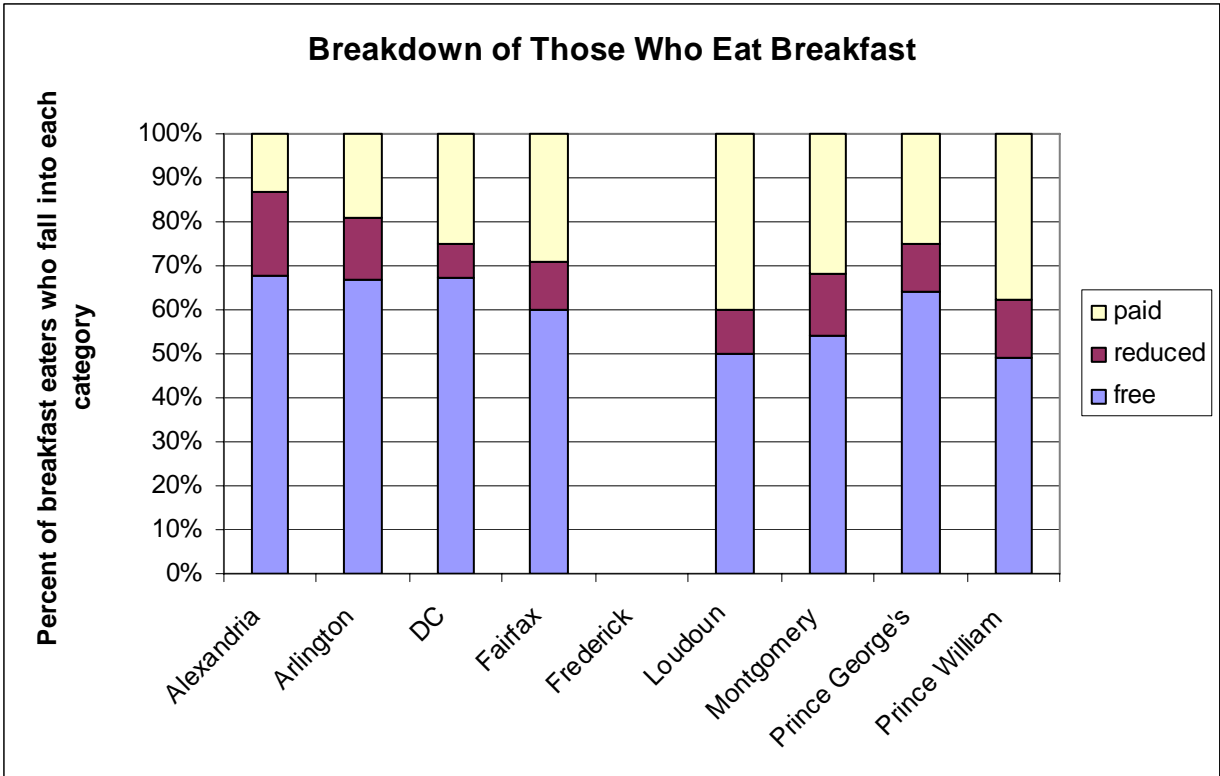


Figure 3



* Frederick County does not analyze its data in this way.

Figure 4

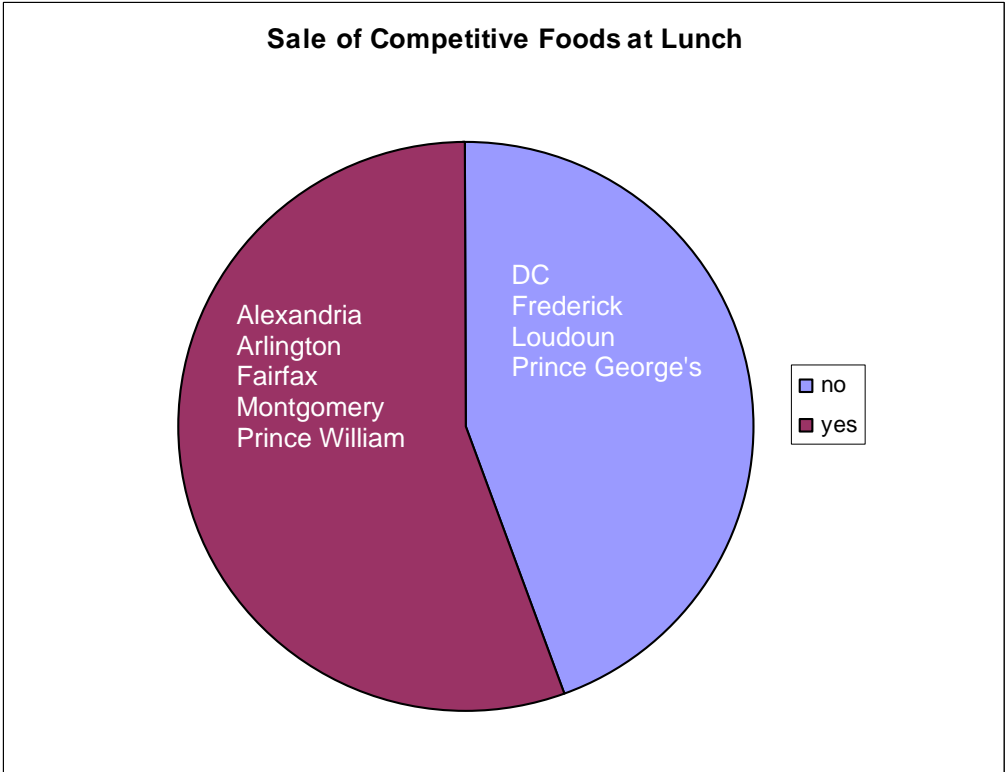
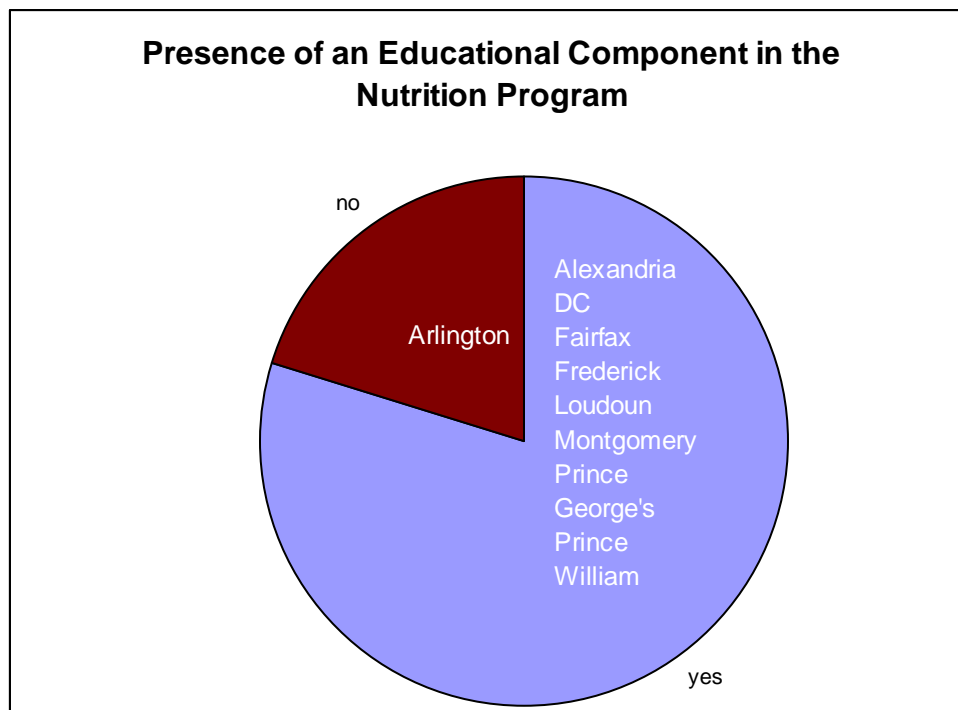


Figure 5



* Frederick County does not analyze its data in this way.

