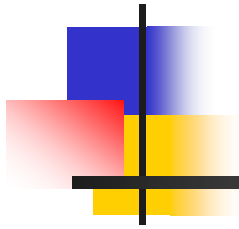


Childhood Obesity Research in Chicago: Looking Ahead



Katherine Kaufer Christoffel, MD, MPH
CLOCC Medical and Research Director

CLOCC in March:

Time to Think About Research

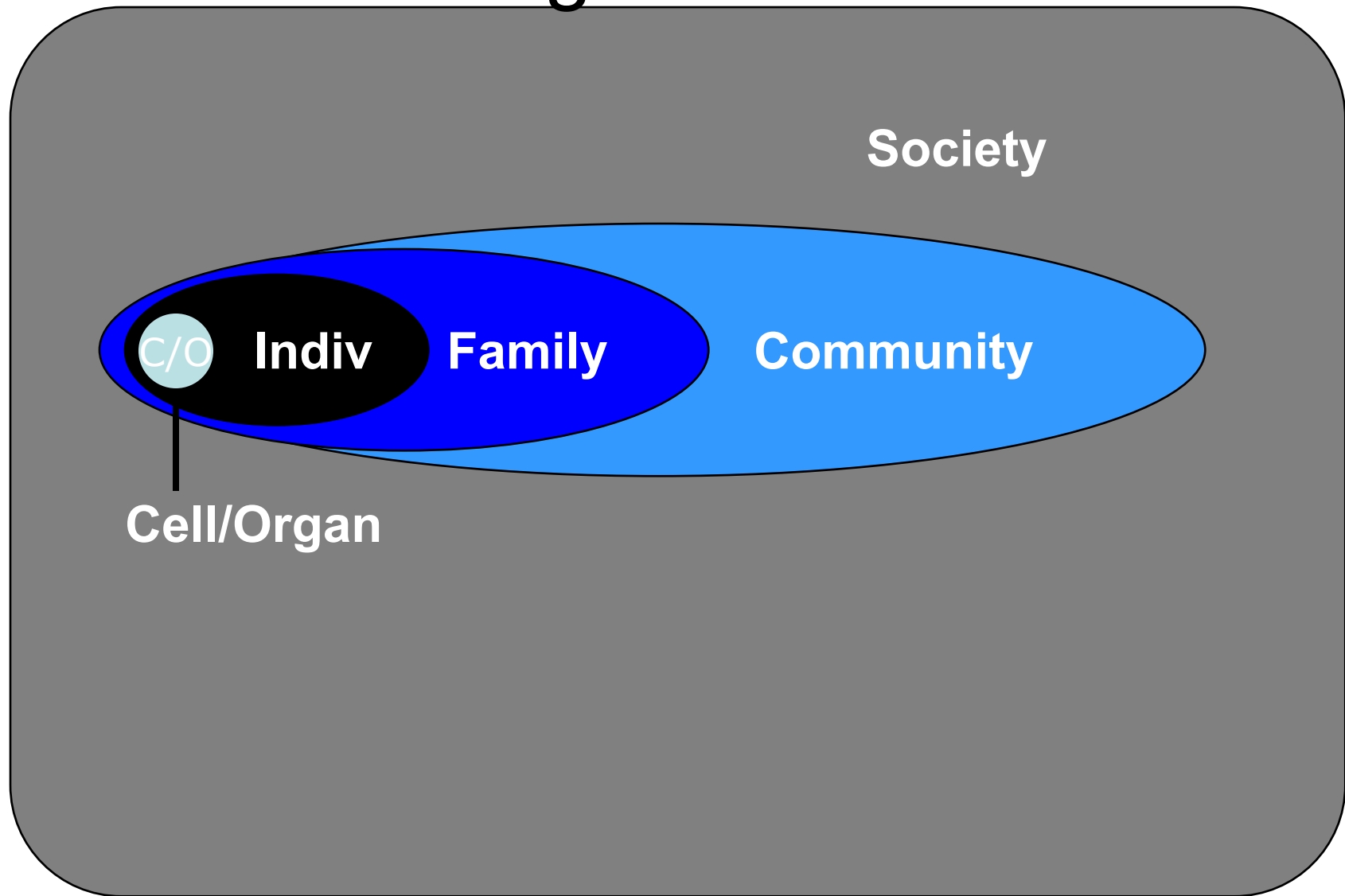
- Most of the year we focus on program
 - We review others' research as guides
- At this meeting, we think as researchers
 - What questions need to be answered?
 - How are we going about answering them?
 - What are we learning
 - What are the next questions?



Research at this QM

- Presentations and abstracts of work done over the last year
- This talk: looking ahead
 - How do CLOCCers think about research?
 - What questions are most pressing?

