



NEW MEXICO PLAN TO
Promote Healthier Weight

Key Accomplishments 2008

**New Mexico Healthier Weight Council
January 2009**

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Key Accomplishments 2008 – Executive Summary

The New Mexico Healthier Weight Council (HWC) consists of multiple organizations, from both the private and public sectors across the state, working together to reverse the trend of overweight and obesity among New Mexicans. The Council hopes to accomplish this through collaboration among policy makers, community leaders and planners, organizations that serve families, educators, and representatives from food systems, healthcare systems and worksites.

The purpose of this report is to describe the progress made during 2008 on *The New Mexico Plan to Promote Healthier Weight: 2006-2015*. Activities to support this 10-year Plan have evolved as new challenges and opportunities have presented themselves. A key challenge for the Council in mid 2008 was the unexpected loss of the Council's primary funding source – the Centers for Disease Control and Prevention (CDC). To overcome this challenge the Executive Committee identified resources necessary for the continuation of *The New Mexico Plan to Promote Healthier Weight*. Council members and the organizations they represent volunteered their time and expertise to assist with administrative support and meeting logistics.

The loss of funding required the Executive Committee to reevaluate the future direction of the Council. In August 2008, the Executive Committee participated in a full day retreat to determine the best strategy to achieve the intended outcomes of the Plan. The Committee agreed that an increased emphasis on education, policy, and advocacy will have the greatest impact by 2015.

The Advisory Groups continued the work proposed in the *2008 Action Plan* but in some cases had to adjust their actions as a result of the funding loss. Detailed activities of each of the Advisory Groups are addressed later in this document. The key accomplishments in 2008 by the Healthier Weight Council include:

- Revised Bylaws and Operational Guidelines
- Increased HWC partners to over 550, and membership to 67
- Revised Executive Committee membership to include a Policy & Advocacy Consultant and an Evaluator Consultant
- The Advisory Group settings established partnerships with key organizations that are aligned with their goals and can influence policy direction at the state and local levels
- The Community & Regional Planning Advisory Group completed an informational brochure and is currently seeking funding and/or creative methods to print and distribute the brochure
- The Education Systems Advisory Group compiled resources and materials to create a toolkit of nutritional and physical activity programs for school settings
- The Families and Communities Advisory Group agreed upon a working definition of behavior management skills that will be used in all future communications and materials
- The Food Systems Advisory Group has aligned itself with the *Closing New Mexico's Food Gaps Task Force* and the *Poverty Reduction Task Force* who have actively advocated for policy change and funding for nutritional foods for the hungry in NM
- The Healthcare Systems Advisory Group surveyed provider-in-training programs about course content specific to overweight and obesity diagnosis and treatment
- The Worksites Advisory Group surveyed 109 employers regarding worksite wellness programs

New Mexico Plan to Promote Healthier Weight

New Mexico's first statewide, 10-year strategic plan, *The New Mexico Plan to Promote Healthier Weight: 2006-2015*, was published in 2006 by a statewide collaborative group aimed at addressing the overweight and obesity problem facing New Mexicans. The plan, available online at www.HealthierWeightNM.org, features six settings where healthier weight should be promoted: 1) Community & Regional Planning, 2) Education Systems, 3) Families & Communities, 4) Food Systems, 5) Healthcare Systems, and 6) Worksites.

Purpose

The purpose of the plan is to build on the strengths of New Mexico communities and their diverse cultures to reverse the trend of increasing rates of overweight and obesity.

Intended Outcomes

- Increase regular lifelong physical activity among adults and youth of all abilities.
- Improve lifelong healthful nutrition for all New Mexicans.
- Recognize and reverse when possible, the effects of complex contributors to unhealthy weight gain in individuals.
- Identify and decrease obesity and overweight-related disparities.

Council Membership

The Council started with 44 members in 2006 and by the end of 2008 its membership was 67. In addition to members, the Council has a contact list of 550 partners from across the state of New Mexico.

