

Mission

To improve child health through strength and relationship-based, culturally appropriate interventions enhancing parent, child, and practitioner effectiveness in developing optimal practices in nutrition, eating, feeding, and physical activity.

Rationale

The prevalence of obese and overweight youth in the U. S. is growing rapidly, disproportionately affecting minority children. Overweight has important implications for the physical and emotional health of children and adolescents presently and throughout their lifespan.^[1] Once almost nonexistent among children and youth, it is now estimated that within a decade, more children will have Type 2 diabetes than Type 1 diabetes.^[2]

¹ Koplan, J.P., Liverman, C.T., & Kraak, V.I. (Eds). (2005). *Preventing childhood obesity: Health in the Balance*. Washington, DC: The National Academies Press. ² Rosenbloom, A.L. (2003). *Obesity, insulin resistance, beta-cell autoimmunity and the changing clinical epidemiology of childhood diabetes*. *Diabetes Care*, 6, 2954-2956.

Objectives

1. To achieve leadership in the promotion of good nutrition, feeding/eating, and physical activity behaviors from birth through young adulthood within the primary care setting.
2. To develop, implement, and evaluate evidence-based, culturally appropriate clinical practice guidelines for health professionals focused on optimal nutrition, feeding/eating, and physical activity to guide care.
3. To educate target audiences about good nutrition, feeding/eating, and physical activity behaviors.
4. To effect change in public policies to ensure access to high quality resources for nutrition and physical activity for all children and families.

Accomplishments

- 2006: HEAT Clinical Practice Guideline: Identifying and Preventing Overweight in Childhood was released.
- 2006: The HEAT Resource Kit was revised with custom designed materials to coordinate with the guideline's recommendations.
- 2006: Participation in IOM Committee on Nutrition Standards for Foods in Schools, Irvine, CA.
- 2006/2005: Successful response to requests for HEAT speakers to chapter conferences and meetings; and local efforts as well as informative resources available upon request.
- 2006/2005: Achieved multiple HEAT Initiative exposure in several journals and nursing communication vehicles such as *Advance for Nurses* and the *American Journal of Nursing*.
- 2005: Podium presentation at the 3rd Annual Steps to a Healthier US Conference in Washington, DC about the guideline and resource kit.
- 2005: A second Strategic planning meeting was held in Cherry Hill, NJ. The completed plan was approved in February, 2006.
- 2005: Review of the draft guideline and prototype resource kit was completed at the 2005 NAPNAP National Conference HEAT Workshop and the AANP National Conference.
- 2005: The guideline was also sent to 10 external, interdisciplinary reviewers who are experts in childhood overweight.
- 2005: Participation in Translating Research into Practice (TRIP) conference, Washington, DC.

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