Our Thinking is Based on an Ecological Model

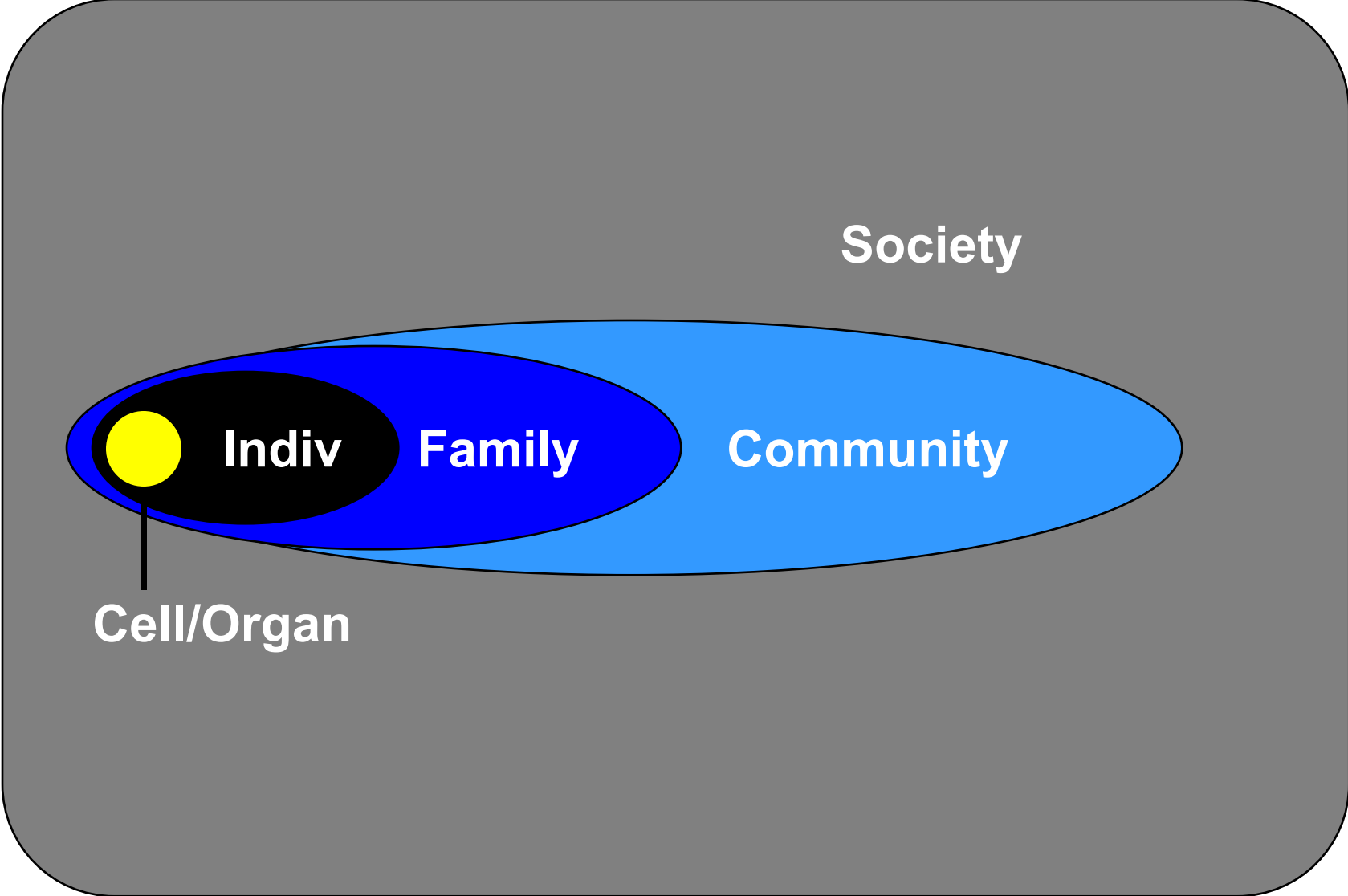




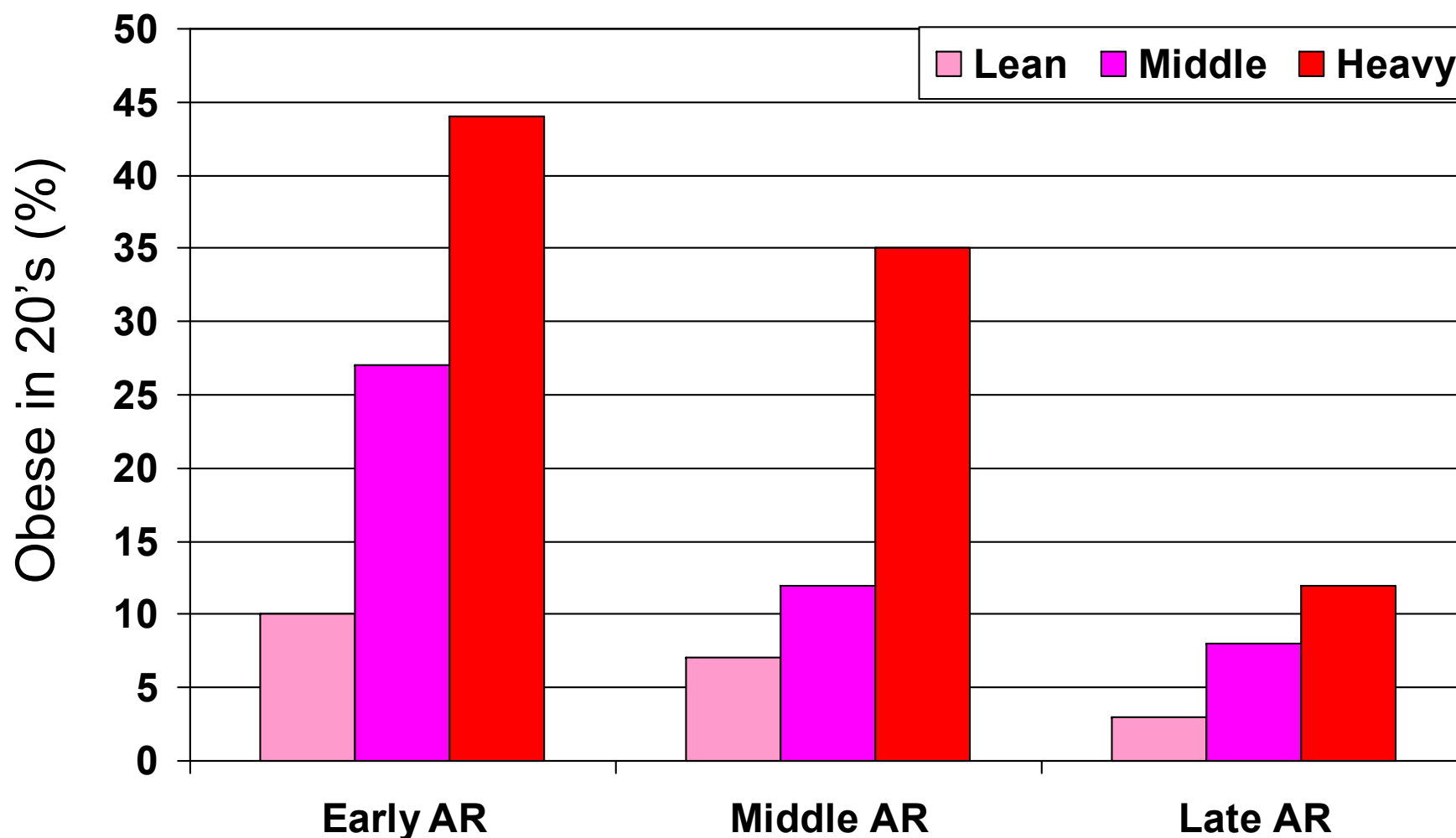
Ecological Model re Research

- Questions at each level
- Questions about how the levels interact

- Let's scan a few issues/Qs

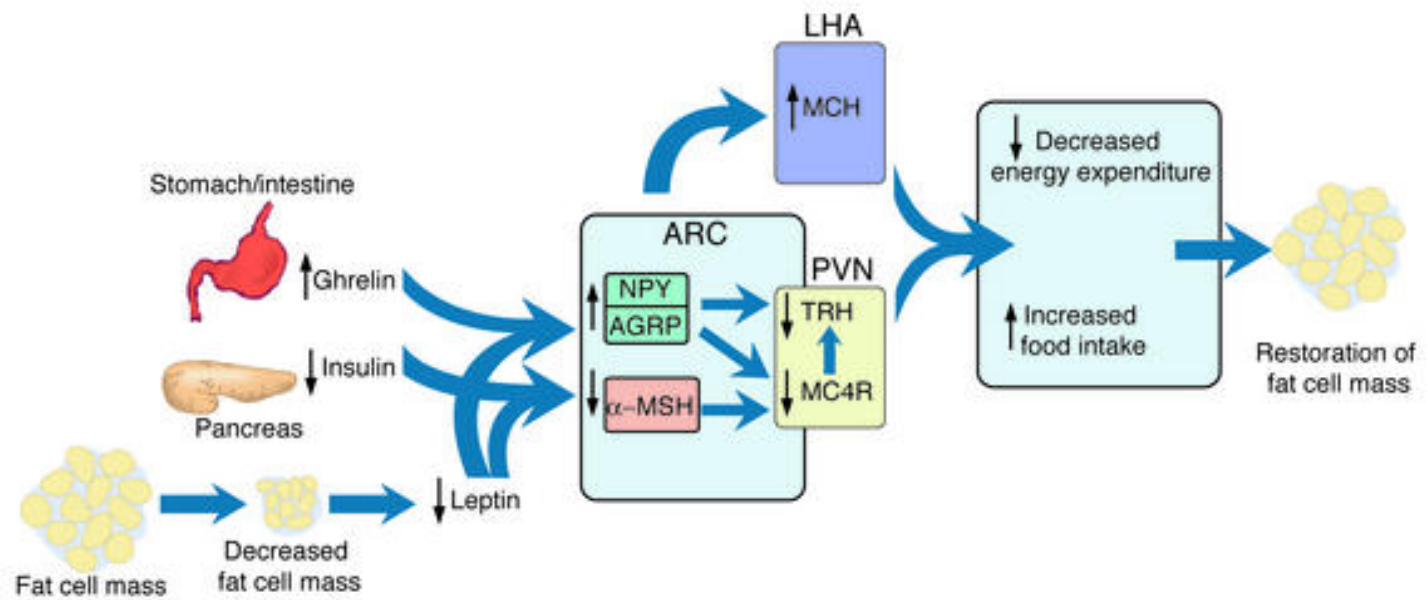


Adiposity Rebound and Obesity



Whitaker et al. *Pediatrics* 101, 1998

www.pediatrics.org/cgi/content/full/101/3/e5

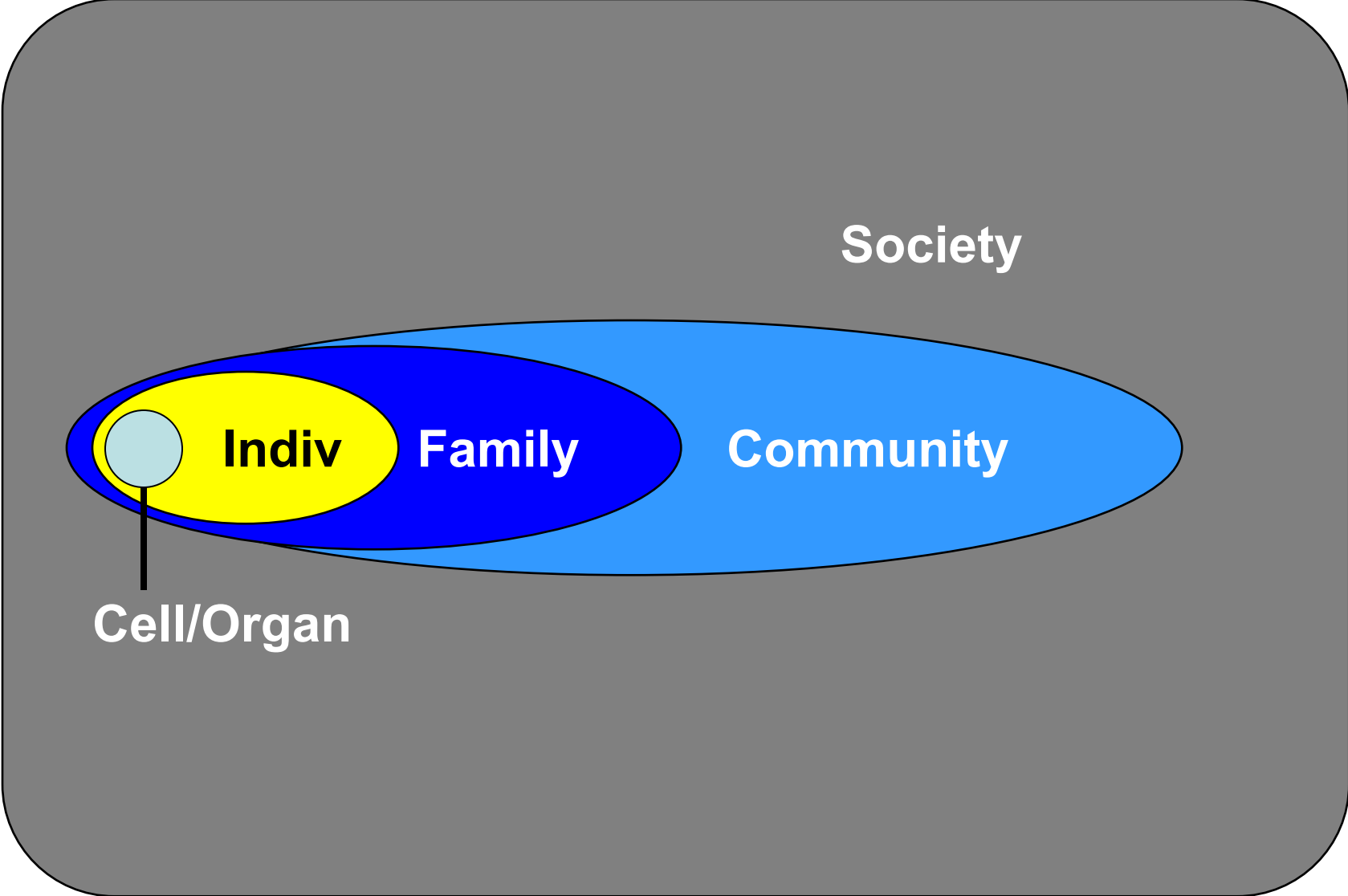


JCI 2003;111:567



Some Pertinent Questions at Cell/Organ Level

