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
Davis Harsha
Stephanie Broyles
Catrine Tudor-Locke
Ray Allen
William Johnson
Mary Afton
Dawn Turner
Katherine Cash
Erma Levy
Deirdre Harrington
Tiago Barreira

Southern University and A&M College

Bernestine B. McGee
Glenda S. Johnson
Valerie Richardson
Crystal Johnson
Debbe Gwinn

2011 Personnel Levels Supported by Delta Obesity Prevention Research Unit

Pennington Biomedical Research Center - 13 Employees
Southern University and A&M College - 5 Employees

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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).

Pennington Biomedical Research Center Significant Publications:

- **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%20N1/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.
- **Champagne, C.M.**, Casey, P.H., Connell, C.L., Stuff, J.E., Gossett, J.M., **Harsha, D.W.**, McCabe-Sellers, B.J., Robbins, J.M., Simpson, P.M., Weber, J.L., Bogle, M.L. 2007. Poverty and food intake in rural America: diet quality is lower in food insecure adults in the Mississippi Delta. Journal of The American Dietetic Association. 107:1886-1894.
- **Ryan, D.H.**, **Champagne, C.M.** 2005. Politics of the obesity epidemic: Results of the 2003 Louisiana Physicians Survey. Journal of the Louisiana State Medical Society. 156(Special Issue: Obesity):S28-S33.
- **Kennedy, B.M.**, **Paeratakul, S.**, **Champagne, C.**, **Ryan, D.H.**, **Harsha, D.W.**, McGee, B., Johnson, G., Deyhim, F., Forsythe, W., Bogle, M.L. 2005. A pilot church-based weight loss program for African American adults using church members as health educators: A comparison of individual and group intervention. Ethnicity and Disease. 15(3):373-378.
- **Champagne, C.M.**, Bogle, M.L., McGee, B.B., Yadrick, K., **Allen, R.H.**, Kramer, T.R., Simpson, P., Gossett, J., Weber, J. 2004. Dietary intake in the Lower Mississippi Delta region: Results from the Foods Of Our Delta Study. Journal of The American Dietetic Association. 104(2):199-207.
- **Champagne, C.M.**, Bogle, M.L., Karge, W.H. 2002. Using National Dietary Data to Measure Dietary Changes. Public Health Nutrition. v. 5(6A) p. 985-989.

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

we can!
Ways to Enhance Children's Activity & Nutrition

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 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).