

# Spartanburg Childhood Obesity Taskforce Annual Report 2013

Advancements in Prevention

December 16, 2013

# Spartanburg Childhood Obesity Taskforce Annual Report 2013

## Advancements in Prevention

### A note from the Steering Committee

What a banner year for the Spartanburg Childhood Obesity Taskforce (SCOT)! We celebrated a number of accomplishments in 2013, and we continue to work toward our mission of decreasing childhood obesity. After restructuring committees and meeting times, our collaborations grew, and new Taskforce and committee members have added so much value, expertise, and energy to our efforts. Because obesity is one of five community health priorities of the Road to Better Health, we encourage you to review *The Status of Public Health Spartanburg County, South Carolina 2013 Update* published by the Spartanburg Community Indicators Project ([www.strategicspartanburg.org](http://www.strategicspartanburg.org)). We continue to measure our efforts through the Road to Better Health matrix, as well as through BMI surveillance data of 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> grade students, thanks in partnership with the Spartanburg County School Districts 1-7. Successful partnerships and leveraged funding, as well as specific program and policy advancements, are highlighted in this annual report. We also hope to engage you in the conversation if you are not already a member of the Taskforce or committees. Together, we can reverse obesity and improve the health of the children in our community.

### Launch of Good For You Spartanburg

On January 11, 2013, the SCOT launched Good For You Spartanburg ([www.goodforyouspartanburg.org](http://www.goodforyouspartanburg.org)), a branding campaign created to capture the broad-based grassroots, nonprofit, institutional, and governmental support for the development of a healthy Spartanburg County. It promotes local choices for healthy lifestyles, focused on healthy eating, active living, and chronic disease prevention.



**Vision:** Improve health behaviors and prevent chronic diseases such as obesity, diabetes and cancer.

**Purpose:** Serve as an online guide for eating healthy and moving more in Spartanburg County. Equip worksites, places of worship, schools, and others with resources to be healthier through a partnership program.



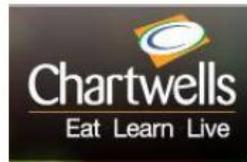
Funding for this project was made available by the ACHIEVE (Action Communities for Health, Innovation, and EnVironmental change) grant. Good for You Spartanburg is managed by Partners for Active Living and also supported by an AmeriCorps\*VISTA grant by the United Way of the Piedmont.

Development of an awareness campaign is in the works for 2014. Partners featured on page 2 have joined under one of the 13 sectors.

2013 Good For You Spartanburg Partners



Spartanburg Regional



Hurricane Martial Arts



Restaurant Partners



Stone Soup

Taco Dog

Gerhard's Café

Cribbs Kitchen



Garners Natural Foods

The Farmers Table

Converse Deli

Cuzina Grill

City Range



Spartanburg Regional Food Services



## Healthy Eating

The Healthy Eating Committee continued its work to improve access to healthy foods throughout the community. The work of the committee has been to identify healthy food outlets and educate consumers about their value.

The Good For You Spartanburg menu-labeling initiative focused on supporting local and small-chain restaurants to label appetizers, entrees and side items that meet healthy nutritional standards. With funding from Eat Smart Move More South Carolina, the Hub City Farmers' Market hired a dietician to develop evidence-based standards, and to analyze submitted menu items for adherence to those standards. Ten restaurants currently participate, and the committee continues to work with those restaurants to best educate consumers about what the labeling means. The committee is also pursuing the sustainability of the program with partners taking on important roles.



SCOT partners were also active in working to increase consumption of fresh produce. The Hub City Farmers' Market's Mobile Market, which was developed with funding from the Mary Black Foundation leveraged through the Healthy Kids Healthy

Communities initiative, sold over five tons of fresh local produce this season, working with 19 different partners that host visits.



The Healthy Food Hub, located on Howard Street near the Via College of Osteopathic Medicine campus, broke ground recently, with construction set to be complete in the spring 2014. The Healthy Food Hub will include an urban farm and a full-time retail produce store, outdoor covered space for the Farmers' Market and a cafe operated by the Butterfly Foundation.