- What predicts serious problems in obese children, e.g., fatty liver?
 - Diet/activity, blood chemistries, genes
- What reduces problems...
 - Diet/activity, blood chemistries, genes



Breast Feeding and Obesity

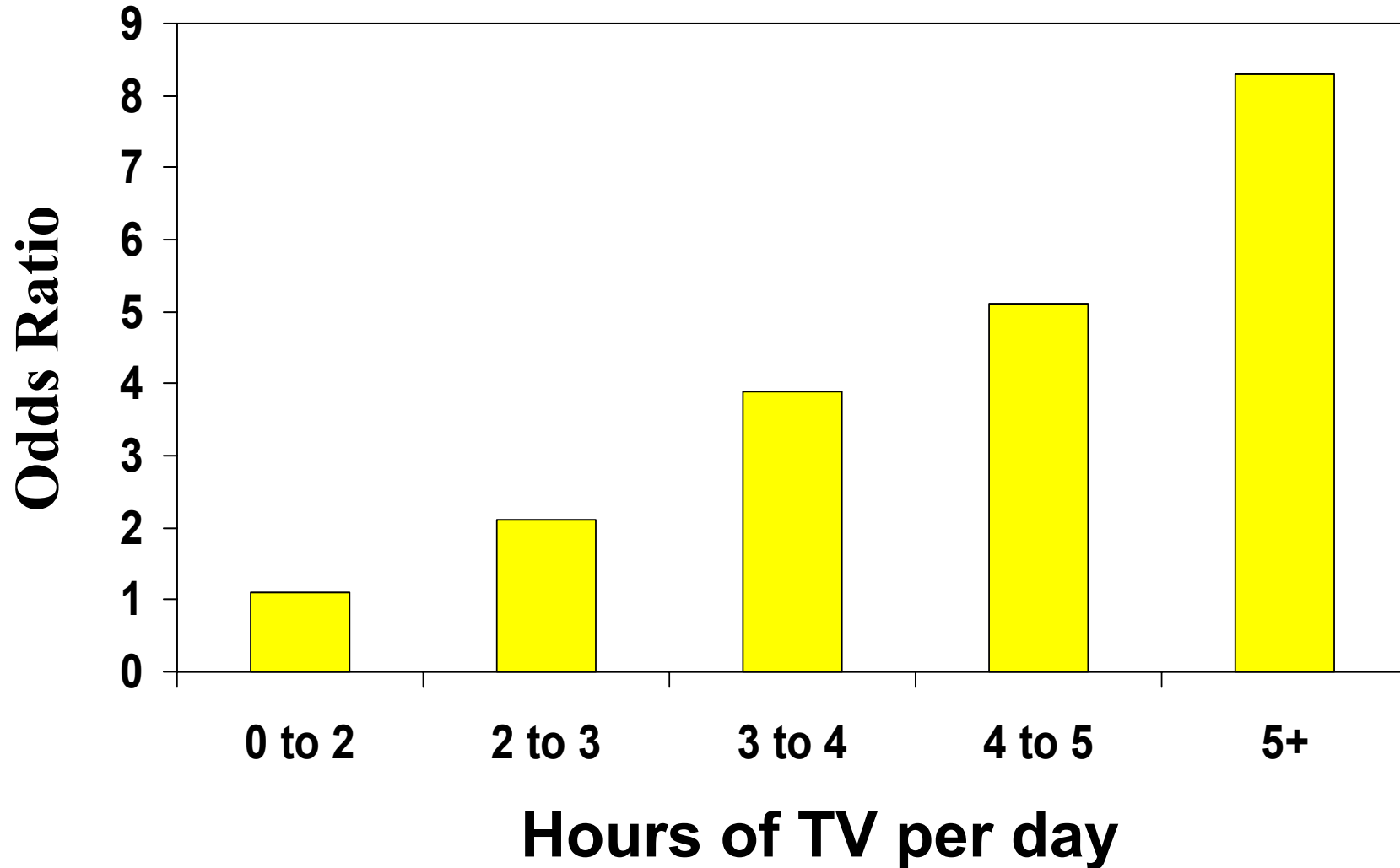
Breast Feeding

***Obese At
School Age (OR)***

None	5.6
< 2 months	4.8
3-5 months	2.9
6-12 months	2.1
> 12 months	1.0

Von Kries et al. BMJ 1999;319:147-150.

TV viewing & obesity incidence



Gortmaker et al. Arch Pediatr Adolesc Med 1996; 150: 356-362.



