Healthy Weight Task Force

January 28, 2008 Minutes

In Attendance:

Janet Tietyen & Kelly Webber, Co-Chairs, Kwako Addo, Ingrid Adams, Lola Buchanan, Diana Doggett, Richard Lewis, Rosie Allen, Brooke Jenkins, Layne Kilgore, Hazel Forsythe, Maggie Murphy

- Introductions

- Kwako Addo and Lola Buchanan reported on their hunger work in Ghana. Kwako Addo is a professor at UK who leads the Ghana Study Tour, a six week program that UK students and Prairie View A & M University students attend. Lola Buchanan is a Registered Nurse who has worked with malnourished children in Ghana at the Nutrition Center. Reported on her success with product development in Ghana of modified foods (Faith Weenie mix, addition of soy flour and soy milk to Coco, a corn-dough porridge). Their nutrition education included what types of food to buy at the local market, food preparation, basic hygiene, parenting skills, and basic care.

- Rosie Allen reported on the new Extension program “Home is Where the Health Is.” This program’s goal is to help both parents and children achieve a healthy weight by focusing on parenting skills and nutrition education. It was discussed about developing a packet for physicians’ offices if overweight patients are seen & this may be followed up by Dr. Richard Lewis. The program has been piloted in 4 counties and will be presented at the May 20-22, 2008 annual Extension Food and Nutrition Workshop in Lexington.

- Maggie Murphy presented a review of current research behind Weight~The Reality Series. The program is based on components of the Social-Cognitive Theory, Stages of Change, and Socio-Ecological Framework. The group discussed the specifics of Weight~The Reality Series which is currently being updated and reformatted in time for the May 20-22 conference. Janet Tietyen elaborated on the layout noting that instead of each lesson containing RAP (Recipe, Activity, Program), it will be changed to LAFF (Learning, Activity, Food, Fun).

- Janet Tietyen reported on the Growing Healthy Kids in Kentucky conference. Would like to see it changed to a one day conference as much of the work is covered in other areas.

- Dr. Forsythe reported on her work for families with disabilities and weight management. This work aims to reduce negative health effects of obesity through nutrition education and weight management specifically directed at adults with disabilities and their primary caregivers. Participants will be selected from Special Olympics teams and activities will focus on food sanitation, kitchen safety, food shopping and preparation, low literacy recipes, food intake diaries, menu development, healthy food choice and exercise.

- Next Healthy Weight Task Force meeting will be April 2008 10 a.m. to noon, 128 Erikson Hall.