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 Arkansas Cooperator Personnel Supported by Delta OPRU

University of Arkansas at Pine Bluff

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Felicia Taylor</td>
<td>Valerie L. Colyard</td>
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<tr>
<td>Yvonne Abbey</td>
<td>Jyotsna Sharman</td>
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<tr>
<td>Brenda Simmons</td>
<td>Flavelia Stigger</td>
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<td>Ying H. Gao Balch</td>
<td>Clyde Williams</td>
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<td>Bihu Huang</td>
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Arkansas Children’s Hospital Research Institute

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<tr>
<td>Judith Weber</td>
<td>Lynch</td>
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<tr>
<td>Leanne Whiteside-Mansell</td>
<td>Christopher Hiryak</td>
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<tr>
<td>James Robbins</td>
<td>Andrew Carberry</td>
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<td>Page Moore</td>
<td>Martha Thompson</td>
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<td>Wendy Ward-Begnoche</td>
<td>Graeme Higgins</td>
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<td>Ed Williams</td>
<td>Jennie Stern</td>
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<tr>
<td>Emily English</td>
<td>Katherine Kuo</td>
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<td>Rachel Schichtl</td>
<td>Claudia Utley</td>
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2010 Personnel Levels Supported by Delta Obesity Prevention Research Unit

Arkansas Children’s Hospital Institute - 28 Employees
University of Arkansas at Pine Bluff - 8 Employees

USDA, ARS, Delta OPRU

www.ars.usda.gov/spa/dopru

900 S. Shackleford Rd STE 509
Little Rock, AR 72211

Phone: 501-954-8882
Fax: 501-954-9596
E-mail: mike.grusak@ars.usda.gov
Gardening to Reduce Obesity and Other Risk Behaviors in Delta Children

Cooperating researchers at the Arkansas Children’s Hospital Research Institute are using a school gardening program designed to increase students’ school bonding (connection/association) to determine if it will increase physical activity and fruit/vegetable intake. The lessons will adhere to the State of Arkansas benchmarks for 6th-8th grade science, health, and physical education curriculum. A larger study will involve testing the gardening program in 12 additional Delta schools to test the effectiveness of adherence to the Dietary Guidelines and reducing obesity and related chronic disease risk factors. Researchers anticipate that students who participate in the gardening program will be more strongly affiliated (bonded) with their school/teachers, and will increase their fruit/vegetable intake and physical activity levels from the beginning to the completion of the program. Contact Dr. Judy Weber (weberjudithl@uams.edu) or Dr. Margaret L. Bogle (margaret.bogle@ars.usda.gov) for additional information.

University of Arkansas at Pine Bluff Significant Publications:


Preventing Obesity of Delta Region Minority University Students

Cooperating researchers at the University of Arkansas at Pine Bluff are conducting qualitative and quantitative research that will be used to explore the dietary and physical activity patterns common to African-American college/university students in the Delta region. This will be used to develop an educational program, Eating to Live, which will be used to show students how to appropriately evaluate their personal diet and physical activity patterns and empower them to make lifestyle changes with the long-term goal of lifetime weight maintenance. This research will provide culturally sensitive strategies, to increase adoption of the dietary guidelines. Additional information can be obtained by contacting Dr. Felicia Taylor (taylorf@uapb.edu) or Dr. Margaret L. Bogle (margaret.bogle@ars.usda.gov).