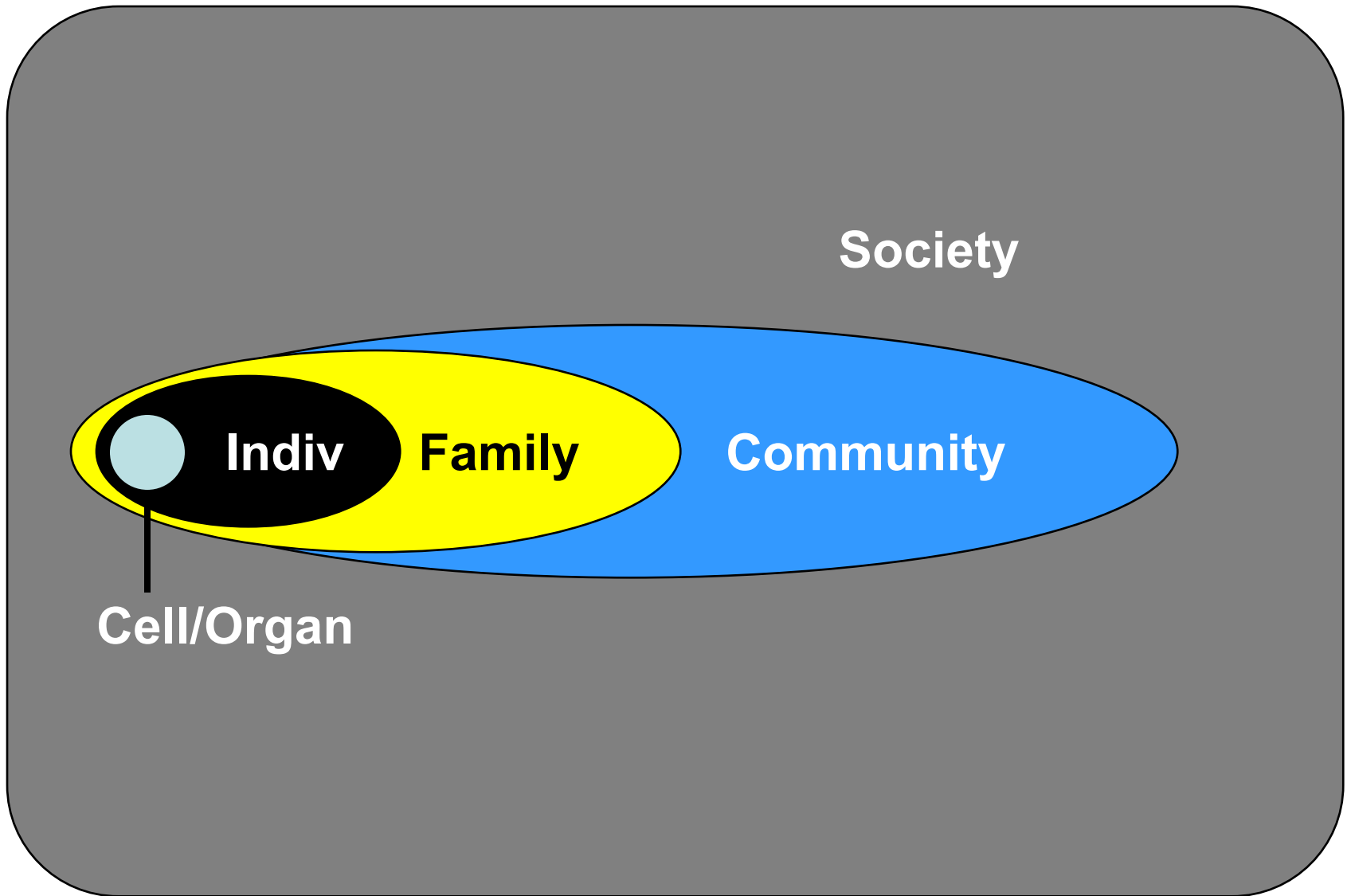
Other Individual Level Factors

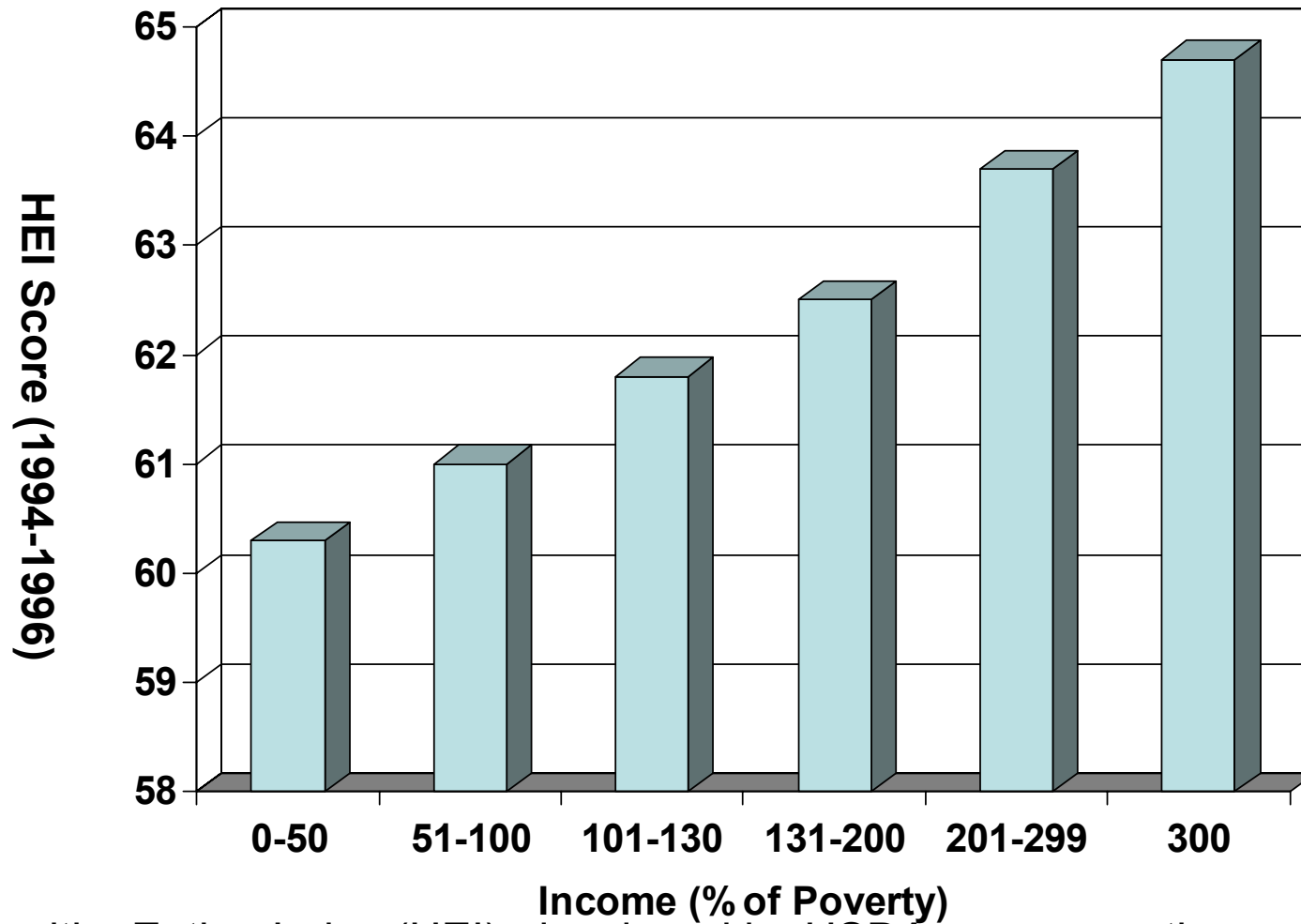
- Diet
- Activity
- Psychology/Temperament



Some Pertinent Questions at Individual Level

- What personal changes in diet/activity reduce risk of obesity?
- What are the most effective ways to foster such changes?
 - How can these best be tailored to suit?





Healthy Eating Index (HEI), developed by USDA measures the quality of the total (100 point scale)

Parent Reported QOL in Population Sample of 9-12 year olds in Australia

	NL	AROW	OW	P
Mat ed ≤ 10y	80	75	71	0.002
Mat Ed >12y	86	86	81	0.560
SES q1	82	79	79	0.280
SES q4	85	84	66	<0.001

