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 Louisiana Cooperator Personnel Supported by Delta OPRU

**Pennington Biomedical Research Center**

- Peter Katzmarzyk
- Catherine Champagne
- David Harsha
- Stephanie Broyles
- Catrine Tudor-Locke
- Ray Allen
- William Johnson
- Mary Afton
- Dawn Turner
- Mavis Crow
- Erma Levy
- Deirdre Harrington
- Tiago Barreira

**Southern University and A&M College**

- Bernestine B. McGee
- Glenda S. Johnson
- Valerie Richardson
- Crystal Johnson
- Debbie Gwinn
- Lorraine Fuller
- Sharon Hutchinson
- Robert Kelly
- Daniel Collins
- Alma Thornton
- Cecil Duncan

2012 Personnel Levels Supported by Delta Obesity Prevention Research Unit

Pennington Biomedical Research Center - 13 Employees
Southern University and A&M College - 11 Employees

**USDA, ARS, Delta OPRU**

[www.ars.usda.gov/spa/dopru](http://www.ars.usda.gov/spa/dopru)

900 S. Shackleford Rd STE 220
Little Rock, AR 72211
Phone: 501-954-8882
Fax: 501-954-9596
E-mail: mike.grusak@ars.usda.gov
Steps to Adapt Physical Activity Guidelines for the Lower Mississippi Delta:

Delta Obesity Prevention Research Unit cooperating researchers at the Pennington Biomedical Research Center are determining ways in which physical activity patterns of adults in the Lower Mississippi Delta can be effectively adapted to the 2005 physical activity recommendations of the Dietary Guidelines for Americans. Through the use of pedometers and an educational program, delta residents will self monitor their progressive steps to meet these national recommendations. Through a successful physical activity implementation and an adapted eating pattern, anticipated results include a reduction of unhealthy weight gain and an increase in physical activity levels. For additional information, contact Dr. Peter Katzmarzyk (peter.katzmarzyk@pbrc.edu).

Pennington Biomedical Research Center Significant Publications:


Southern University and A&M College 2010-2014 Project Summary

Reducing weight gain and risk factors for obesity-related chronic diseases in Lower Mississippi Delta African American parents and their children is of major concern. Southern University & A&M College cooperating scientists are utilizing a culturally tailored intervention (We Can!) (NIH-NHLBI,2009) which is designed to educate parents how to encourage their children to improve food and physical activity behaviors by modifying the youth’s beliefs and values. Changes in the Health Eating Index (HEI) scores, physical activity level, percent body fat, and diet related chronic disease biomarkers will provide the researchers with an overall understanding of the effectiveness level of the intervention We Can! For additional information, contact Dr. Bernestine McGee (bmcgee@subr.edu).