Executive Committee	
<i>Chair:</i>	M. Andrew Garrison, MS, CPT
<i>Chair Elect:</i>	Leslie Shainline, MS, RN
<i>Past Chair:</i>	Judith Candelaria, MSN, RN
<u>Advisory Group Representatives</u>	
<i>Community & Regional Planning:</i>	John M. Valdez, AICP
<i>Education Systems:</i>	Barbara Berger, MS, RD
<i>Families & Communities:</i>	Julie Garcia, MA
<i>Food Systems:</i>	Mary Oleske, MS, RD
<i>Healthcare Systems:</i>	Brenda L. Wolfe, PhD
<i>Worksites:</i>	Marta Gentry Munger, MPH, RD
<i>Policy & Advocacy Consultant:</i>	Julia Valdez
<i>Evaluator Consultant:</i>	Vacant
<i>NM Department of Health:</i>	Lisa McNichol Gatan, MS

Bylaws and Operational Guidelines - Revisions

BYLAWS

Revisions to the Healthier Weight Council Bylaws include:

- The addition of a Chair Elect and Past Chair. The roles and responsibilities of the Chair, Chair Elect and Past Chair are described.
- Additions and changes to the Executive Committee
 - Increased to 12 voting members
 - Added Policy & Advocacy Consultant
 - Added Evaluator Consultant
 - Changed Department of Health (DOH) *Program Manager* to DOH *Representative*
 - A quorum must be present to vote on any motion
 - Committee members will serve a two year term that will have staggered expiration dates
- Elections to the Executive Committee
 - Clarified how members will be nominated, selected and voted on to serve on the Executive Committee
- Advisory Groups
 - Changed “Workgroups” to “Advisory Groups”
 - Advisory Groups select a leader and co-leader as opposed to nominating a chairperson
- Bylaws will be reviewed and updated annually by the Executive Committee
- Administrative support will no longer be provided by the NM Department of Health Physical Activity & Nutrition Program for Healthier Weight because the program no longer exists. Volunteer members of the Council or their representative organizations will provide administrative support, which includes coordinating meeting logistics, maintaining the website, and compiling written reports and documents beginning in 2009.

OPERATIONAL GUIDELINES

Revisions to the Healthier Weight Council Operational Guidelines include:

- Removed all references to the NM Department of Health Physical Activity & Nutrition Program for Healthier Weight
- Added the Policy & Advocacy Consultant and the Evaluator Consultant as members of the Executive Committee

Advisory Group Activities

The 2008 Action Plan described each of the Advisory Groups planned activities for the year. This included an overview of each Advisory Group setting along with the area of focus, key activities, lead agencies participating, and the actions planned to accomplish the key activities. Throughout 2008 the Advisory Groups worked independently to achieve their goals. At the three Council meetings the Advisory Groups were given time to work and then present the progress made towards achieving their goals. Each Advisory Group's area of focus, key activities, actions and progress (including changes in actions) are described below.

Community & Regional Planning

<i>Area of Focus</i>	Educate elected officials, health professionals, and appropriate staff of local, tribal and state entities on the impact of the built environment on physical activity and public and community health.
<i>Key Activities</i>	Increase awareness about the impact of the built environment on health by developing, promoting and utilizing educational tools and materials related to active living through community design.
<i>Actions</i>	<i>Progress</i>
<i>Completion of Brochure</i>	Final content edits are being made. Brochure title: <i>Designing for Health in New Mexico: How Community Design Can Encourage Physical Activity</i> . Graphic design of brochure still in draft format. Requesting funding for printing of brochure through supporting organizations.
<i>Completion of Calendar of Events</i>	Has been started, but awaiting brochure completion before finalizing calendar. The calendar will list relevant conferences and meetings where information can be displayed. An Advisory Group member will attend each event.
<i>Completion of Newsletter and Journal List</i>	Not yet addressed.
<i>Completion of "Non-traditional" Audience List</i>	This list will be combined with the audience list for the presentations described in the second action item, Develop a calendar of events.
<i>Number of Presentations Delivered</i>	Advisory Group members have delivered presentations during the Great Streets Facility Plan process (for the City of Albuquerque) and at the 2008 New Mexico Chapter of the American Planning Association annual conference.
<i>Number of Related Articles Submitted</i>	To date, no articles have been submitted.
<i>NEW: Develop and Monitor Policies on Built Environment</i>	This action has become a new focus for the Advisory Group to be in alignment with the Council's strategic plan.

