

Healthcare Workgroup

The purpose of the Healthcare Workgroup is to identify existing efforts to support healthcare providers at all levels in addressing obesity prevention, and to propose additional strategies to prevent and reduce obesity among in-patients and out-patients. Strategies will focus on primary prevention rather than treatment) and will address one or more of the six target behaviors identified by the CDC:

1. increasing breastfeeding initiation, duration and exclusivity;
2. decreasing time spent viewing TV;
3. increasing physical activity;
4. increasing fruit and vegetable consumption;
5. decreasing the consumption of energy-dense foods; and
6. decreasing the consumption of sugar-sweetened beverages.

One topic to be considered will be whether/how to engage providers in integrating APA guidelines regarding TV/screen time into routine pediatric care. Another area of interest will be whether/how to implement more of the UNICEF/WHO “Ten Steps for Successful Breastfeeding for Hospitals” in hospitals across the state. Additional strategies suggested by workgroup participants will also be considered.