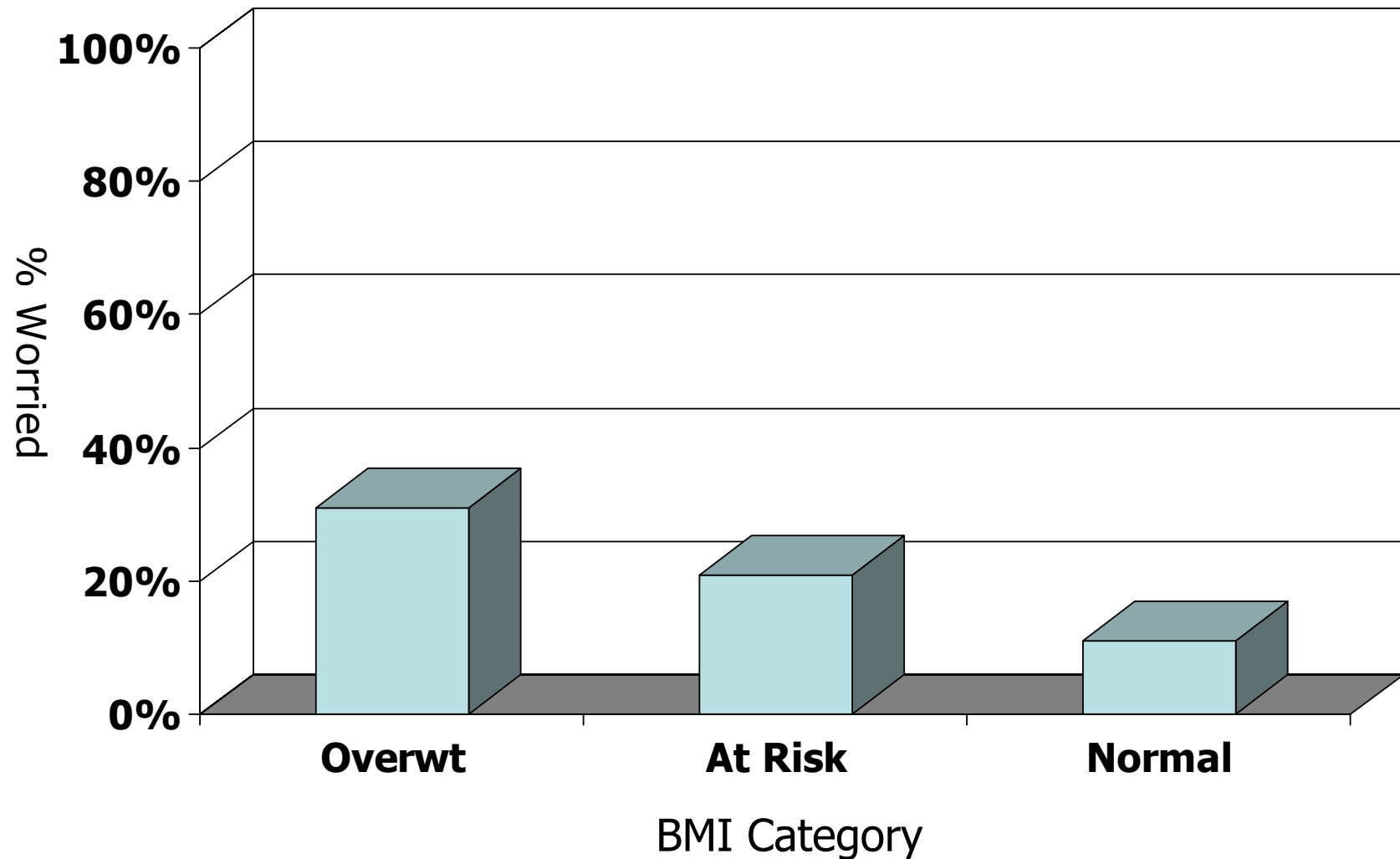
JAMA 2005;293:73.



Pediatric Clinical Care Is Family Based

- Pediatric Practice Research Group (PPRG)
 - Helen Binns, MD, MPH, Adolfo Ariza, MD
 - Helping to lead the Clinical Practices WG
- Growing body of work
 - Describe patients, parent perceptions
 - Describe care and effects of changes in it

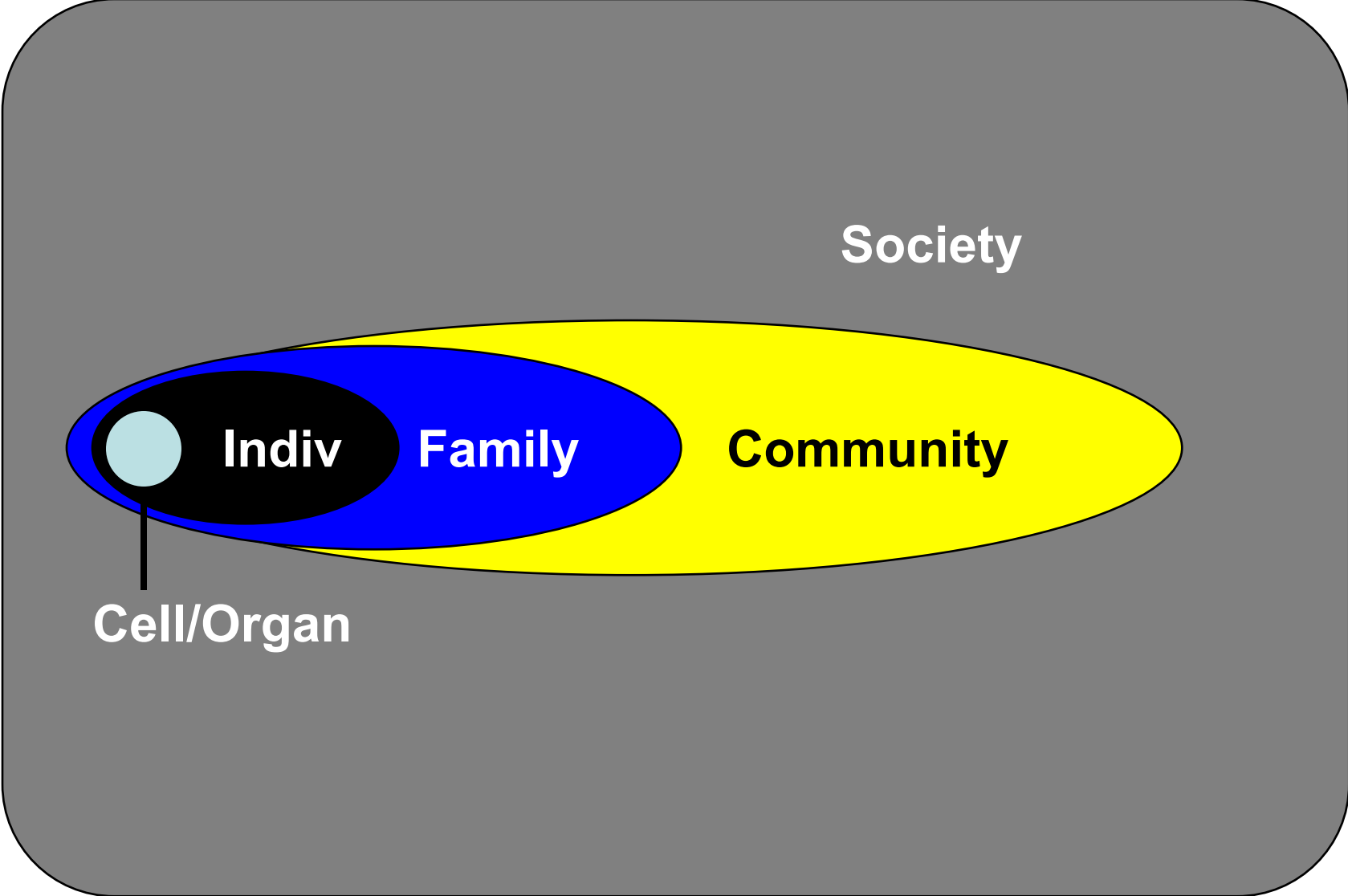
Parents Worried About Their Child's Weight According to BMI%



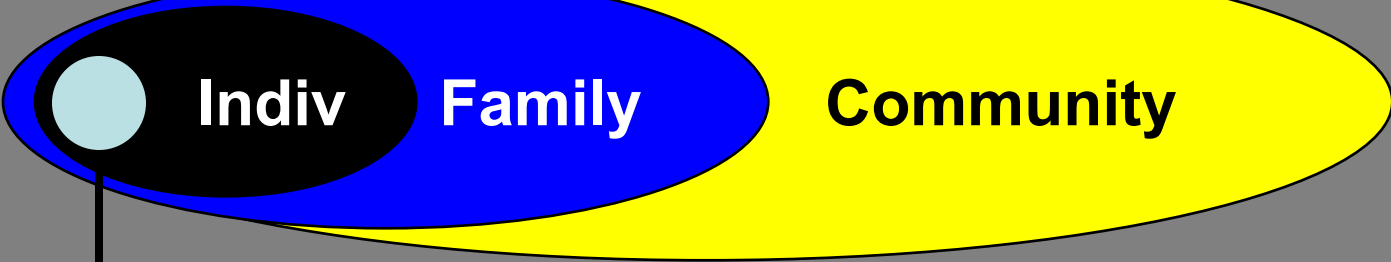


Some Pertinent Questions at Family Level

- What family changes in diet/activity reduce risk of child obesity?
- What are the most effective ways to foster such changes?
- What do parents understand about their children's weight?
 - Does improved understanding promote healthy lifestyle changes?