Figure 6



Physical Education Survey

Strengths

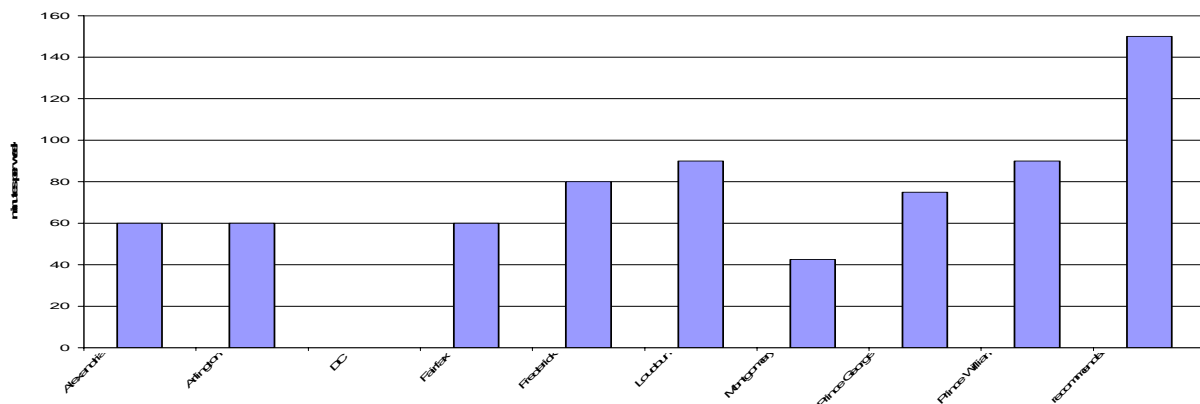
- In all jurisdictions, the PE is structured and takes place in PE facilities, and not in a classroom. Frederick County reported that a classroom may occasionally be used to work on portfolios.
- Physical education is required for all Maryland and Virginia students in middle school (grades 6-8) and DC has new standards coming for the 2009-2010 school year. Virginia requires 2 years of physical education for high school graduation while Maryland only requires one semester (Figure 10). Montgomery County is exceeding this requirement by requiring one year of PE for graduation. DC requires three semesters.
- Seven jurisdictions conduct physical fitness assessments (Figure 11) and the majority of them are used for student goal-setting. Some jurisdictions are using FITNESSGRAM, a computer program where students can track their individual progress and compare themselves to national standards, especially for high school students.
- Six out of the nine jurisdictions reported that their middle school students receive the recommended 225 minutes (Figure 9) and eight reported that their high school students do. DC does not currently have a city-wide-policy and so times vary from school to school.

Challenges

- Only Loudoun County reported that their elementary school students receive the recommended 150 minutes of physical education each week (Figure 7).
- There was no standardized amount of elementary school recess, but the average was about 15 minutes per day (Figure 8).

Physical Education Figures

Figure 7

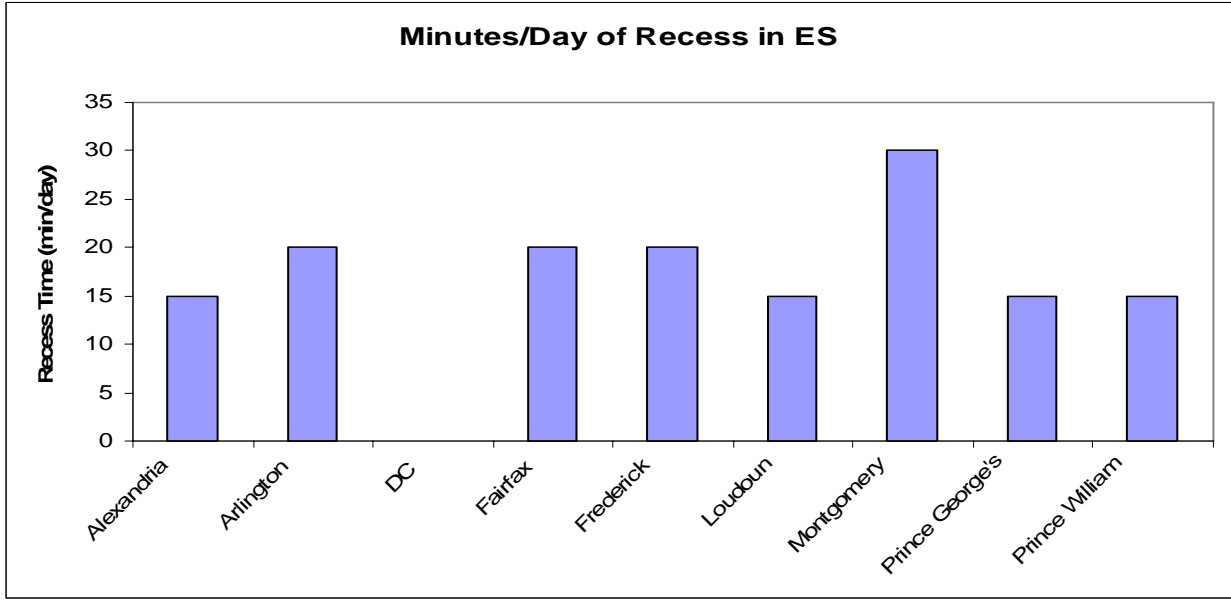


* Solid line represents the 150 minutes of physical education each week recommended for elementary school students by the National Association of State Boards of Education.

* DC does not have a city-wide standard; minutes of PE vary by school.

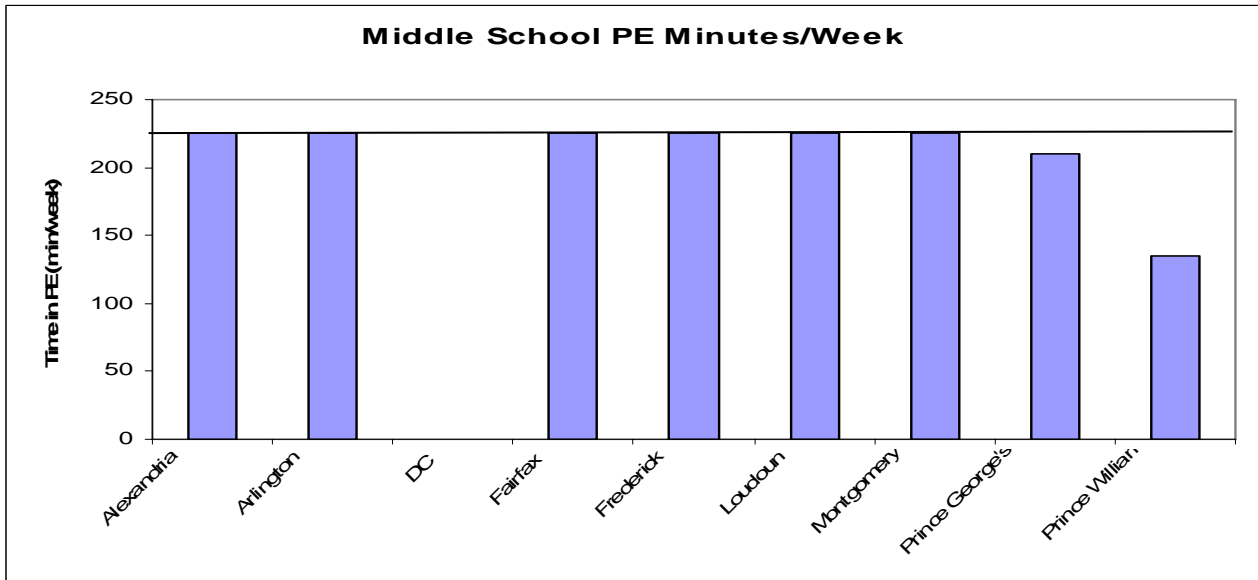
* Average time in PE or the minimum is reported for Alexandria, Arlington, Montgomery, and Prince George's counties.

