

Healthy Weight Advisory Committee-Missouri Council on Activity and Nutrition Overview Document

March 2019

Overview

The **Healthy Weight Advisory Committee (HWAC)** was created within the Missouri Council on Activity and Nutrition (MOCAN) in 2018 to provide oversight for implementing recommendations to prevent and treat obesity that were made to key Missouri policymakers by the Subcommittee on Childhood Obesity (SCO)-Missouri Children's Services Commission. The SCO concluded that:

Obesity is a complex medical, social and environmental problem. A statewide collaboration with diverse representation can provide expertise and guidance to advance and monitor sustainable, evidence-based strategies for decreasing childhood obesity. Statewide collaborations provide an opportunity for joint planning, system-wide problem solving and policy development.ⁱ

This and other recommendations to address childhood obesity are described in the report: *Critical to the Health of Our Children: Missouri's Actions for Addressing Childhood Obesity* report completed by the Subcommittee on Childhood Obesity, State of Missouri Children's Services Commission.

<http://extension.missouri.edu/mocan/OC2015/ChildhoodObesityReportCSC.pdf>

Long-term goal

Improve collaborative actions by providing expertise and advice to advance and monitor sustainable, evidence-based strategies for increasing the number of children at a healthy weight in Missouri.

Functions:

- **Planning:** Define measurable goals and implementation plans based on SCO recommendations.
 - Periodically review and update.
 - Identify viable actions and select those that carry out objectives in a feasible manner.
 - Identify priorities that would benefit from alignment between sectors (e.g., child care, school, health care, public health) and plan accordingly.
- **Resource attainment:** Advise and facilitate efforts to align and build on existing resources and attain

additional funds to achieve priority objectives and actions.

- **Evaluation:** Establish process and outcome evaluation methods to determine impact of actions implemented.
- **Communication:** Assure MOCAN members, statewide partners, healthcare professionals, and community representatives are regularly updated concerning progress.

Next steps (2019)

1. Establish Committee as oversight body.
 - a. Identify individuals, experts, and representatives from key and diverse groups to support current work.
 - b. Engage and invite members to participate.
2. Align work on childhood obesity prevention and treatment with existing MOCAN work groups.
 - a) Align 2019 activities related to MOCAN Strategic Plan and HWAC's focus areas.
 - b) Engage MOCAN membership to implement priority actions through working groups.
3. Explore, and where appropriate, facilitate collaboration beyond MOCAN to plan and implement actions (e.g., with state agencies, health care providers, community agencies, local governments, parents/families, school, child care, academic groups, and others).
4. Assure representation of community voice in efforts.
5. Develop outcome tracking and reporting methods
 - a) Select key process and outcome metrics relating to healthy weight/childhood obesity and actions being taken.
 - b) Work with academic partners to define reporting methodology, specifically by aligning evaluation methods with select research and funding opportunities.
6. Develop financial sustainability strategies to implement plans.

Membership & Leadership

Individuals who support HWAC's goal, functions, and guiding principles are welcome as members and may complete a MOCAN Member Profile, found [here \(MOCAN Website\)](#) indicating their interest. Members are familiar with the [MOCAN Operating Principles](#) and fulfill roles and responsibilities outlined within this document.

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The HWAC members annually selects a chair and co-chair who actively participate and lead the efforts of HWAC. These positions serve as members of the MOCAN Steering Committee by providing monthly updates and coordinating work with other work groups and MOCAN members as appropriate. The Chair and members welcome input from those who are not members to inform the HWAC's work.

Guiding Principles

In order to increase the number of children at a healthy weight, the HWAC embraces the dual strategies of prevention and treatment and implements changes in policy, system, and environmental levels of influence. The HWAC efforts build on current evidence and thoughtful discussion to compile plans and approaches based on the following parameters:

- Be actionable by the state legislature, governmental agencies, or statewide collaborative.
- Be reasonable to achieve in the next five years.
- Be impactful as supported by the evidence.
- Have the potential to be statewide in reach.
- Be guided by community input from those that the HWAC efforts impact.
- Serve populations at the highest risk for unhealthy weight and related health implications.

Project History

Given the magnitude and complexities of childhood obesity, transformative and multilevel approaches are needed to significantly impact this issue in Missouri. The Children's Services Commission (CSC) convened the Subcommittee to review the evidence

ⁱ Subcommittee on Childhood Obesity, State of Missouri Children's Services Commission. (April 2015) *Critical to the Health of Our Children: Missouri's Actions for Addressing Childhood Obesity* [Executive Summary].

regarding prevention and treatment approaches, the current gaps in Missouri, and the issues which contribute to this problem. The Subcommittee compiled, publicly vetted and presented five statewide, impactful, actionable and feasible recommendations to the CSC in 2014. Many partners are collaborating on actions to implement the recommendations.

1. Update child care licensing rules on feeding practices, nutrition, physical activity and screen time. Assure training and support services for child care providers to meet new standards.
2. Establish an Office of Student Wellness to maintain expectations for health and physical education curricula. Modify school accreditation by including a voluntary health and wellness component. Provide support to schools to implement best practices and school wellness policies.
3. Reimburse licensed professionals with specialized training to provide family-centered evidence-based multicomponent weight reductions programs through Medicaid.
4. Establish Centers of Excellence to provide and improve access to evidence-based weight management services, build community-based capacity for treatment and prevention, and evolve prevention and treatment approaches.
5. Establish a commission to oversee implementation, study effectiveness and provide a forum for education and future actions.

Available on the Missouri University Extension website: <http://extension.missouri.edu/mocan/OC2015/ChildhoodObesityReportSummaryCSC.pdf>