

Environmental Solutions to Childhood Obesity One Community Responds

**June 2, 2005
NIEHS**

Jessica Collins, MS

Shape Up Somerville: Eat Smart. Play Hard.

John Hancock Center for Physical Activity and Nutrition

Friedman School of Nutrition Science and Policy

Tufts University

Somerville Active Living Partnership

City of Somerville



- Office of Strategic Planning and Community Development
- Health Department
- Women's Commission



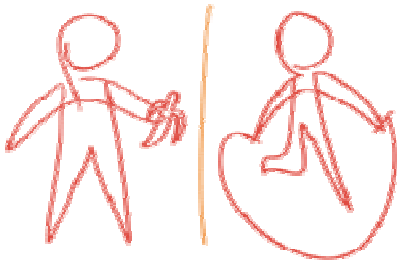
Groundwork Somerville



Somerville Health Agenda

Tufts University Friedman School of Nutrition

Shape Up Somerville:



Eat Smart. Play Hard.



Massachusetts Alliance of Portuguese Speakers



friends of the Community paths



Why Somerville is Ready for Active Living

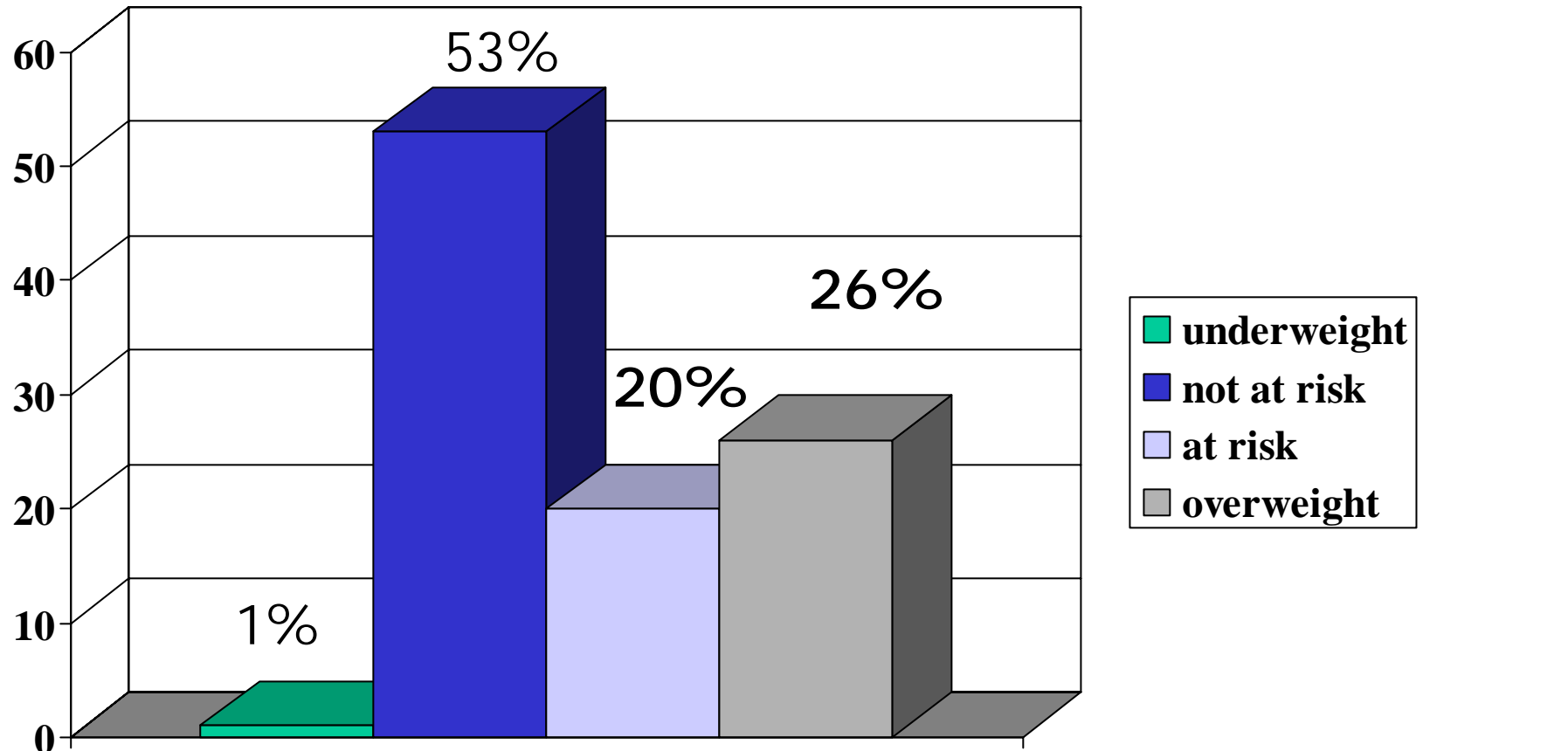


- 4.1 sq miles (5% green)
- 77,000 residents
- 36% do not speak English at home
- On some roads, 83% of cars just passing through