Figure 8



* DC does not have a city-wide standard; minutes of recess vary by school.
 * Averages are reported for Arlington, Fairfax, and Prince George's counties.

Figure 9



* Solid line represents the 225 minutes of physical education each week recommended for middle school students by the National Association of State Boards of Education.
 *DC does not have a city-wide standard; minutes of physical education vary by school.

Figure 10

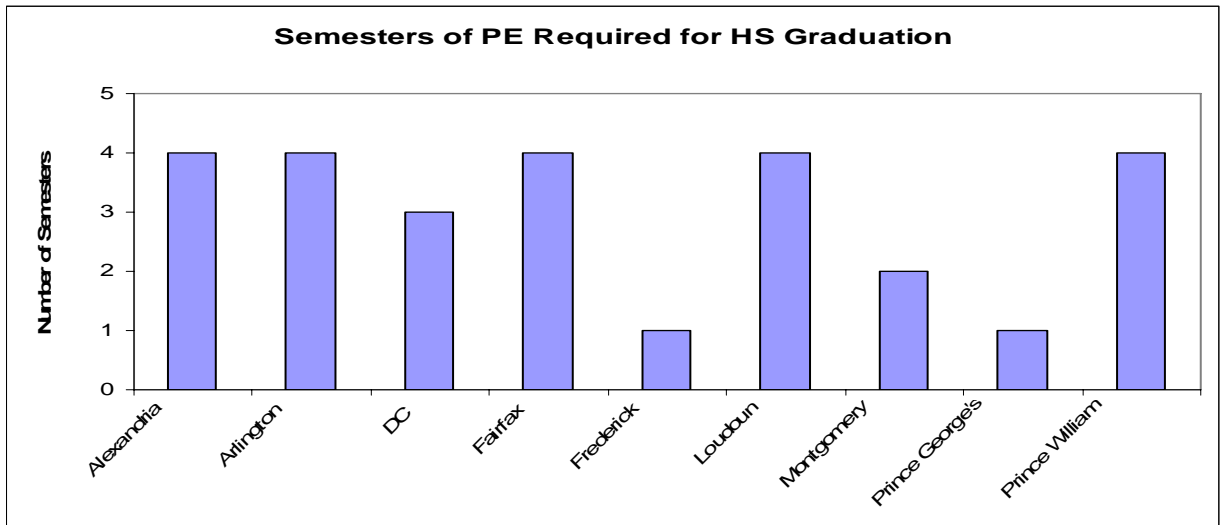
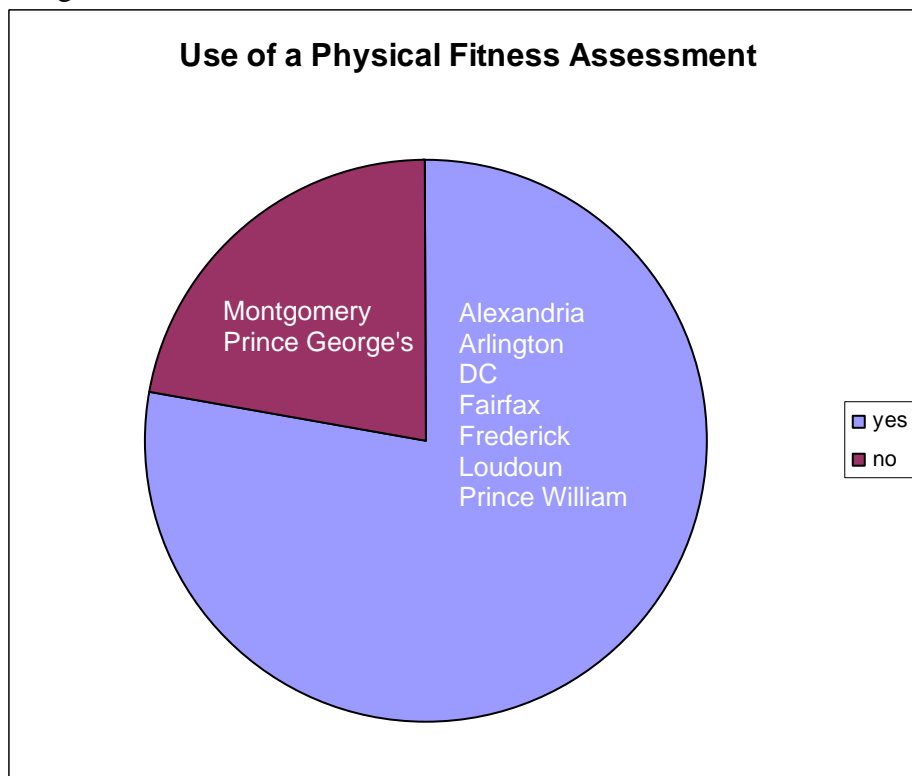


Figure 11



Planning and Land Use Survey

Strengths

- Eight of the jurisdictions incorporate pedestrian options such as walking paths, bike paths, and pedestrian intersections/crosswalks into the planning and development process.
- Seven jurisdictions have the “Safe Routes to School” program and Loudoun is exploring the option for the future (Figure 14).
- Seven out of the nine jurisdictions report that smart growth initiatives are required during the development process (Figure 12). Incorporation is typically ensured by county staff.
- Mixed-use development was cited as the most common way to ensure that residents have easy access to businesses. Eight of the jurisdictions reported that they offer incentives for mixed-used development. Five of the jurisdictions conduct an analysis of the services available without the use of an automobile (Figure 13).

Challenge

- Only Frederick and Montgomery counties report that they conduct a health impact assessment as part of the planning process (Figure 15).

