Tennessee Nutrition and Physical Activity Toolkit for Multi-Disciplinary Professionals

Supported by a USDA-funded grant entitled Nashville Children Eating Well (CHEW) for Health, Meharry Medical College Preventive Medicine physicians compiled a Nutrition and Physical Activity Toolkit with evidence-based and innovative resources for obesity prevention and treatment. With a Tennessee Department of Health Eat Well Play More implementation grant award, the Preventive Medicine physicians provided ten (10) one hour workshops for multidisciplinary professionals across the state of Tennessee in Memphis, Nashville, Johnson City, Kingsport, and Chattanooga. The workshops trained a total of 228 educators, health care providers, dieticians, administrators, community outreach workers, researchers, and worksite wellness team members. Students and trainees in many of these fields also participated. The workshops provided an overview of the resources in the toolkit and fostered discussion of local and statewide obesity prevention policy opportunities in order to build a network of community advocates working to fulfill the mission of the Tennessee Obesity Task Force (TOT). During the workshops, audience participation was elicited to enhance the toolkit utilizing the expertise of each group. The Meharry Preventive Medicine physicians reviewed all suggested nutrition and physical activity resources, and added appropriate resources to the existing toolkit. Through partnership with the TOT evaluation team, the revised toolkit has been posted on the TOT website in its entirety at http://www.eatwellplaymoretn.org/resources-and-tools/resources/ and in an interactive form at http://www.eatwellplaymoretn.org/state-initiatives/grantees/.

Partners Involved: Meharry Medical College, Preventive Medicine Residency Training Program (ACGME accredited Preventive Medicine training program); Nashville Children Eating Well (CHEW) for Health; USDA-funded multi-institutional grant led by Tennessee State University Tennessee Obesity Task Force

Description of the Integration: During the first four months the toolkit was available on the TOT website, the resources page was accessed 543 times and the interactive link was accessed 453 times. The goal of this integration project is for continued dissemination of the information across Tennessee and the US.

- **Resources Required:** USDA funded grant (CHEW); CDC funded grant through Tennessee Department of Health-Tennessee Eat Well Play More implementation grant (from CDC funding); Meharry Medical College
- **Results:** Web hits are being tracked to evaluate the frequency and duration of utilization of the on-line information. The TOT continues to accept new members and work toward policy initiatives that support obesity prevention goals.
- **Key Elements for Success:** Commitment of team members from Meharry Medical College, Tennessee State University, and multiple community partners through the Tennessee Obesity Task Force (TOT), including the TOT Evaluation Team housed at Vanderbilt University, enable successful completion of all workshops and final publication of the revised toolkit on the TOT website.
- **Lessons Learned:** Coordination of interactive workshops across the state of Tennessee required patience and flexibility in scheduling. Formatting of web-based content to encourage use required the addition of a more interactive version of the content with an audio-visual introduction and active links subdivided by interest group.

Movement on the Integration Scale: Start: Cooperation; Finish: Partnership; Desired: Partnership

Website Links:
http://www.eatwellplaymoretn.org/state-initiatives/grantees/
http://www.eatwellplaymoretn.org/resources-and-tools/resources/
http://www.nashvillechew.org/

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