Partners for Active Living and its Healthy Kids Healthy Communities initiative worked with the South Carolina Commission for the Blind and Spartanburg County to support the Commission's healthy vending program. Spartanburg County government requested healthy vending in all its buildings, and the County Parks Department has also requested healthy vending options from the Commission.

## Active Living

The Active Living Committee identified the need to better connect our trails network and so worked with partners and a consulting firm to create the Spartanburg Trails and Greenways Plan funded by the City and County, as well as the Healthy South Carolina Initiative. The projects will connect important community assets like the Mary Black Foundation Rail Trail and Spartanburg Community College's downtown campus to our elementary schools and neighborhood. By providing options for travel, we hope to increase activity levels as well as create active community places for all residents.



This year, Partners for Active Living was pleased to announce the signing of agreements between School District 6, School District 7 and the City of Spartanburg to open school playgrounds to the community for use outside of school hours. These shared use agreements have expanded opportunities for children to play without building a single playground.

PAL is also leading an effort to construct a new play area on the Mary Black Foundation Rail Trail. Duke Energy has leased a 7-acre property to the City for use as a park. Designs are currently being developed, and implementation should begin in the summer of 2014. This effort will enhance the Trail for the 65,000 annual users, up from 25,000 users in 2009.



## Schools

The Schools Committee chose to support several topics of school health and wellness this year, including Safe Routes to School and October's International Walk to School Day, which boasted the highest participation for a county in the state of South Carolina (52 schools participated). The Committee also identified potential candidates to qualify for SC Safe Routes to School level designation of Silver or Gold, and served as community members for walkability audits for that process. They also helped celebrate community leader Jane Abbott and Spartanburg Public Safety for their roles in Safe Routes to School.



The committee also continued to advocate for nutrition improvements like Healthy School Lunch programs and snack policies at a school-wide level and supported overall wellness policy review and support for school districts' Coordinated School Health Advisory Committees.

Funded in 2013 by the Healthy South Carolina Initiative, Partners for Active Living and the Hub City Farmers' Market released a call for nominations for the Spartanburg Healthy Schools Project. The purpose of this project is to pilot healthier school environments that promote physical activity and healthy eating among students, staff, and families in three public schools in Spartanburg County: Holly Springs Motlow Elementary, Hendrix IB World School, and West View Elementary. The schools use nationally recognized Healthy Schools Framework from the Alliance for a Healthier Generation. Lessons learned from these pilots, among other school wellness topics, will be presented at the Healthy Schools Summit on June 5<sup>th</sup>, 2014 (see page 6 for more details).



## Afterschool/Youth Programs

The Afterschool /Youth Programs Committee spearheaded a county-wide training for SCOT on April 26, 2013, in partnership with Spartanburg County Parks and Recreation, City of Spartanburg Parks and Recreation, DHEC, Partners for Active Living, Spartanburg Regional Hospital System, Boys and Girls Club of the Upstate, and Big Brothers Big Sisters of the Upstate. The training provided 80 participants free education for public, private & non-profit childcare providers in an effort to fulfill instruction on CDC best practice policies in nutrition and fitness. This training was certified by SC Department of Social Services and participants received 3 credit hours of continuing education to meet new standards set by SC DSS. Over the past year, the Afterschool /Youth Subcommittee grew to 10 members with ever continuing support from partners.



## Preschools/Childcare Centers

This year, the Preschools Committee focused on policy and practice changes within the center setting, including improvement of physical activity, healthy eating, screen time, and employee wellness. The Eat Smart Move More Grow Healthy Toolkit, a collaboration of DHEC, Eat Smart Move More SC, and DSS, launched with a pilot phase in October 2012, and fully expanded in 2013. By the end of this year, 28 centers childcare centers in Spartanburg County will have received training, performed child care assessments, and created action plans to improve policies and procedures. Members of the committee continue to serve as follow up support for the trained centers and hope to achieve a "train the trainer" status from DHEC in early 2014.

