

2019 Weight of the State Call for Abstracts Track Descriptions

1. Increasing access to healthy foods

This track highlights efforts to improve childhood nutrition, reduce/limit unhealthy food and beverage options, and expand access to nutritious, affordable foods.

Topics may include increasing the availability of healthy food options in corner stores and supermarkets; promoting water and low calorie beverages; addressing issues around food insecurity, food access, food deserts/food swamps; promoting community gardens; maximizing farmers markets or mobile food carts to increase access to healthy foods among low income populations.

2. Integrating physical activity into daily living

This track offers strategies to promote physical activity through the built environment, innovative community partnerships, and ways to increase physical activity.

Topics may include: enhancing the built environment to promote physical activity such as sidewalks or off-street paths to increase active transportation; proven partnerships with parks and recreation departments and/or fitness facilities that promote physical activity for youth; strengthening efforts to create more healthy community environments.

3. Messaging for healthy living

This track focuses on the role of marketing in promoting healthy living as well as the impact of food and beverage marketing on consumer choices.

Topics may include strategies to promote healthy messages to specific audiences; best practices for facilitating behavior change through messaging and social marketing; strategies to decrease screentime; impact of regulation on food and beverage marketing to children and families; strategies for improving product nutrition labeling; expanding nutrition education programs

4. Supporting healthy school environments

This track provides promising nutrition and physical activity strategies in the classroom and throughout the school day as well as best practices for school wellness policies.

Topics may include strategies to engage school health advisory boards, enhance physical education requirements; promote active classrooms and lessons; walk/bike to school activities including Safe Routes to School and Walk to School Day; joint-use agreements; strategies to promote healthy fundraisers and concessions; data collection (e.g. BMI); and integrating school gardens into curriculum and lessons.

5. Community collaboration for healthy kids

This track shares community-based efforts that promote healthy eating and active living highlighting community assessment, addressing social determinants of health, and creating partnerships for sustainable change.

Examples include successful university and community partnerships, strategies for conducting community assessments, capacity building for community groups/coalitions, the development of local/statewide policy agendas related to childhood obesity, development of public-private partnerships; and youth involvement and leadership in community-based initiatives.

6. Creating healthy behaviors through childcare and out-of-school time programs

This track will showcase national, state and local strategies that demonstrate how Early Childhood, Out-of-School Time (OST), and Summer programs are creating the foundation for future healthy behaviors.

Topics may include the importance of child nutrition, physical activity and parent engagement in childcare age; successful practices for working with children and their families; innovative obesity prevention policies in out-of-school time centers; Farm to Childcare and other solutions to providing fresh fruits and vegetables; breastfeeding support and promotion practices.

7. Schools as nutrition hubs

This track highlights efforts to improve childhood nutrition through utilizing federal nutrition programs to provide healthy foods and beverages to students before, during, and after the school day.

Topics may include implementing the Healthy, Hunger-Free Kids Act of 2010, specifically the School Breakfast and Lunch Meal Requirements, Local School Wellness Policy, Professional Standards, and At Risk Supper; utilizing strong nutrition standards for all foods and beverages sold in schools; utilizing federal nutrition programs in school and community settings; improving the nutrition standards of competitive foods.