Planning and Land Use Figures

Figure 12

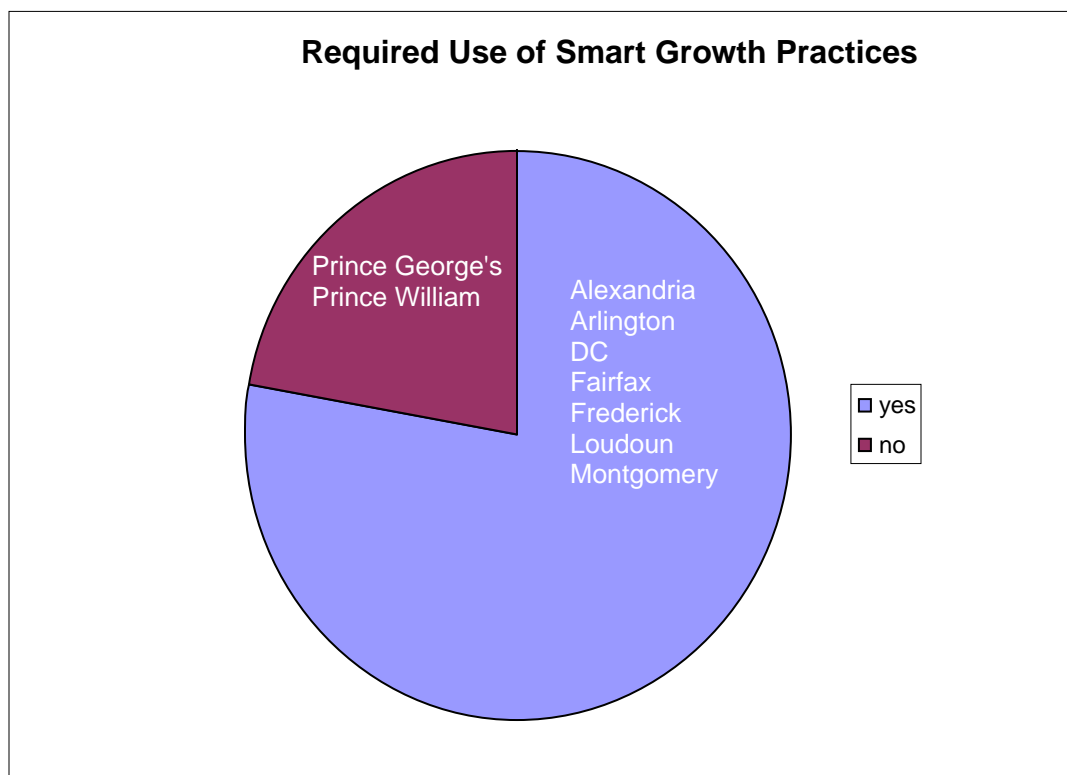


Figure 13

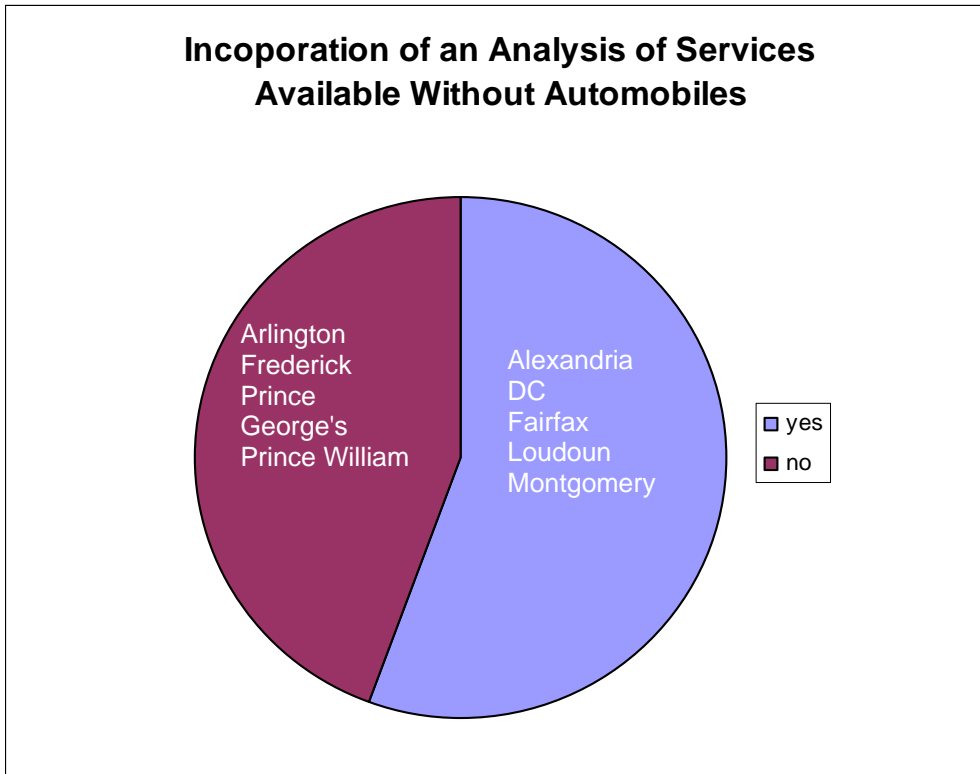


Figure 14

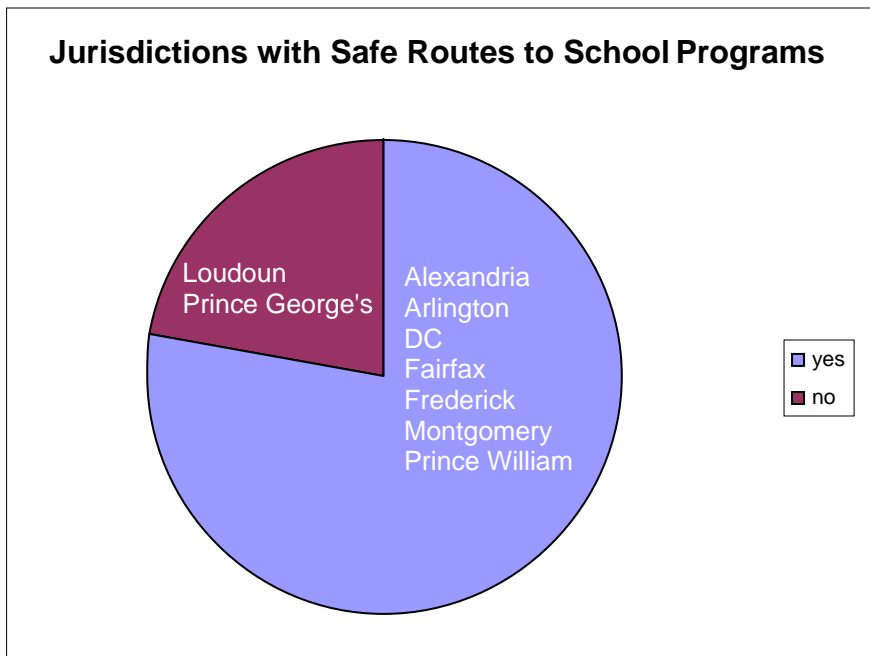
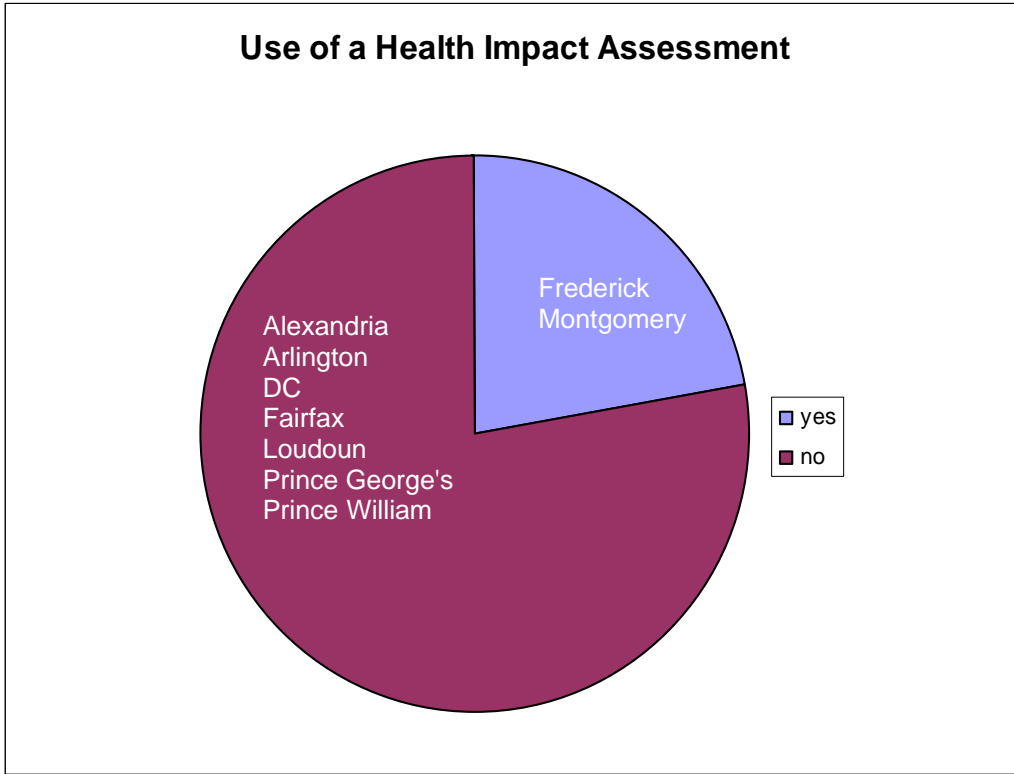