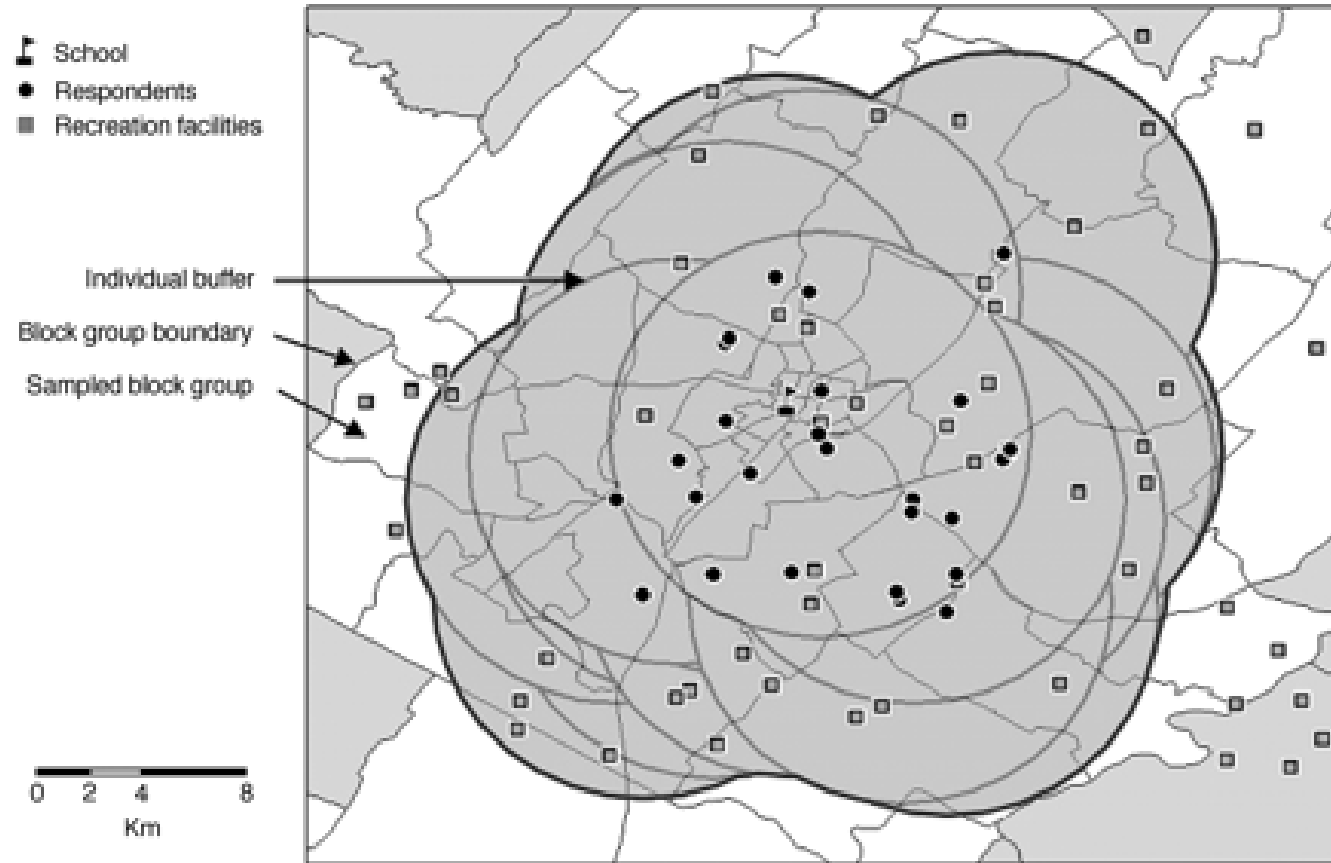


Society



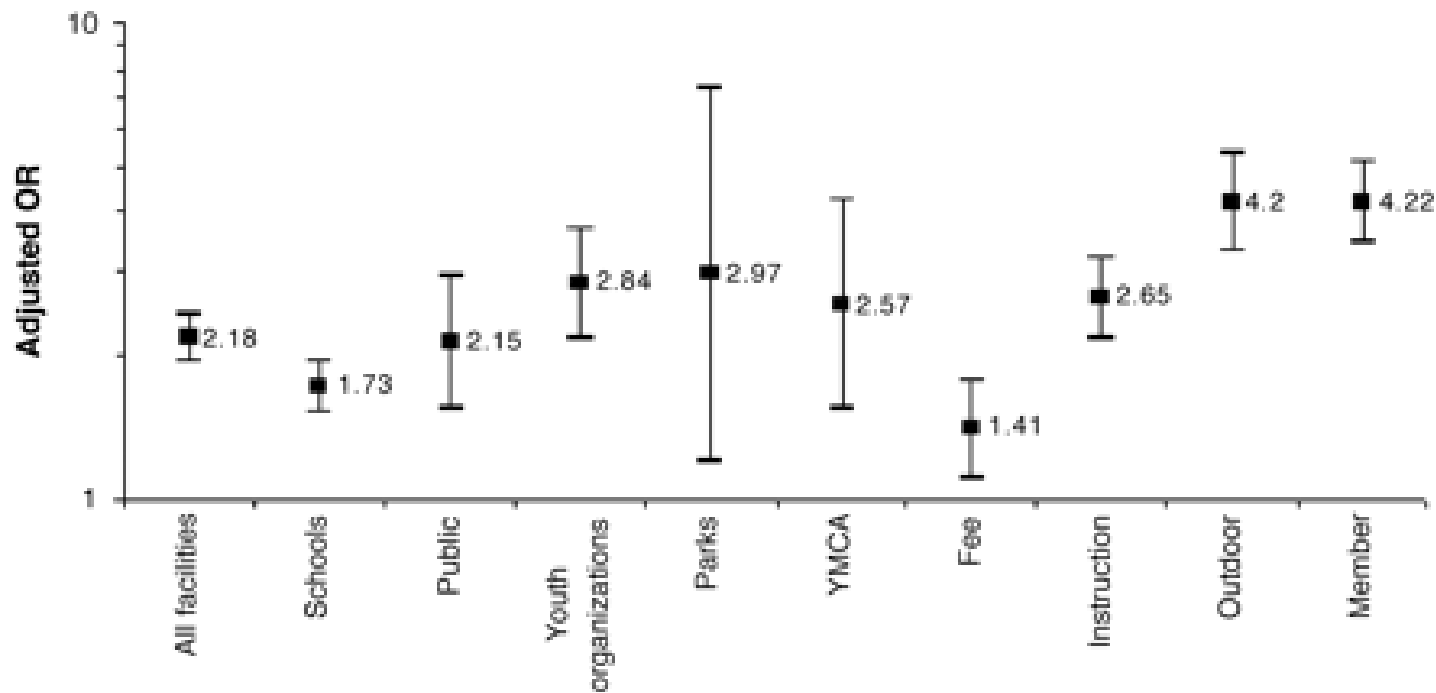
Cell/Organ

Sampling Around Block Groups: 8 km Buffers



Pediatrics 2006;117:417-424

Odds of Having Facility per 100% Increase in % Pop with \geq College Edn



Pediatrics 2006;117:417-424

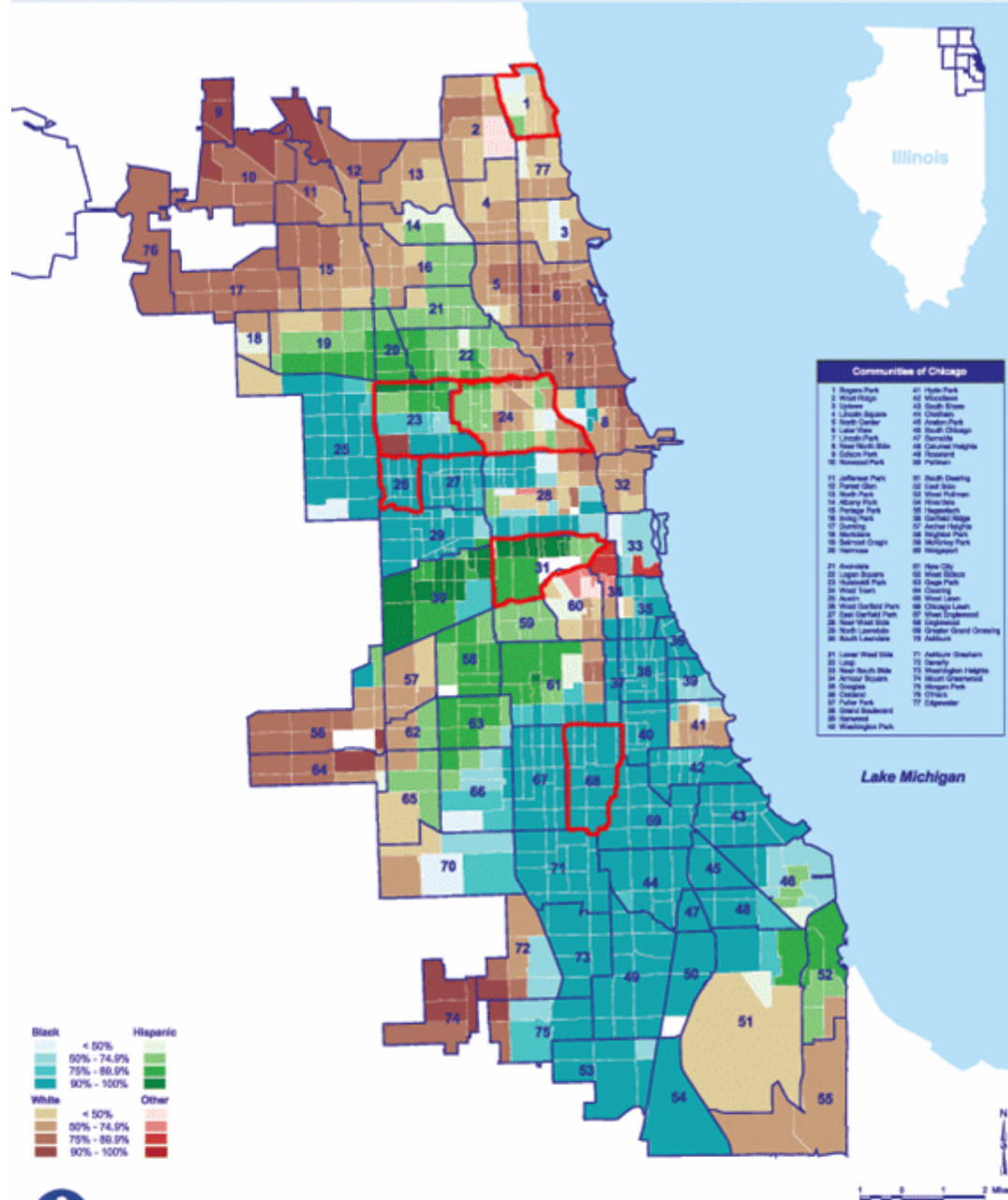


Safety and Built Environments Re Children's Physical Activity

- Maryann Mason, PhD,
 - Co-Chair of Surveillance WG
- Pilot Study
 - Explore relationships between BE, SE, child physical activity (PA), and obesity.
 - Funding: RWJF Active Living Research
- Questions addressed
 - Does the BE near home/school influence PA?