Change the environment, so it's easier to make healthy choices



Preparation: Prevalence of Overweight among Somerville 1st - 3rd grade



Fall 2003

Underweight: < 5th percentile
Not at risk: > 5th to < 85th percentile
At risk: ≥ 85th to < 95th percentile
Overweight: ≥ 95th percentile
Reference: NHANES 2000

How do Somerville students get to school?

50% Take a ride



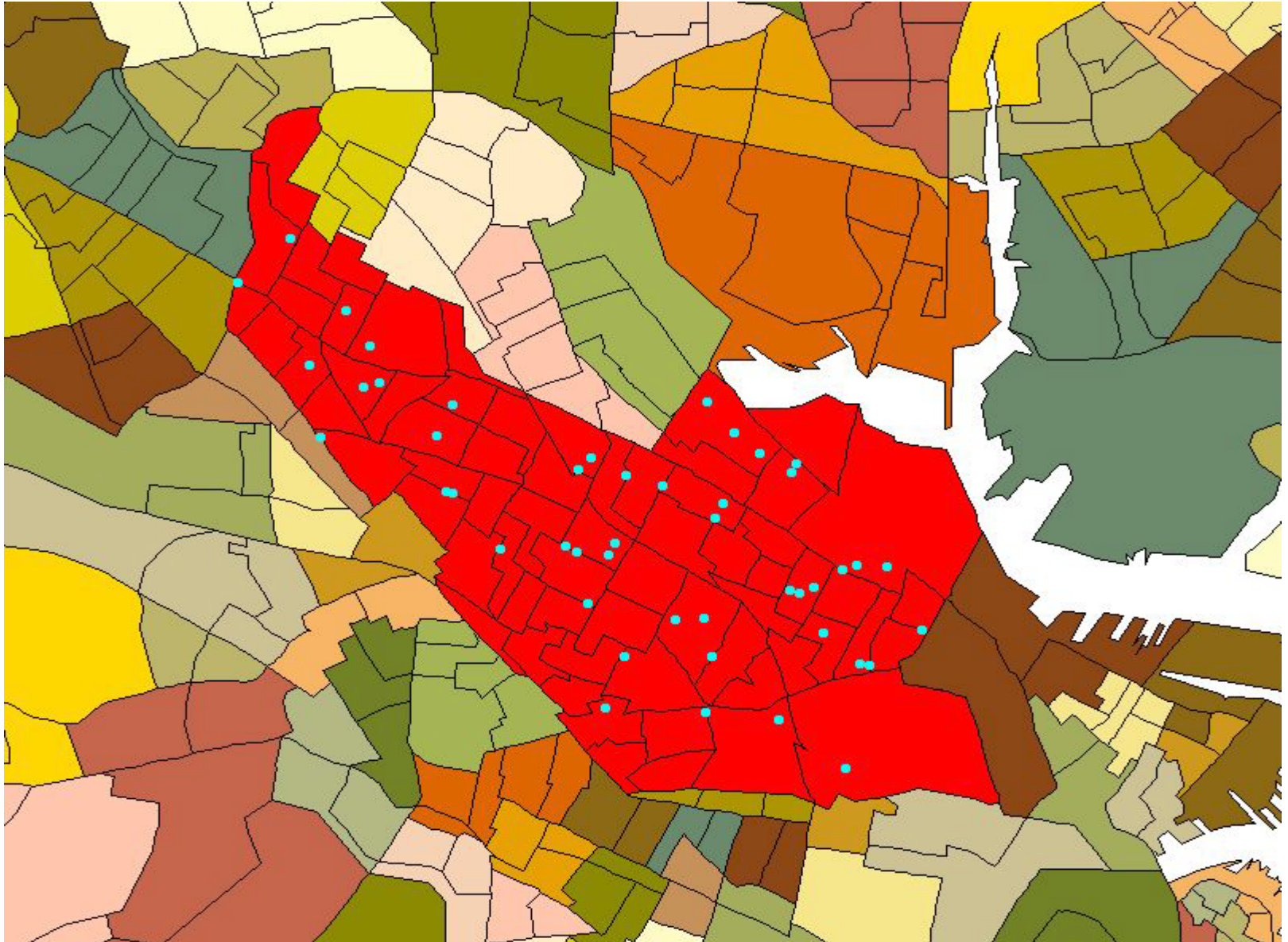
36% Walk



14% Take the bus

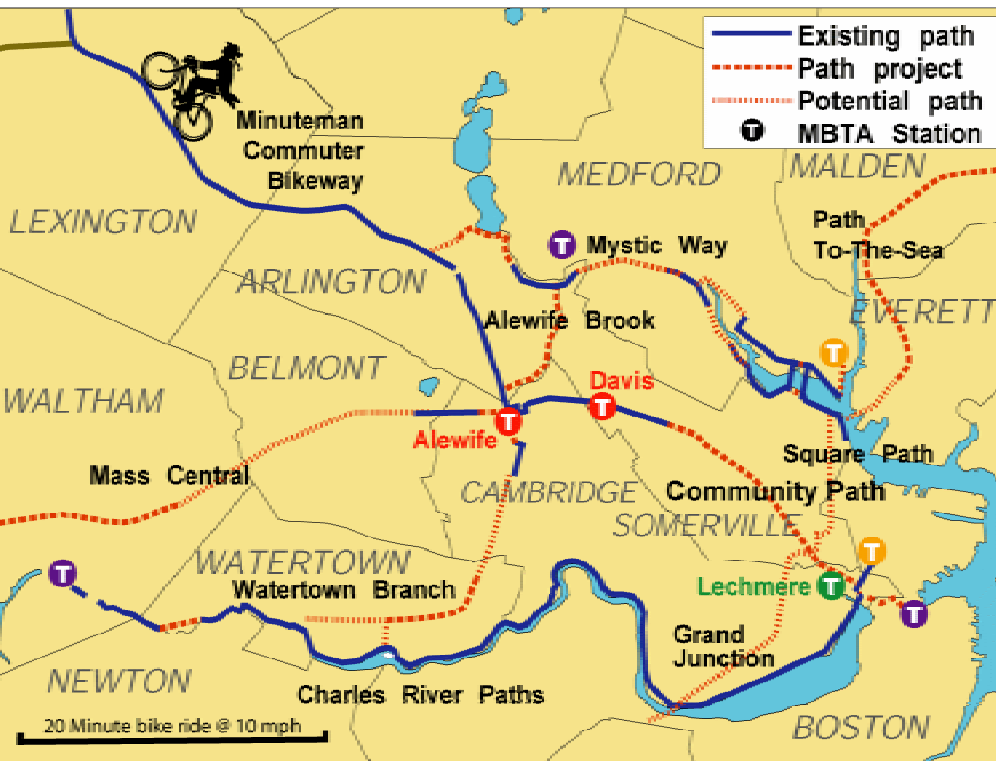


Distribution of checklist data



Promotion: through mapping

How do you help someone decide to walk or bike to their destination?



Programs: Mente Sã, Corpo Saudável

Healthy Mind, Healthy Body

- Program activities:
 - Yoga, dance & aerobics
 - Chronic diseases workshops
 - Fundraiser walks
- Monitor participants' progress:
 - Blood pressure every two weeks
 - Weight, chest, waist, thigh, arm & hips measured monthly



Program: Walking to School



Safe Routes to School Map
Cummings School



One Year's progress...

Shape Up Somerville <i>preliminary data</i>	PE Class survey 1 st -3 rd students who walk to school	Students who WANT to walk
May/June 2003	36%	63%
September 2003	38%	62%
November 2003	40%	70%
February 2004	38%	77%
May/June 2004	41%	73%

Policy: Pedestrian Training to Prioritize



1. Traffic Calming
2. School Accessibility
3. Sustainable Connectivity
4. Warm and Fuzzy Corridors
5. Bike Facilities

Physical: Bike/Ped Coordinator - City's Active Living "Conscience"

- Serves as clearinghouse for bicycle/pedestrian policies within the City
- Staffs Somerville Bicycle Committee
- Expedites design and construction of the Community Path
- Serves as a consistent voice so that projects like trails and streetscapes don't get bogged down



Healthy Eating by Design

Promote access to healthy foods
for low income children



- *Get people there:* 1st market in Boston area to process Food Stamps; offer incentives for redeeming them
- *Make it a great place to shop for everyone:* Culturally and linguistically appropriate operations and signage
- *Show them how:* Community education booth where demonstrate healthy cooking techniques, offer samplings & games for kids in several languages

Growing Healthy Gardens in schoolyards