Figure 15



Obesity Trend Data Survey

Strengths

- Most jurisdictions have a publicly accessible report and data available upon request.
- Six of the jurisdictions utilize the YRBS, most with additions to the full CDC version (Figure 17). Only three jurisdictions utilize the BRFSS (Figure 18). Loudoun County does not collect any obesity trend data.
- Seven of the nine jurisdictions have another source of data to help track obesity trends. These data are used for a variety of purposes such as monitoring trends, determining funding decisions, grant writing, developing interventions, and establishing baseline levels.

Challenge

- Only two jurisdictions collect BMIs of students (Figure 16). It is voluntary in Loudoun County and Prince George's County has a pilot program in some elementary schools.

Obesity Trends Figures

Figure 16

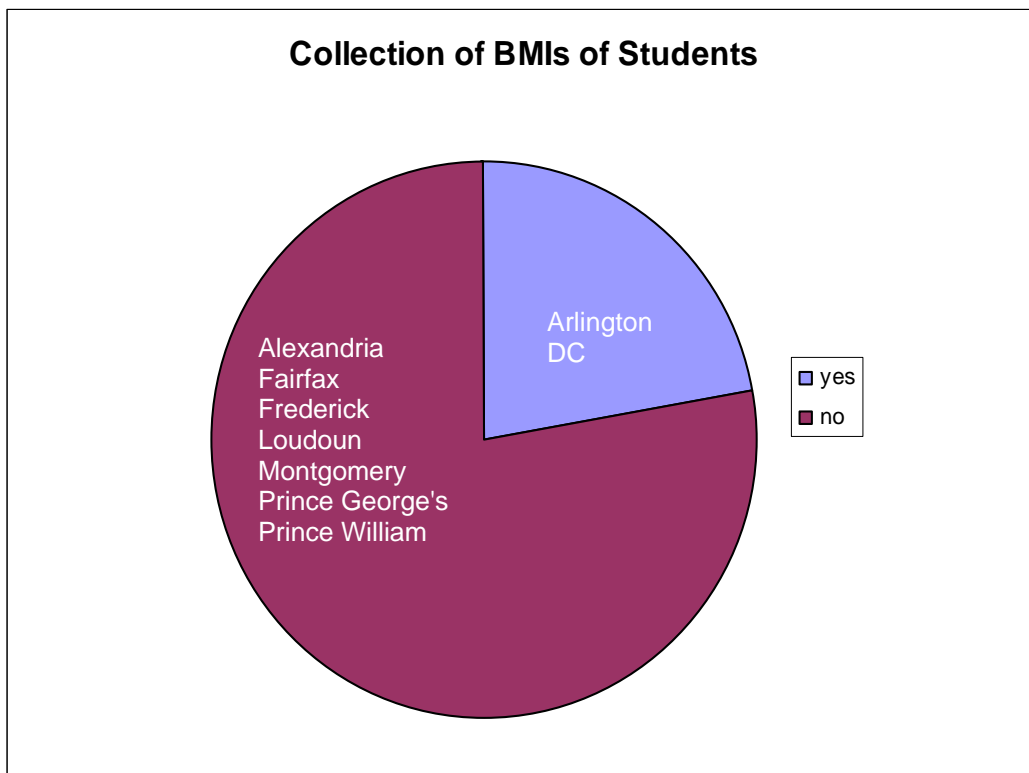


Figure 17

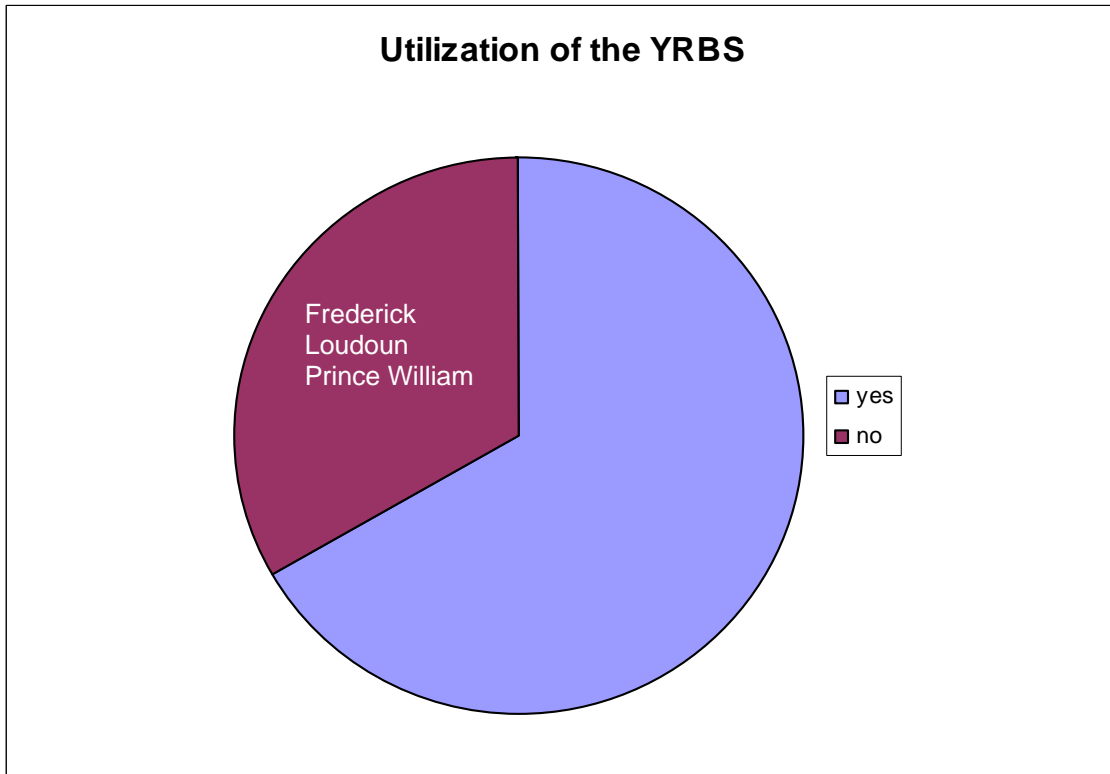
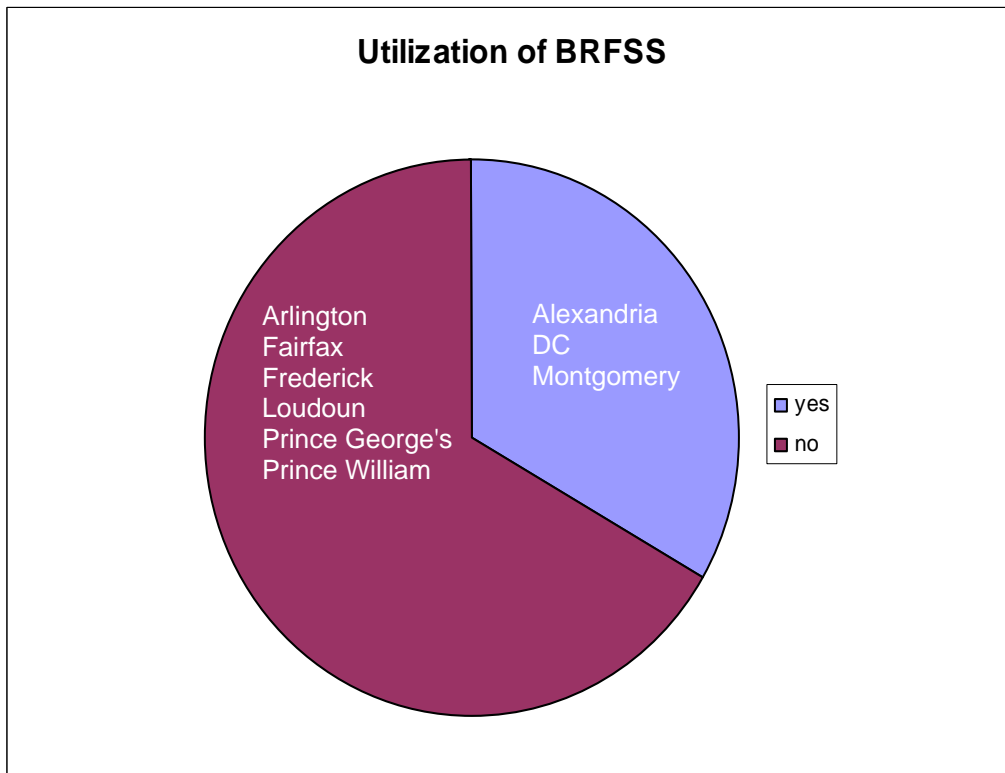


