



Partnership for a Healthier Alexandria
Healthy Lifestyles Work Group
Meeting Summary
February 20, 2008

Attendance:

- L. Baker, Chair, Office of Women
- D. Del Rosario, City Personnel Services
- P. Cressy, Inova Health System
- R. Merritt, Public Health Advisory Commission
- L. Clark, City Recreation and Park Department
- H. Jones, Virginia Cooperative Extension
- M. Taylor, Public Health Advisory Commission
- A. Gaviria, American Cancer Society
- C. Johnston, Alexandria Neighborhood Health Services, Inc. (ANHSI)
- B. Silvia, American Cancer Society
- A. Huston, Interim Health Planner

1. Welcome and Introductions. L. Baker welcomed all members to the first meeting of 2008. She thanked all for their willingness to attend and assist in regrouping the Work Group in 2008. All members introduced themselves.

2. Northern Virginia Healthy Kids Coalition. P. Cressy presented a summary of the Northern Virginia Health Kids Coalition survey conducted in 2007.

a. The survey addressed: perceptions of overweight in children and teens; overweight prevalence; nutrition; physical activity; combating obesity in children and teens.

b. Key Findings in Alexandria:

- 1) 18.4% of children/adolescents in the city of Alexandria are at risk at being overweight compared to 8.5% in Loudoun County;
- 2) 46.6% of parents are either overweight or obese;
- 3) 26.4% of children are either overweight or obese;
- 4) 53.1% of parents report child/teen overweight/obesity as a major problem; 33.4% of parents report child/teen overweight/obesity as a moderate problem; 71.5% of parents <200% Poverty report overweight/obesity is major problem and 75.4% of Hispanic parents report the same;
- 5) 83.1% of parents reported too much television/computer/video games contributed to child/teen obesity;
- 6) Of 24.1% children or teens overweight (95th percentile):
 - 27.7% are boys; 20.5% are girls
 - 43.5% are ages 2-5
 - 23.5% are ages 6-10

- 13.1% are ages 11-14
 - 13.7% are ages 15-18
 - 29.9% are <200% poverty
 - 25.5% are >200% poverty
 - 17.2% are white
 - 24.0% are black/African-American
 - 32.9% are Hispanic
- 7) Northern Virginia Healthy Kids Intranet

<http://www.tippingthescales.net>

User Id:

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c. Following committee discussion, it was decided the Work Group would discuss strategies at next month's meeting.

3. Review of Healthy Lifestyles Work Group Activities in 2006-2007. L. Baker reviewed the summary of Work Group activities including:

- a. Point of Decision Stair Use in city buildings – posters placed at elevators and stair cases encouraging stair use versus elevator.
- b. Healthy Workplace Competition – Website has been developed (but not used) to assist in individual and team work place competitions
- c. Proud to be Smoke Free Initiative
- d. www.alexhealth.org/partnership

4. 2008 Work Plan. Members reviewed the " Healthy Lifestyles Strategies: Recommended Strategies based on Strong Evidence Base" prepared in October 2006. This document guided the Work Group's three initiatives for 2007 and will assist in guiding 2008 activities. Members agreed to review this document further and will discuss more strategies at the March 2008 meeting.

5. Next Meeting will be Tuesday, March 25, 2008 at the Lee Center. Members agreed the meeting time from 12:30-2:00 p.m. worked best for those in attendance.

Submitted,

Ann D. Huston, MPA
Interim Health Planner