



## 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  
Katherine Cash  
Erma Levy

### Southern University and A&M College

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

## 2010 Personnel Levels Supported by Delta Obesity Prevention Research Unit

Pennington Biomedical Research Center - 12 Employees  
Southern University and A&M College - 5 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)) or Dr. Margaret L. Bogle ([margaret.bogle@ars.usda.gov](mailto:margaret.bogle@ars.usda.gov))

### 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/VEI2%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.
- **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



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](mailto:bmcgee@subr.edu)) or Dr. Margaret L. Bogle ([margaret.bogle@ars.usda.gov](mailto:margaret.bogle@ars.usda.gov)) .