Education Systems

<i>Area of Focus</i>	Develop the “Physical Activity and Nutrition Toolkit for NM Schools” for all district School Health Advisory Councils (SHAC), school site teams and others involved in supporting wellness policy implementation. The toolkit will include an inventory of school-based and evidence-based nutrition and physical activity programs and best practices. A tool to evaluate potential programs and curricula will be included to help schools make decisions about purchasing and implementing programs.
<i>Key Activities</i>	<ul style="list-style-type: none"> • Develop an evaluation tool that is based on Action for Healthy Kids criteria for school-based physical activity and nutrition programs or curricula. • Develop an inventory of existing programs and curricula and a resource list of organizations or websites that have lists of reviewed programs. • Disseminate a toolkit which includes the items above, and train district and school-based stakeholders in using these resources.
<i>Actions</i>	<i>Progress</i>
<i>Completion of Program Evaluation Tool for Schools</i>	The Advisory Group has aligned itself with “Action for Healthy Kids” that has set criteria for evaluating school-based physical activity and nutrition programs. These criteria are part of the toolkit being created.
<i>Completion of Resource List</i>	All resources and materials have been obtained for the toolkit. A cover letter is being created to accompany the toolkit of resources.
<i>Completion of Toolkit Promotion and Education Plan</i>	The toolkit will be added to the “Action for Healthy Kids” website as well as the website for the Healthier Weight Council. Once finalized, the toolkit will be presented to the Executive Committee for approval prior to posting to the websites.
<i>Completion of Evaluation Plan</i>	Not yet addressed.
<i>Number of Toolkits Distributed</i>	To date, no toolkits have been distributed nor posted to websites.
<i><u>NEW</u>: Support Policy for Physical Education in Elementary Schools</i>	Due to likely state funding cuts for schools, the group will focus on advocating for continual support of physical education.

Families and Communities

<i>Area of Focus</i>	A skills-based educational approach for families.
<i>Key Activities</i>	<ul style="list-style-type: none"> • Research the field of behavioral management and develop a working definition for behavioral management skills. • Review existing behavioral management tools and resources, and adapt existing tools into a New Mexico-specific, family-oriented, behavioral management skills toolkit which includes a list of existing resources. • Encourage community and family health programs to incorporate the behavioral management skills tool.
<i>Actions</i>	<i>Progress</i>
<i>Completion of Working Definition</i>	The Advisory Group has agreed upon a working definition of behavior management skills. This definition will be used in all communications and in the toolkit development.
<i>Completion of Behavioral Management Skills Toolkit</i>	The group has selected existing evidence-based tools and resources that address healthier weight behaviors. The Advisory Group has received permission from the Clinical Prevention Initiative (CPI) Healthier Weight Workgroup to include their “Getting in Balance” brochure in the toolkit. Additionally, skill-based tips from the CDC will be included, along with an action planning worksheet and tracking tool.
<i>Completion of Flyer to Promote Resources Toolkit</i>	Not yet developed.
<i>Completion of Presentation</i>	Not yet developed.
<i>Number of Presentations Delivered</i>	To date, no presentations have occurred. Awaiting completion of toolkit.

Food Systems

Area of Focus	Greater collaboration of efforts by food system partners in New Mexico to increase access to nutritious foods.
Key Activities	<ul style="list-style-type: none"> • Assess food system issues to lay the groundwork for increasing access to healthier food choices. • Disseminate information to various stakeholders.
Actions	Progress
Develop Library of Food Access Reports	Reports have been collected from the <i>Closing New Mexico's Food Gap Task Force</i> and the <i>Poverty Reduction Task Force</i> . The Advisory Group has members represented on these other task forces and has chosen to align itself with these other agencies and supports their initiatives.
Summarize the Report Recommendations	This action is no longer being pursued since the Task Forces named above already summarize the recommendations.
Number of Report Recommendations Distributed to Policy & Advocacy Groups	On Sept 5 th the <i>Poverty Reduction Task Force</i> recommendations were presented to Governor Richardson. Also the <i>Closing New Mexico's Food Gap Task Force</i> Report was presented to the Legislative Finance Committee and to Governor Richardson.
Number of NM Food Service Providers Added to HWC Resource Directory	Recruitment of new members has not actively been pursued.
Number of Products Added to HWC Website	To date, no products from this Advisory Group have been added to the HWC website; however the recommendations from the <i>Poverty Reduction Task Force</i> and the <i>Closing New Mexico's Food Gap Task Force</i> are ready to be posted on the website once approved by the Executive Committee.
Completion of Fact Sheets	<p>The Advisory Group collaborated with multiple State agencies to create</p> <ul style="list-style-type: none"> • “Together We Can End Hunger in New Mexico” brochure, which is a compilation of government food assistance programs in NM. This brochure is for professionals. (English only) • “Federal Food Programs in New Mexico: A quick guide for families with limited resources”. (English and Spanish)
<u>NEW</u>: Advocate for State Funding for Food Retailers	The Advisory Group is supporting the <i>Closing New Mexico's Food Gap Task Force's</i> request for State funding for pilot projects for food retailers.