 - Add-on study (A Odoms-Young) re food environment
 - Does the SE near home/school influence PA ?
 - Are PA levels, BMI related?

Percentage of Dominant Race/Ethnicity in Population

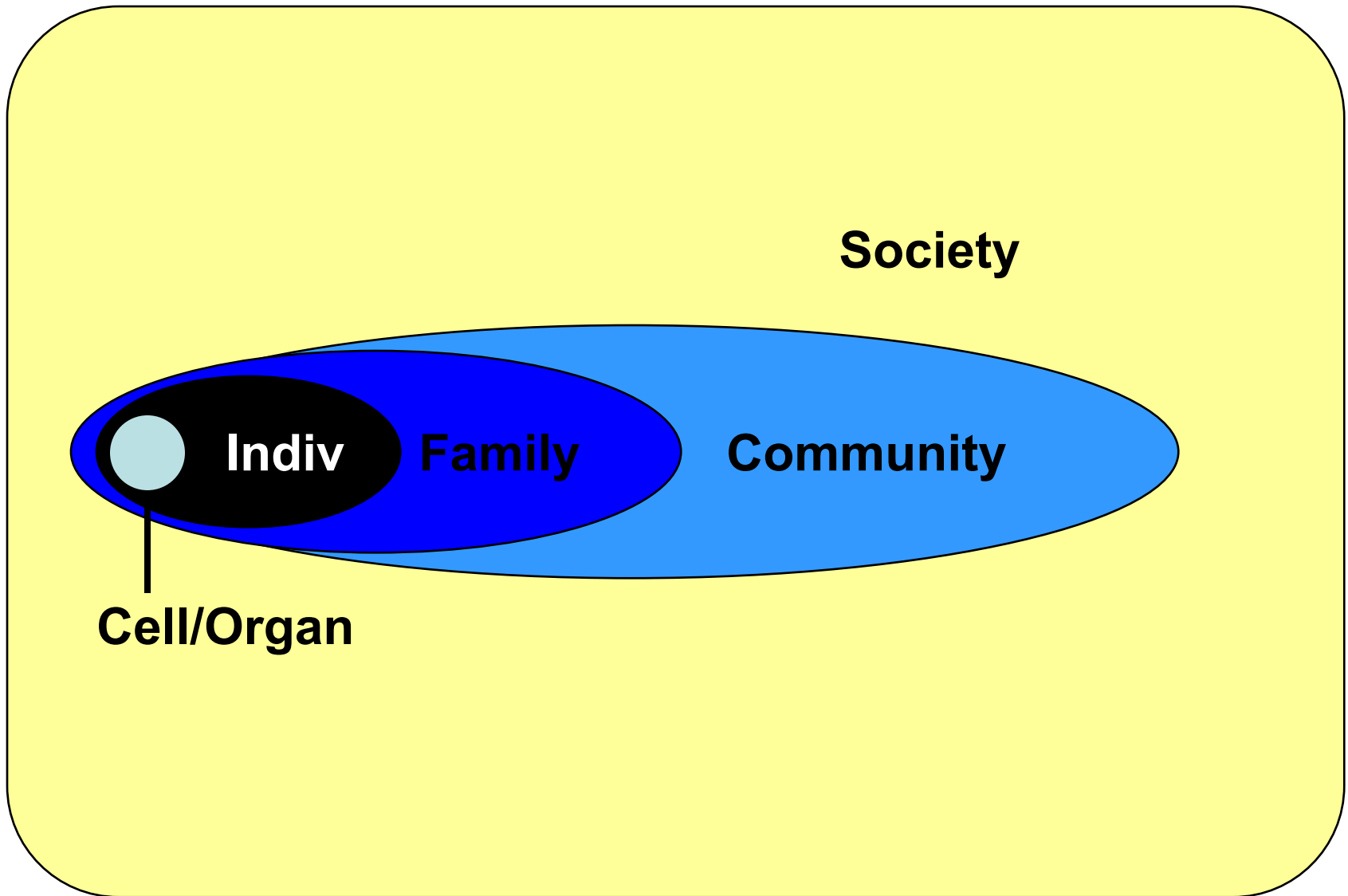
City of Chicago





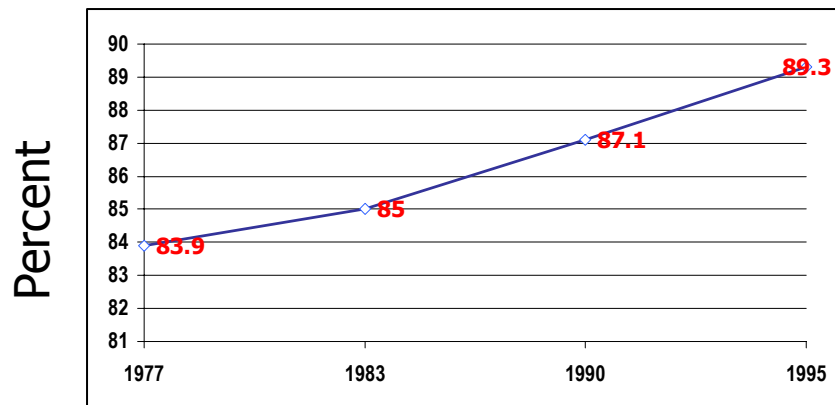
Relevant Qs re CLOCC's Work at Community Level

- Does CLOCC's work alter the community environment?
 - Built, social, etc.
 - What obstacles are there to environment change?
- Do changes in community environment foster healthy lifestyles?
 - Diet, activity
 - What obstacles undermine lifestyle change?
- Do healthier lifestyles alter BMI and other health measures in the short term?

