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

Felicia Taylor	Valerie L. Colyard
Yvonne Abbey	Jyotsna Sharman
Brenda Simmons	Flavelia Stigger
Ying H. Gao Balch	Clyde Williams
Bihu Huang	

Arkansas Children's Hospital Research Institute

Judith Weber	Lynch
Leanne Whiteside-Mansell	Christopher Hiryak
James Robbins	Andrew Carberry
Page Moore	Martha Thompson
Wendy Ward-Begnoche	Graeme Higgins
Ed Williams	Jennie Stern
Emily English	Kathrine Kuo
Rachel Schichtl	Claudia Utley

DELTA GARDEN STUDY

Christian www.arteengarden.com

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
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USDA, ARS, Delta Obesity Prevention Research Unit

DELTA
OBESITY PREVENTION RESEARCH UNIT
USDA, AGRICULTURAL RESEARCH SERVICE

Arkansas Research Cooperators

University of Arkansas at Pine Bluff
Pine Bluff, AR

Arkansas Children's Hospital Research Institute
Little Rock, AR

Arkansas Children's Hospital Research Institute 2010-2014 Project Summary

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:

- McGee, B.B., Richardson, V., Johnson, G., Thornton, A., Johnson, C., Yadrick, K., Ndirangu, M., Goolsby, S., Groves, D., Simpson, P., **Hyman, E.**, **Stigger, F.**, Bogle, M.L., Kramer, T.R., Strickland, E., McCabe-Sellers, B.J. 2008. Perceptions of factors influencing the acquisition and consumption of healthy food in the lower Mississippi delta: focus group findings. Journal of Nutrition Education and Behavior. Journal of Nutrition Education and Behavior. 40 (2):102-109.
- Goolsby, S.L., Casey, P.H., Stuff, J.E., **Zaghloul, S.**, Weber, J., Gossett, J., Simpson, P., Bogle, M.L. 2006. Consumption of calcium among African American adolescent girls. Ethnicity and Disease. 16:476-482.
- Tucker, K.L., Maras, J., Champagne, C., Connell, C., Goolsby, S., Weber, J., **Zaghloul, S.**, Carithers, T., Bogle, M.L. 2005. A regional food-frequency questionnaire for the U.S. Mississippi Delta. Public Health Nutrition. 8(1):87-96.
- Casey, P., Horton, J., Bogle, M.L., Fomby, B., Forsythe, W., Goolsby, S., Gossett, J., **Hyman, E.**, Kramer, T.R., Lovejoy, J., Rasco, M., Robbins, J., Simon, W., Simpson, P. 2004. Self reported health of residents of the Lower Mississippi Delta. Journal of Health Care for the Poor and Underserved. 15(4):645-662.
- Yadrick, M.K., Horton, J., Stuff, J., McGee, J., Bogle, M., Davis, L., Forrester, I., Strickland, E., Casey, P.H., Ryan, D., Champagne, C., Mellad, K., **Neal, E.**, **Zaghloul, S.** 2001. Perceptions of community nutrition and health needs in the Lower Mississippi Delta: A key informant approach. Journal of Nutrition Education. 33:266-277.
- Bogle, M.L., Stuff, J., Davis, L., Forrester, I., Strickland, E., Casey, P., Ryan, D., Champagne, C., McGee, B., Mellad, K., **Neal, E.**, **Zaghloul, S.**, Yadrick, K. 2001. Validity of a telephone administered 24-hour dietary recall in rural LMD: Foods of our Delta Study. Journal of the American Dietetic Association. 101(2):216-222.

University of Arkansas at Pine Bluff 2010-2014 Project Summary

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)