Figure 18



Appendix

Summary Charts of Responses

Nutrition Survey

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
type of program	Alexandria City policy	program	district policy and program	policy	program	policy	district policy	policy	both
1a. exceed USDA standards?	no	no	no	yes	no	no	yes	yes	yes
1b. how?	n/a	n/a	n/a	limit trans fats, sodium, MSG, BHA, BHT, artificial flavorings and colors		n/a	Monitor sodium and cholesterol, include whole grains	may exceed depending on that day's menu	eliminated trans fats and set goals for fiber and sodium
1c. New practices?	no	bake french fries, no butter or salt on vegetables	yes, frying is discouraged	only fry potatoes 3 days a week in the high schools	yes, no deep frying and all ala carte items are baked	bake, no frying	yes, many (see survey for specifics)	no fried foods	yes, adding combi ovens
1d. Competitive foods?	yes, high schools only	no	no	no	no	no	yes, only in high schools	no	yes
what foods?	water, Very Fine, unfrosted poptarts, reduced fat muffins	n/a	n/a	n/a	n/a	n/a	many, all meet nutritional standards	n/a	Items from menu & other bakery goods that meet Healthier US School Challenge & Scorecard
1e. Barriers/challenges	kids reporting to places other than cafeteria in the morning	School buses arriving late. Students are not always given ample time to eat breakfast and they are not allowed to take their food to the classroom.	Too little time to eat breakfast, trying to encourage schools to offer breakfast in the classroom.	bus schedules, late school openings, reluctance to serve breakfast in the classroom, administrators rushing students through breakfast, costs of food service staff	late bus arrivals	Students not arriving to school with enough time to participate in breakfast program	Transportation, space, oversight of the students, opinions of the parents that breakfast should not be eaten at school	children arriving at school too late to be served, and family preferences. The existing challenge is to enroll all children in the breakfast program	tight schedules, limited serving time, bus schedules

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
1f. School bfast program									
% free	68	67	67.5	60		50	54	64	49.1
% reduced price	18.8	14	7.5	11		10	14	11	13.3
% paid	13.4	19	25	29		40	32	25	37.6
1g. How are data used?	To build participation/ to conduct promotions/ to see what groups are eating	To track sales and participation and to analyze trends.	Report it to USDA and local community groups	promote breakfast in schools with low participation, promote breakfast in Oct as FCPS Breakfast Month	to determine menus		Track participation, determine menu adjustments, monitor service to specific populations	The information is needed for all aspects of planning and to guide measures to increase student participation in the program	We set goals for school managers to improve participation
1h. Data electronic?	yes	yes	yes	yes	no	yes	yes	yes	yes
1i. What needed to increase nutritional content of breakfast?	funds from USDA for commodities would be helpful. We do not break even on breakfast	More financial assistance.	More whole grains would be helpful.	more money for labor and rising food costs	meals are already nutritious	Higher reimbursement rates from USDA	Reduce the caloric requirement	always interested in the availability of nutrient dense, appealing and affordable foods. Certainly, education of the students and their families about foods that we would like to introduce would be helpful	need foods with more Vitamin A
2a. exceed USDA standards?	no, but use USDA Healthier Challenge	no	no	yes	no	no	yes	yes	yes

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
2b. how?	n/a	n/a	n/a	limit trans fats, sodium, MSG, BHA, BHT, artificial flavorings and colors	n/a	n/a	Monitor sodium and cholesterol, include whole grains, fresh fruit available every day, vegetarian/Vegan items...	may exceed depending on that day's menu	We have implemented the Healthier US School Challenge Standards as well as the Virginia Department of Education Scorecard Standards. In addition, we have eliminated trans fats and have set our own standard for Fiber and Sodium.
2c. School lunch program									
% free	49.1	43	66.2	23		15	37	49	20.72
% reduced price	15.6	14	7.5	8		7	13	12	9.14
% paid	30.3	42	26.3	69		78	50	39	70.14
2d. Competitive foods?	yes	yes	no	yes	no	no	yes	no	yes
what foods?	100% fruit juice; reduced fat popcorn, reduced fat/sugar cookie; rice krispie treats, water, baked chips	Water, yogurt, cheese, baked chips, lowfat cookies, fruit juice, lowfat ice cream	n/a	only a la carte items that meet VA Governor and IOM nutrient standards	n/a	n/a	many, meet all nutritional standards	n/a	Items from menu & other items that could be meal components that meet Healthier US School Challenge and Governor's Scorecard
2e. Open campus policy?	none	none	School Without Walls students leave for lunch b/c there is no foodservice	none	none	none	50%	none	none

