

# Capital Harvest Meet Up Reaps Benefits to Mend Childhood Obesity

*When it comes to fighting childhood obesity, data from the MEND program shows interventions are working to improve childhood obesity.*

Mississippi's MEND 3 – 17 (Minds, Exercise, Nutrition, Do It!) team recently met with counterparts from across the U.S. and Health Weight Partners from London at the National Association of Community Health Center's (NACHC) headquarters in Washington, D.C.

“The purpose of our annual Harvest meeting is to highlight the NACHC Childhood Obesity Management with MEND Implementation Teams (COMMIT) successes, and share insights and lessons learned,” said Dr. Sonja Fuqua, Director of Clinical Quality at the Community Health Center Association of Mississippi.

“The group shared best practices and celebrated our collective successes,” said Dr. Fuqua, “Despite the barriers and challenges, improvements were made among this population. Every measure had a positive outcome.”

Dr. Fuqua was among the team members from Mississippi participating in the MEND 3-17 meeting March 26, 2019. Other team members were Amber Jones of the Aaron E. Henry Community Health Center, Robin Boyles and Laura Grant of the Delta Health Center, and Kyskie Bolton of the G.A. Carmichael Health Center.

Mississippi's MEND group is among four primary care associations, 16 community health centers, and other public health partners focused on improving health outcomes for obese or overweight children and those for at risk for developing the disease.

## Outcomes Summary of results



Variable	N	Before MEND	After MEND	Mean Change	Status
BMI (kg/m <sup>2</sup> )	80	30.5	30.2	-0.3	Positive
Waist circumference (inches)	69	36.8	36.2	-0.6	Positive
Physical activity (hours/week)	66	7.1	11.6	4.5	Positive
Sedentary activities (hours/week)	43	9.5	8.0	-1.5	Positive
Recovery heart rate (beats per minute)	63	120.1	112.8	-7.3	Positive
Nutrition score	45	14.9	18.7	3.8	Positive
Total difficulties score	54	10.3	9.2	-1.1	Positive
Body image score	45	15.0	16.9	1.9	Positive
Self-esteem score (Rosenberg's scale)	61	20.5	22.7	2.2	Positive

78% of participants reduced or maintained BMI z-score



*Mississippi MEND leaders attending the meeting are Kyskie Bolton of the G.A. Carmichael Family Health Center (center, photo in center); Amber Jones, MEND of the Aaron E. Henry Community Health Center (center, photo on right); and Dr. Sonja Fuqua of the Community Health Center Association of Mississippi (center, photo below); Each are pictured with Dr. Ron Yee, NACHC Chief Medical Officer (on left) and Alyson Goodman (on right), the Centers for Disease Control and Prevention (CDC) partner.*

MEND 3-17 is an obesity invention program developed by the MEND Foundation in 2000. The initiative focuses on improving health outcomes for obese or overweight children and those at risk of developing the disease.

“MEND implementation team members were excited to find that their commitment, manpower, and expenditure of resources had not been in vain,” said Dr. Fuqua.