## Healthy Kids, Healthy Communities Wrap Up

In its final stages, Robert Wood Johnson Foundation’s Healthy Kids Healthy Communities project in Spartanburg has meant successful changes and funding leveraged for lead agencies HCFM and PAL. The four-year grant, which aimed to address childhood obesity concerns in Spartanburg County through physical and policy changes, had a two-pronged focus:

- (1) Establish community models by working with four distinct communities, Pacolet, Woodruff, the Cleveland Park area of the City of Spartanburg (Northside), and Boiling Springs, to improve healthy eating and active living,
- (2) Focus on large-scale, sustainable community mobilization to change policies that impact childhood obesity rates.

The work resulted in:

- Changes to an intersection near the Northside’s Chapel Street Park to significantly slow traffic and make it safer for everyone, especially children, to get to the park from their homes,
- A joint use agreement between the City of Spartanburg and Spartanburg School Districts 6 and 7 that open up school playgrounds to the community after school hours and in the summer,
- The development of the Hub City Farmers’ Market’s Mobile Market,
- A trail connecting the county park facility to Woodruff Middle School, which will be completed in May 2014,
- A workshop for Pacolet’s Town Council and boards and commissions that highlighted the economic, health, social, and environmental benefits of park space,
- Road renovations on McMillan Boulevard in Boiling Springs, near VaDuMar Park.

Many projects that started under the Healthy Kids Healthy Communities grant will continue, and they include:

- Creation of a trail plan and focus on trail development,
- Improvement in school health and wellness policies,
- Development and staffing for the Childhood Obesity Task Force & Good for You Spartanburg partnership,
- Menu-labeling at local restaurants,
- Training of after-school program providers in healthy eating and active living.



## The Measurements

The Spartanburg County School District Body Mass Index (BMI) project was implemented under the auspices of the Spartanburg Childhood Obesity Taskforce. All seven Spartanburg School Districts participate in the project, and the measurements are obtained from children attending public schools in 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> grades. This vital data would not be possible without the cooperation, collaboration, and dedication of the Spartanburg County School Districts. The SCOT sincerely appreciated their commitment to this important project, and they are to be commended for taking a major step in a community-wide effort to address the problem of childhood obesity.

### Key Findings of the 2012-13 Report:

- 27.6% of 1<sup>st</sup> Graders were obese or overweight
- 33.8% of 3<sup>rd</sup> Graders were obese or overweight
- 41.3% of 5<sup>th</sup> Graders were obese or overweight
- Differences/Disparities exist between White, African American, and Hispanic children
- Differences/Disparities exist between socioeconomic status groups.



Measurements for the 2013-2014 school year have been completed and the report will be released in the Spring of 2014.

## Funding and Resources Leveraged

Since its inception, the Spartanburg Childhood Obesity Taskforce and its partners have been able to leverage approximately \$821,938 for childhood obesity prevention efforts in Spartanburg County, in addition to the investment of \$360,000 by the Robert Wood Johnson Foundation. These funds range from federal funds to foundation support to individual donations.

## Other Achievements by Member Organizations

**New Impact Program:** A treatment program for overweight or obese children ages 6-21 and their families, the eight week program provides a multidisciplinary approach to managing weight and addressing related medical, social, and emotional issues; cooking and nutritional classes; support groups; fitness classes at the Y, and family activities. On-going support is available. The program is funded by Women Giving for Spartanburg and a partnership between GHS Children's Hospital and the YMCA of Greater Spartanburg. The program is fee based and accepts self-referrals. For more information, please contact New Impact at GHS Children's Hospital at 864-675-3488

**5-2-1-0 Pediatrician Toolkit Pilot:** Eat Smart Move More SC and the SC Medical Association released a toolkit for pediatricians and chose several pilot locations across the state, in Spartanburg, Anderson, Colleton, and Charleston Counties. ReGenesis Healthcare physicians and staff are utilizing the toolkit with young patients and their families to discuss steps to take to reduce obesity and improve health. Its purpose is to routinely assess BMI in children, recognize behaviors that are contributing to weight gain and to create a plan of action with children who are obese or at risk of becoming obese. It provides tools to assist health care providers in screening for overweight and obesity, assessing contributing behaviors for change, motivational interviewing and providing patient education and support. 5-2-1-0 stands for:

5 Servings of fruits and vegetables each day  
2 Hours or less of screen time each day

1 Hour or more of physical activity each day  
0 Sugar-sweetened beverages

