



## Delta Obesity Prevention Research Unit— Mission Statement

The Delta Obesity Prevention Research Unit is coordinating a major research program that brings together the expertise of seven institutions in the three state region. These institutions and their research scientists provide unique skills and resources to the Delta. Their research will result in Lower Mississippi Delta specific recommendations for input into the 2015 Dietary Guidelines that will enable rural Lower Mississippi Delta individuals and families to adopt food and physical activity guidelines for sustaining healthy weights, preventing obesity, and reducing the risk factors for obesity related chronic diseases.



## Current Mississippi Cooperator Personnel Supported by Delta OPRU

### The University of Southern Mississippi

Carol Connell  
Kathy Yadrick  
Holly Federico Huye  
LaShaundra Crook  
Karen Zynda  
Martha Resavy  
Belynda Brock  
Brihana Perryman  
2 Graduate Assistants  
8 Part-Time Data Collectors

### Alcorn State University

Christopher Brown  
Marjuyua Rowser  
Cinda Catchings  
Bryant Lucas  
Gwendolyn Lucas  
Corvet McNeal  
Shirley Pope  
Mattie Rasco  
Angela Stanton  
Chasity Williams  
Patrina Leonard  
Edith Ezekwe  
Christie Walton  
Veronique Buck  
Ashley Harris  
Jennie Hatch  
Jordan Graves

## 2011 Personnel Levels Supported by Delta Obesity Prevention Research Unit

Alcorn State University - 17 Employees  
The University of Southern Mississippi - 18 Employees

**USDA, ARS, Delta OPRU**  
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## USDA, ARS, Delta Obesity Prevention Research Unit



## Mississippi Research Cooperators



**Alcorn**  
State University

Alcorn State University  
Alcorn State, MS



The University of Southern Mississippi  
Hattiesburg, MS

## The University of Southern Mississippi 2010-2014 Project Summary



### **Effectiveness of Women's Social Club Members Adopting Modified Dietary Guidelines**

Obesity rates in the Lower Mississippi Delta region are among the highest in the U.S., with less than 7% of Delta adults consuming a healthy diet that can reduce the risk of obesity. Evaluating the existing food patterns of Delta adults is needed. Adapting these existing patterns to meet the Dietary Guidelines for Americans will be achieved through the research conducted by the University of Southern Mississippi cooperating scientists. Minor, however effective,

modifications will be made to existing dietary patterns and evaluated for successful implementation in Mississippi social women's organizations over a 12 month period. Suc-

cessful results will improve the diets of dietary residents, specifically weight status and healthy blood pressure. For additional information, contact Dr. Carol Connell ([carol.connell@usm.edu](mailto:carol.connell@usm.edu)).



## Alcorn State University Significant Publications:

- Zoellner, J., Powers, A., Williams, A., Ndirangu, M., Strickland, E., **Rowser, M., Lucas, G.**, Connell, C., Yadrick, K., Bogle, M.L. 2010. Does a 6-month pedometer intervention improve physical activity and health among vulnerable African Americans, a feasibility study. *Journal of Physical Activity and Health*. 7: 224-231.
- Zoellner, J., Connell, C., **Santell, R., Fungwe, T.**, Strickland, E., Avis, A., Yadrick, K., Lofton, K., **Rowser, M.**, Powers, A., **Lucas, G.**, Bogle, M.L. 2007. Fit for Life Steps: results of a successful walking trail intervention in the rural Mississippi Delta. *Progress in Community Health Partnerships: Research, Education and Action*. 1(1):49-60.
- Yadrick, M.K., Horton, J., Stuff, J., McGee, J., Bogle, M., **Davis, L., Forrester, I.**, Strickland, E., Casey, P.H., Ryan, D., Champagne, C., Mellad, K., Neal, E., Zaghoul, S. 2001. Perceptions of community nutrition and health needs in the Lower Mississippi Delta: A key informant approach. *Journal of Nutrition Education*. 33:266-277.
- Bogle, M.L., Stuff, J., **Davis, L., Forrester, I.**, Strickland, E., Casey, P., Ryan, D., Champagne, C., McGee, B., Mellad, K., Neal, E., Zaghoul, S., Yadrick, K. 2001. Validity of a telephone administered 24-hour dietary recall in rural LMD: Foods of our Delta Study. *Journal of the American Dietetic Association*. 101(2):216-222.
- Smith, J., Lensing, S., Horton, J.A., Lovejoy, J., Zaghoul, S., **Forrester, I.**, McGee, B.B., Bogle, M.L. 1999. Prevalence of Self-Reported Nutrition-Related Health Problems in the Lower Mississippi Delta. *American Journal of Public Health*. 89(9):1418-1421.

## Alcorn State University 2010-2014 Project Summary



### **Enhancing Fruit/Vegetable Consumption of African-American Mothers and Children in Southwest Mississippi**

The prevalence of childhood obesity is of great proportions amongst rural, limited resource populations in the Lower Mississippi Delta region and particularly in Mississippi. Cooperating researchers at Alcorn State University are conducting research to reduce the current levels of obesity in these populations. Researchers will utilize a pre-/post-test design to determine the effectiveness of combining nutrition education with social support to help mothers make dietary changes. These changes will be monitored by looking for an increased consumption level of fruits and vegetables in the mother and her children (middle school age) Physical activity promotion will be provided to the children as a motivational factor to make healthier food choices. Contact Dr. Marjuyua Rowser ([mrowser@alcorn.edu](mailto:mrowser@alcorn.edu)) for additional information.