

Robin Hamre, M.P.H., RD

Robin Hamre directs *The Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases* at CDC. Specifically, she leads the program's development and funding; organizes the selection, evaluation and management of the 28 cooperative agreements with states that guide their physical activity, nutrition and obesity prevention initiatives; and advises the director of the Division of Nutrition and Physical Activity on policy and strategy relating to the state program activities.

Program growth since the year 2000 has been exemplary. The program has developed from 6 states funded at \$350,000. per year for three years to 28 states funded up to 1.5 million dollars per year for 5 years. More evidence-based physical activity interventions are in the field from this cooperative agreement than any other kind of obesity prevention initiative. Twenty-eight states have a good start on statewide physical activity programs just 6 years from the first Surgeon General's Report on Physical Activity. To achieve needed changes in behavior the states apply the theories and techniques of social marketing to identify target populations. The state plans include strategies for making physical activity a central consideration in policy making at the state, community, and organizational levels.

Robin Hamre and Julie Will, PhD are leading change for the Center of Excellence For Training and Research Translation for Obesity Prevention Programs and the WISEWOMAN program. Alice Ammerman, DrPH, RD, is Principal Investigator for the project which will pilot a week long obesity prevention course for public health physical activity and nutrition program coordinators this June.

In addition, Robin is a co-principal investigator for the Healthy Lifestyles Pilot Research Study with Robert P Schwartz, MD, Wake Forest University School of Medicine and William H. Dietz, MD, PhD, Director, CDC's Division of Nutrition and Physical Activity, as well as the American Academy of Pediatrics-Pediatric Research in Office Settings, which aims to help prevent overweight in children ages 3 to 7 years. Robin was invited by PEDS 21 to assist the AAP in identifying the current trends, areas that need to be addressed, and the vision of what a pediatrician's practice should look like in 5 to 10 years.

She has strategized with foundations whose priorities are to improve the environment for children so they can be physically active and have a healthy weight. Those include the Michael and Susan Dell Foundation, Nemours Foundation, the American Dietetic Foundation and the CDC Foundation. She recently co-authored "Evaluation of the Quality of State Plans to Prevent Obesity and Other Chronic Disease, and has another publication on progress of the physical activity and nutrition programs in states accepted for publication in *Preventing Chronic Disease*, an electronic journal published by CDC. Robin has a master's degree in public health from the University of Minnesota School of Public Health and a bachelor of science in food and nutrition from Iowa State University.