

## Colorado

**Title:** Creation of an Early Childhood Obesity Prevention (ECOP) position and work plan

**People involved:** Internal advisory group with representation from MCH, WIC, Child and Adult Care Food Program (CACFP) and the CDC-funded Nutrition and Physical Activity (COPAN) grant; and, multiple external stakeholders.

**Background/Introduction:** Recognizing that mounting evidence points to the importance of focusing on intrauterine life, infancy and preschool years to establish long-term regulation of energy balance, the Prevention Services Division of our Department formed a workgroup in 2008 to consider how best to use the evidence toward integrated programming efforts for the prevention of childhood obesity.

**Project Goals:** The goals of the workgroup were to determine what factors are associated with early childhood obesity prevention, which of those factors have the greatest level of evidence, and where Colorado programs could strategically leverage and invest resources to prevent early childhood obesity.

**Methods:** MCH and CDC/COPAN funds were used to hire outside contractors, overseen by the workgroup, to conduct assessments, literature and evidence reviews, gap analyses, and key informant interviews. In January 2011 a two-day Stakeholder Meeting was held to share the research and assessment findings, identify priorities and obtain input as to role our Department should play in this effort.

**Results:** A summary report of the workgroup's activities, evidence found in the literature, findings from assessments conducted and results of the stakeholder meeting will be completed in April 2011. Based on this and other work, CO MCH has chosen ECOP as one of nine priorities for their work over the next 5 years. Further, a decision has been made to create an Early Childhood Obesity Prevention position funded by MCH, WIC and COPAN and housed in the Nutrition Services (WIC & CACPF) Branch.

**Summary/Discussion:** We believe a work plan based on this integrated and cooperative approach, funded by multiple programs, based on the highest level of evidence and the Life Course model will have a high likelihood for success.

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