



## 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  
Citrine 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	Sharon Hutchinson
Glenda S. Johnson	Robert Kelly
Valerie Richardson	Daniel Colins
Crystal Johnson	Alma Thornton
Debbe Gwinn	Cecil Duncan
Lorraine Fuller	

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



## Louisiana Research Cooperators



Pennington Biomedical Research Center  
Baton Rouge, LA



Southern University and A&M College  
Baton Rouge, LA

## Pennington Biomedical Research Center 2010-2014 Project Summary



### 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](mailto:peter.katzmarzyk@pbrc.edu)).

### Pennington Biomedical Research Center Significant Publications:

- **Harrington, D., Tudor-Locke, C., Champagne, C., Broyles, S.T., Harsha, D., Kennedy, B.M., Johnson, W.D., Allen, R., Katzmarzyk, P.T.** 2011. Step-based translation of physical activity guidelines in the Lower Mississippi Delta. *Applied Physiology, Nutrition & Metabolism*. 36:583-585.
- **Kennedy, B.M.,** Prewitt, T.E., Strickland, E., Yadrick, K., Threadgill, P., **Champagne, C.,** McGee, B.B., McCabe Sellers, B.J., Bogle, M.L. 2011. Academic partnerships and key leaders emerging from communities in the lower Mississippi Delta (LMD): a Community-based participatory research model. *Journal of Cultural Diversity*. 18(3):9-94.
- **Katzmarzyk, P.T., Champagne, C., Tudor-Locke, C., Broyles, S.T., Harsha, D., Kennedy, B.M., Johnson, W.D.** 2011. A short-term physical activity randomized trial in the Lower Mississippi Delta. *PLoS ONE*. 6(10):e26667. doi:10.1371/journal.pone.0026667.
- **Tudor-Locke, C.,** Camhi, S., Leonardi, C., **Johnson, W.D., Katzmarzyk, P.T.,** Earnest, C.P., Church, T.S. 2011. Patterns of adult stepping cadence in the 2005-2006 NHANES. *Preventive Medicine*. 53(3):178-181.
- **Tudor-Locke, C.,** Leonardi, C., **Johnson, W.D., Katzmarzyk, P.T.,** Church, T.S. 2011. Accelerometer steps/day translation of moderate-to-vigorous activity. *Preventive Medicine*. 53(1-2):31-33.
- **Kennedy, B.,** Prewitt, E., Warren, D., Sims, D., Threadgill, P., Yadrick, K., **Champagne, C.,** Strickland, E., McCabe-Sellers, B., Bogle, M. 2009. Emerging Leadership from Communities in the Lower Mississippi Delta (LMD). *Journal of Rural Community Psychology*. E12 (1). <http://www.marshall.edu/jrcp/VE12%20NI1/Delta.pdf>
- **Kennedy, B.M., Champagne, C.M., Ryan, D.H., Newman, R., Conish, B.K., Harsha, D.W., Levy, E.J.,** Bogle, M. 2009. The "Rolling Store:" An economical and environmental approach to the prevention of weight gain in African American women. *Ethnicity & Disease*. 19:7-12.

## 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](mailto:bmcgee@subr.edu)).