Healthcare Systems

Area of Focus	Healthcare systems supporting comprehensive healthcare team education that includes, but goes beyond, physical activity and nutrition counseling to promote healthier weight in clinical settings.
Key Activities	<ul style="list-style-type: none"> • Review, assess, and positively impact the education of healthcare providers-in-training in promoting healthier weight in clinical and community settings. • Educate practicing healthcare providers in the navigation and optimization of reimbursement for promoting healthier weight.
Actions	Progress
Completion of Healthcare Providers-in-Training Programs Assessment Report	The Advisory Group surveyed approximately 15 provider-in-training programs (medicine, nursing, psychology, etc.) and reviewed the results. The Group determined that a letter would be more appropriate than a report, and plan to complete the letter by the end of 2008. This letter will summarize the findings from all the training programs surveyed and will include recommendations for overweight/obesity specific training.
Number of Reports Sent to Stakeholders	Letters will be sent to each of the survey respondents. Additionally the letter will be sent to relevant licensing boards as a means of encouraging the inclusion of healthier weight objectives in licensing exams.
Results from Follow-up Queries Regarding Report	Not yet addressed.
Completion of Review of Coding & Reimbursement Guidance for Primary Care Providers	The Advisory Group has adopted the Coding & Reimbursement handout created by the CPI Healthier Weight Workgroup for adults. The Group has requested a pediatric version for Coding & Reimbursement from Envision New Mexico.
Completion of Review of Coding & Reimbursement Guidance for Other Healthcare Professionals	The Group continues to investigate through their various institutions acceptable Coding & Reimbursement allowed for other healthcare professionals.
Request to Executive Committee for Endorsement of Documents	The CPI's Coding & Reimbursement handout that the Advisory Group adopted was presented to the Executive Committee for approval to post on website.
Number of Council Publications that Include the Endorsement of Documents	To date, no Council publications include endorsements of documents.

Worksites

Area of Focus	Increase employers' awareness of the benefits of physical activity and nutrition.
Key Activities	<ul style="list-style-type: none"> • Conduct an employer survey to determine employers' awareness of the effects (productivity, morale, retention, absenteeism, etc.) of increasing the physical activity and nutrition status of their employer groups. • Review existing employee wellness resources and best practice guidelines, and adapt existing resources into a New Mexico-specific, worksite wellness toolkit for employers. • Distribute toolkit and evaluate how employers use it within their populations.
Actions	Progress
Number of Employers Surveyed	<p>A questionnaire was developed and a total of 109 employers (large and small) across the state were surveyed. The following results confirm the need for a toolkit:</p> <ul style="list-style-type: none"> • 68% responded that they have <i>no</i> or <i>very few</i> resources available to assist employees in achieving and maintaining a healthier weight. • 76% responded that they are <i>somewhat</i> to <i>very</i> interested in developing a worksite wellness program. • 81% responded that they are willing to support educational programs for employees.
Completion of Employer Toolkits	The outline for the toolkit is complete. The name has been changed from "toolkit" to "database". Based on the survey responses the Advisory Group is reviewing resources for the database.
Number of Toolkits Distributed	To date, no toolkit (database) has been distributed.
Completion of Employer Survey Regarding Toolkits	Not yet addressed.

Relation of Advances to the State Plan Strategic Goals

The *New Mexico Plan to Promote Healthier Weight: 2006-2015* contains five strategic goals. These strategic goals will continue to guide the activities and priorities of the New Mexico Healthier Weight Council throughout the ten years of the Plan's scope. Advisory Group focus areas support at least one of the five strategic goals.