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
2f. What standards used for comp foods?	Governor's Scorecard and Action for Healthy Kids, 30% fat; 10% sat fat; 35% or less by weight of sugar; no more than 300 calories/item; 100% juice or water	All a la carte items meet or exceed the governors scorecard.	listed in the DCPS Local Wellness Policy	VA Governor Standards and Institute of Medicine Standards	n/a	n/a	see survey	The current "Wellness, Nutrition and Physical Education" policy rule for competitive foods is that 80% of the foods in the vendor contract adhere to Maryland policy and 20% does not have to. Of note, adherence to this rule is not being tracked	n/a
2g. What needed to increase nutritional content of lunch?	always looking for good vegetarian recipes that kids will eat; more bean recipes; money is a huge factor	Changes in the portion sizes and requirements for components.	too high in sodium, but we need to offer students foods that they will consume	more money for rising labor/benefit costs and retaining reasonably priced lunches	the meals are already nutritious	Higher reimbursement rates to offer more fresh fruit and vegetables	more funding	always interested in the availability of nutrient dense, appealing and affordable foods. Certainly, education of the students and their families about foods that we would like to introduce would be helpful	products with less sodium
3a. Afterschool snacks?	yes	no	yes	yes	no	yes	yes	yes	yes
3b. Do they meet requirements?	yes	n/a	yes	yes	n/a	yes	yes	yes	yes
3c. Additional items?	none	n/a	follow USDA guidelines		n/a		none	none	follow After School Snack Pattern

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
3d. Vending machine policy?	yes	yes	yes	yes	yes	yes	yes	yes	yes
3e. Vending machine specifics	High-3 machines in cafeteria-must meet guidelines on during lunch and after school; 3 machines athletic hall-on only after school	ES & MS - only in teachers lounges. HS - cafeteria and centrally located areas throughout the school. Machines located in the cafeteria are on during lunch all others are only on after school	ES none. In MS and HS not operational until after the last meal service of the day.	ES - teachers lounge only, MS & HS - dining room ones open all day, gym ones only after school	MS & HS - in the cafeteria during meal service	ES - none, MS and HS - gym	see survey	Vending machine placement is at the discretion of the schools, no sales between 12:01 am and the end of the last lunch period	none in ES, found in MS and HS and all foods meet nutritional standards
3f. Guidelines for vending machines?	yes	yes, same as for a la carte items	yes	yes	yes (MOM 12 guidelines)	no	yes	yes, 80/20 as mentioned above	yes, Beverages offered are water, 100% juice and lowfat milk. Snacks meet the Healthier US School Challenge Standards and the VDOE Scorecard Standards
4a. Challenges/barriers	Money, and if a district does not have qualified person planning menus, etc	cost	Amount of reimbursement from USDA. Too little time to eat breakfast and/or lunch	cost! Federal and state funding is inadequate to meet costs	financial issues due to budget restraints	USDA commodities that do not support the guidelines	Cost factors, marketing support	production of appealing, nutrient dense foods, attractive foods that are cost appropriate, educating children and parents about healthy eating	

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
4b. What type of support is needed?	eliminating the time and place rule that allows vending machines in buildings to have different standards for foods than what school nutrition programs must have	overall support for the program's goals	More time to eat breakfast and/or lunch. More schools that offer breakfast in the classroom.	financial reimbursements, more commodities and elimination of indirect costs	decision makers need to well informed about the USDA requirements	Better USDA Commodities	marketing support	Vending machine stock and payment to be placed under one agency/ department (preferably PGPCS Department of Food & Nutrition), prioritize funding for these programs	
4c. Transfer funds?	no	no	no	yes, 4% of budget, goes toward custodial costs, rent for offices, purchasing large equipment, and equipment repairs	no	no	no	no	no

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
4d. Education component	yes - articles, health fairs, working on integrating nutrition into existing curriculum	no	yes	yes, classroom activities, messages for parents, nutrition info and activities on website, school and community health fairs	yes	no	nutritional info provided, newsletters, classroom instruction, web site, parental info	yes, There is a grade appropriate required curriculum for nutrition for all students grades K through 8. The material is part of the 60 minutes allocated weekly for "health education." The teacher has discretion regarding whether or not these goals are adhered to. Most teachers say that they don't have enough time to spend on this curriculum.	yes, The print menu includes nutrition information. The serving line is decorated with signage that promotes healthy eating. Monthly promotions at the elementary school feature tasting a featured fruit or vegetable.

PE Survey

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
type of policy	district policy	district policy	district policy	district policy	district policy	district policy	district policy	policy	district policy
1a. 150 mins?	no, minimum of 60/week	no, see survey for specifics	variable from school to school	no, minimum of 60 min/week	no, 80	no, 90	no, 35-50	no, 150 min over a 10-day period (75/week)	no, 90
1b. Structured	minimum of 60/week	all	n/a	all	all	90 min with PE specialist and 60 minutes with regular teacher	all	all	all
1c. PE facilities	all	all	n/a	all	all	90	all	all	all
1d. Classroom	none	none	n/a	none	none	none	none	none	none
1e. Non-instructional setting	15 min/day	100-125/week	n/a	10-30 min/day, no state code so it varies by school	20 min/day	15 min/day	30 min/day	15-20 min/day	15 min/day
1f. Count recess minutes?	no	no	n/a		no	no	no	no	no
1g. Fitness assessment	yes	yes	yes	yes	yes	yes	no	no	yes
1h. How used?	students set goals, teachers can look at trends	scores sent to state, info on staff instruction	still being determined	To inform students about their level of fitness to inform their personal fitness planning	student goal-setting	Fitnessgram	n/a	n/a	To evaluate student functional fitness and to guide instruction and planning
2a. 225 min?	yes	yes	variable from school to school	yes	yes	yes	yes	no, 210 min/week	no, 135
2b. structured	all	all	n/a	all	all	all	all	all	all

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
2c. Classroom time	about 25% (health)	none	n/a	none	on occasion when analyzing portfolio work	none	none	none	none
2d. Fitness assessment	yes	yes	yes	yes	yes	yes	no, Fitnessgram is optional	no	yes
2e. How used?	students set goals, teachers can look at trends	scores sent to state, info on staff instruction	still being determined	To inform students about their level of fitness to inform their personal fitness planning	student goal-setting, administrators can look at trends	Fitnessgram	baseline scores used to develop personal fitness plans	n/a	To evaluate student functional fitness and to guide instruction and planning
2f. Physical fitness requirement	PE required for grades 6-8	required for grades 6-8	new standards coming 09-10	required for 6-8	6th - 4 terms, 7th & 8th - 3 terms	required for grades 6-8	PE required each year in K-8	required grades 6-8	not required but must be offered to all students
3a. 225 min?	yes	yes	variable from school to school	yes	yes	yes	yes	yes	yes, except when in health or drivers ed
3b. structured	all	all	n/a	all	all	all	all	all	all
2c. Classroom time	none or very little	none	n/a	none	occasionally to do portfolio work and goal-setting	none	none	none	none
3d. Fitness assessment	yes	yes	yes	yes	yes	yes	no, Fitnessgram is optional	no	yes
3e. How used?	students set goals, teachers can look at trends	scores sent to state, info on staff instruction	still being determined	To inform students about their level of fitness to inform their personal fitness planning	Fitness Gram, administration also looks at trends	Fitnessgram	baseline scores used to develop personal fitness plans	n/a	To evaluate student functional fitness and to guide instruction and planning

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
3f. Physical fitness requirement	2 years	required grades 9&10, elective for 11&12	3 semesters of health or PE	2 years graduation requirement for health and physical education – HPE 9 and HPE 10	1 semester	2 years	1 year	1 semester	All students must complete HPE I (9th grade) and HPE II (tenth grade)

VA - PE is required in grades K-10

MD - PE is required in K-8 as well as the high school graduation requirement of one semester

PE Summary

type of policy	100% have a district policy
1a. 150 mins?	1/9 (11%)
1b. Structured	100%
1c. PE facilities	100%
1d. Classroom	0%
1e. Non-instructional setting	
1f. Count recess minutes?	0%