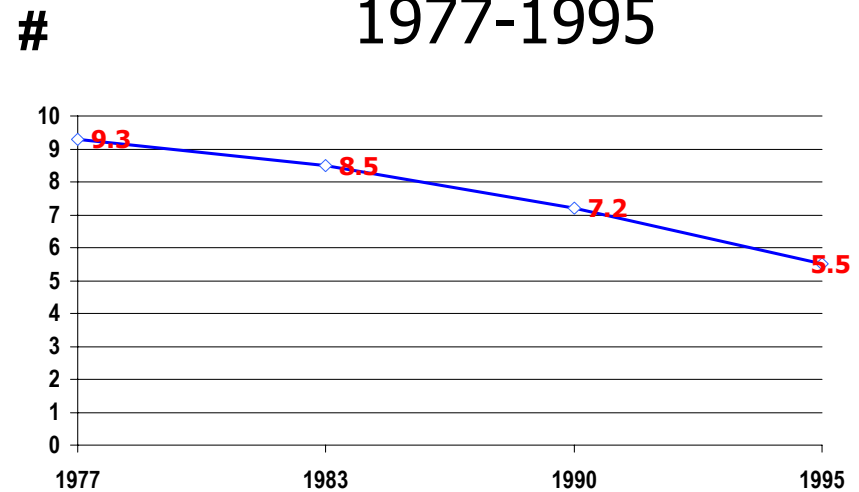


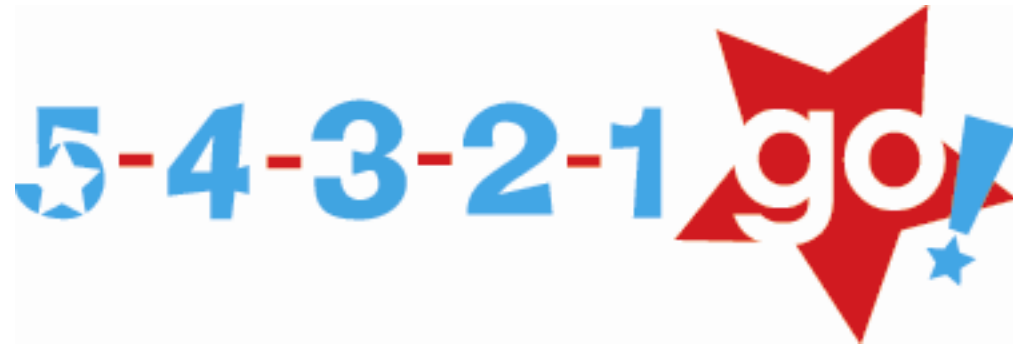
Cars Keep Us Sitting

Auto Trips 1977-1995



Walking Trips 1977-1995





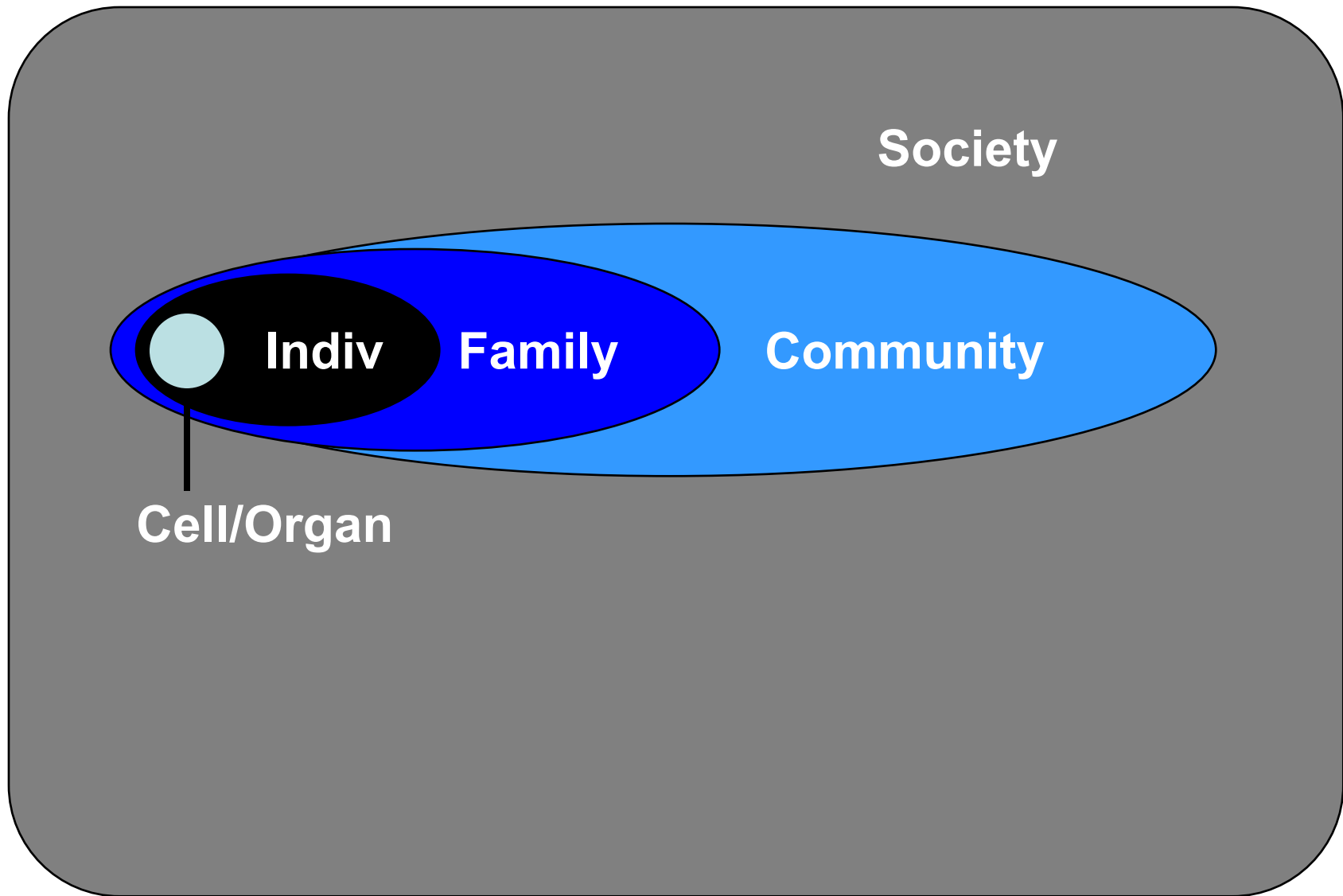
- The public message that CLOCC is disseminating
- Based on the best available evidence
- Simple in concept and consistent with other national program recommendations



Public Education Initiative Evaluation

- Collaboration with Research Triangle Institute (NC)
 - Baseline data collection soon
 - Just submitted an NIH grant re this
- Led at CLOCC/COMP by Jonathan Necheles, MD, MPH
 - Staffs the Research WG

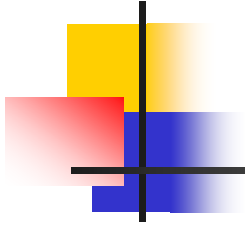
In The Real World: All Levels Together





Center on Obesity Management and Prevention (COMP) at Children's Memorial Research Center

- Journal Clubs (even months)
 - Article links on the web page
 - Next April 06 on dental issues
- Research seminar series (odd months)
 - Next March 2 at 12 N on fatty liver issues
- Research collaborations
 - Basic, clinical, community, media research
- <http://www.childrensmrc.org/comp/>



Thank you for your attention!