Partnerships and Resource Development: Mobilize a network of community and statewide partners	
From the Plan:	A key focus is on establishing and strengthening relationships, creating or linking coalitions, and developing other types of formal and informal agreements between groups in order to accomplish plan objectives. State, federal and other financial resources need to be identified and acquired. While the New Mexico Department of Health Physical Activity & Nutrition Program for Healthier Weight will take the lead in coordinating partners through a newly developed New Mexico Healthier Weight Council, other organizations will play equally important leadership roles and carry out portions of the plan activities.
2008 Advances	<ol style="list-style-type: none"> 1. <i>Community & Regional Planning:</i> Collaborated with "NM American Planners Association". 2. <i>Education System:</i> Aligned with "Action for Healthy Kids" for toolkit resources and materials. 3. <i>Families and Communities:</i> Adopted the "Getting in Balance" brochure from the CPI Healthier Weight Workgroup. 4. <i>Food Systems:</i> Developed partnership with the "Closing New Mexico's Food Gap Task Force" and the "Poverty Reduction Task Force". 5. <i>Healthcare Systems:</i> Adopted coding guidelines from the CPI Healthier Weight Workgroup.
Policy: Develop, implement and enhance policies that support healthful nutrition and physical activity	
From the Plan:	The purpose of this goal is to affect populations by creating long-term changes in laws, policies, and organizational and societal norms. Policies support healthful behaviors and social and physical environments that encourage healthy lifestyles. These can be implemented at multiple levels, such as in families, workplaces, healthcare settings and schools as well as municipal, county, state, and Tribal governments.
2008 Advances	The decision was made that the HWC could be most effective by focusing on education, policy, and advocacy. Instead of having a separate policy committee, the Executive Committee added a Policy & Advocacy Consultant who would provide guidance and feedback to all six Advisory Groups. All settings will be involved with education, policy, and advocacy by 2010.
Behavioral Management Skills and Social Support: Increase use of behavioral & social strategies among individuals & groups	
From the Plan:	Behavioral strategies include teaching widely applicable behavior management skills such as goal setting, monitoring progress, and structural problem solving. Social strategies focus on building, strengthening, and maintaining social networks that provide supportive relationships for healthy lifestyles. Both strategies involve changes in the home, family, community, school and work environments.
2008 Advances	<ol style="list-style-type: none"> 1. <i>Families and Communities:</i> Assembled resources to include in a toolkit to improve behavior management skills.
Information: Boost the use of media and educational activities	
From the Plan:	Media and educational activities focus on providing information that will inform, motivate and enable individuals and policymakers to make decisions that influence their health and the health of others. Materials developed and used to support this goal will be appropriate for the target audience. Counter marketing with media literacy will be used to address advertising and marketing that promotes unhealthy weight.
2008 Advances	<ol style="list-style-type: none"> 1. <i>Community & Regional Planning:</i> Created a brochure to educate local decision makers on the relationship between health and the built environment. 2. <i>Food Systems:</i> Developed the "Together We Can End Hunger in New Mexico" brochure, which is a compilation of government food assistance programs in NM. 3. <i>Healthcare Systems:</i> Adopted coding guidelines to be posted on the website so providers can get reimbursed for assessing and treating overweight and obesity.
Evaluation, Surveillance and Research: Contribute to building the evidence base of effective strategies to prevent and control obesity	
From the Plan:	Partners will share evaluation, surveillance and research results with New Mexican and national partners to contribute to this developing area of knowledge and practice. This will enable communities and states to learn from each other, provide opportunities to identify and replicate effective interventions, and adapt them as necessary. Partners will also participate in developing data collection and management tools for the state plan.
2008 Advances	<ol style="list-style-type: none"> 1. <i>Healthcare Systems:</i> Surveyed, analyzed and provided feedback recommendations to provider-in-training programs regarding overweight and obesity training offered in the various curriculums. 2. <i>Worksites:</i> Surveyed 109 employers on wellness programs offered to employees. Results will be used to create database of resources.

Conclusion

This report provides the descriptions of those activities undertaken by members of the New Mexico Healthier Weight Council during 2008. While it is not a comprehensive listing of all activities undertaken by member organizations, it provides a clear overview of the types and range of activities specifically related to the Healthier Weight Council goals. The activities reported demonstrate 1) the flexibility of Council members to adjust to the change in funding resources; 2) the collaborative nature of the Council; and 3) completion or near-completion of numerous projects that support *The New Mexico Plan to Promote Healthier Weight*. This is truly a volunteer organization whose members have a passion and commitment to improve the rate of overweight and obesity in New Mexico.

The next steps in this process will include completing activities outlined in the 2008 Action Plan and developing the 2010 Action Plan. The focus for 2010 is on education, policy, and advocacy. The Executive Committee will support the Advisory Groups by providing information and guidance for increased involvement in local and state policy initiatives at multiple levels, including families, communities, organizations, and governments.

Invitation to Join the Council

Individuals interested in being a part of this important agenda are invited to join the NM Healthier Weight Council. The Council meets three times annually, and the individual Advisory Groups continue work between meetings, often through e-mail or conference calls. Advisory Groups are asked to provide annual updates of their activities related to the Council goals, participate in identifying and planning priority activities, celebrating member achievements, and coordinating resources. Contact Leslie Shainline, Council Chair, for more information at (505) 265-1711 x 2393.