1g. Fitness assessment	7/9 (78%)
1h. How used?	3/9 - student goal-setting
2a. 225 min?	6/9 (66.7%)
2b. structured	100%
2c. Classroom time	2/9 (22%) sometimes
2d. Fitness assessment	7/9 (77.8%)
2e. How used?	4/9 - student goal-setting
2f. Physical fitness requirement	all VA and MD schools have PE grades 6-8
3a. 225 min?	8/9 - all VA and MD schools
3b. structured	100%
2c. Classroom time	1/9 occasionally
3d. Fitness assessment	7/9 (77.8%)
3e. How used?	3/9 - student goal-setting
3f. Physical fitness requirement	100% require PE for HS graduation

Planning and Land Use Survey

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
program or policy?	both	both	both	policy	both	both	both	policy	both
1. smart growth?	yes	yes	yes	yes	yes	yes	yes	no	no
2. who's responsible for smart growth?	staff from multiple departments	The Planning Division of CPHD, DES Transportation Planning and the Manager's Office	Private sector developers, DC government projects	elected and appointed officials; various agency staff	County Division of Planning County Division of Permitting and Development Review Board of Education (Public Schools)	County's Comprehensive Plan	Planning Dept Envir. Protection Office	n/a	n/a
3. pedestrian options	bike & walking paths, bike storage, pedestrian intersections	bike & walking paths, bike lanes, pedestrian islands, wider streets, etc.	bike & walking paths, bike parking, smart bikes, streetscape enhancements (bus shelters, benches, sidewalks)	bike paths, walking paths, crosswalks and signalization	sidewalks requested for residential and commercial use, draft policies are being developed to refine requirements for paths and sidewalks.	bike & walking paths, Bicycle and Pedestrian Mobility Master Plan	bike paths, walking paths, building scale	none	bike paths, walking paths
4. analysis of services available without cars	yes	no	yes	yes – with respect to elderly housing, mixed use centers, transit oriented development	no	yes	yes	no	no

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
5. what done for easy access?	Developers are required to complete Transportation Management Plans when the size of the development warrants	Mixed-use development, enhanced transportation services, sidewalks and bike lanes/paths.	Infill development and transit oriented development, Retail Action Strategy	mixed use centers, transit oriented development, transit services	Promotion of mixed uses through land use designation and application of appropriate zoning districts	mixed use development, see survey for specifics	compact development, mixed uses	The Safe Highway Administration (State Agency) assesses the plans for access	inter-parcel connections, mixed-use projects
6. safe routes to school program?	yes	yes	yes	yes	yes	no (exploring the option for the future)	yes	no	yes
7. health impact assessment used?	no	no	no	no	yes (for water and sewers)	no	yes	no	no
8. incentives for mixed-use development	yes	yes	yes, zoning and financial	yes	yes (through modifications on bulk standards i.e. lot size, setbacks etc., but more needs to be done)	yes	yes	no	yes

Land Use Summary

program or policy?	7 - both 2 - policy
1. smart growth?	7/9 (77.8%)
2. who's responsible for smart growth?	
3. pedestrian options	7/9 have bike & walking paths

4. analysis of services available without cars	5/9 (55.6%)
5. what done for easy access?	6/9 (66.7%) cite mixed-use development
6. safe routes to school program?	
7. health impact assessment used?	2/9 (22.2%)
8. incentives for mixed-use development	8/9 (88.9%)

Obesity Trend Data Survey

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
1a. BMIs for students	no	yes	yes	no	no	no	no	no, (pilot program in some Elem S)	no (voluntary)
1b. utilize YRBS?	yes (CDC version with additions)	yes, full CDC version plus about 10 local questions	yes (modifications to the CDC version)	yes (it is the CDC version but they call it the Fairfax County Youth Survey)	no	no	yes (CDC version)	yes	no
1c. Utilize BRFSS?	yes	no	yes	no	no	no	yes	no	no
1d. Other source?	Champion Data and the INOVA study Northern VA Healthy Kids Coalition; YRBS		Medicaid EPSDT registry	2007 PRC Child and Adolescent Obesity Study	2007 Frederick County Community Health Assessment, WIC, Head Start	no	WIC data	NHANES	Prince William County Wellness Survey& Search Institute Survey

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
2. who responsible for collecting data?	schools and community through YRBS	Data Coordinator, Partnership for Children Youth and Families	DOH collects the data from the BRFSS as well individual student data reported from the Universal Health Certificate, Office of the State Superintendent and DC Public Schools collect YRBS data. Medicaid Office of Children, Youth and Families collects EPSDT data	Fairfax Department of Systems Management for Human Services partners with multiple county, school, and community agencies to administer the Fairfax County Youth Survey (FCYS) and disseminate the findings. An interagency team (Prevention Coordinating Council) is addressing issue of data collection, specifically who will be responsible for obtaining body mass index measures for children (students).	The Frederick County Health Department Nutritionist collects data on obesity trends.	obesity trend data not collected in schools	Maryland's Dept of Health and Mental Hygiene coordinate and administer both YRBS and BRFSS (for 2005 and 2007, Maryland Dept of Education conducted YRBS)	no one at this time	Office of Health and Physical Education in cooperation with the School Nurses

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
3. how are data stored?	Schools collect and analyze YBRS, The NOVA Healthy Kids Coalition stores data and will develop policy and health promotion plans	SPSS data base	The majority of the data is stored on a secure server for DC without identifiers, Currently student data from the Universal Health Certificate is in paper form, but will be moving to an electronic by FY09	FCYS: SAS Database owned by Fairfax County	The data from the Community Health Assessment is available on our website		DHMH provides a querying tool to retrieve BRFSS data while YRBS data are available in state reports, county supplemented the survey in 2005	Maryland State Repository for CDC	Office of Health and Physical Education and Office of Assessment

	Alexandria	Arlington	DC	Fairfax	Frederick	Loudoun	Montgomery	Prince George's	Prince William
4. how are data used internally?	Use data to drive preschool initiative through AHD's Partnership for a Healthier Alexandria	To monitor trends in key indicators of health and well-being, make the data available to other county agencies and nonprofits	The data is used to inform program and funding decisions. It is also used to prioritize certain areas within the city for specific interventions	FCYS: Physical activity and nutrition data was collected for the first time this year (2008). The data will establish a baseline. Biannual administration of the FCYS will allow us to track our progress in increasing physical activity and improving nutritional habits. (and decreasing screentime) Disaggregation of data will allow us to target interventions and strategies for obesity prevention.	determine targeted program areas such as the WE CAN program coordinated by the Health Dept Nutritionist		Data are used to monitor trends, identify risk groups and implement effective interventions/services to improve rates of obesity	grant writing and program development	To direct instruction at the division and school level
5. how are data made available?	public report, upon request, and through website	public report, upon request, website	BRFSS and YRBS are publicly accessible, EPSDT data are upon request	public report, upon request	publicly available report and upon request		publicly accessible, upon request, online queyring tool for BRFSS	publicly accessible report	data upon request

Obesity Trend Data Summary

program or policy?	6 policies and 2 programs
1a. BMIs for students	2/9 (22.2%)
1b. utilize YRBS?	6/9 (66.7%)
1c. Utilize BRFSS?	3/9 (33.3%)
1d. Other source?	
2. who responsible for collecting data?	
3. how are data stored?	
4. how are data used internally?	
5. how are data made available?	6/9 - publicly accessible report, 7/9 - provide data upon request

CHILDHOOD OBESITY

2008 Survey of the National Capital Region



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