

To view this newsletter online as a pdf, go to <http://www.tn.gov/tccy/>.



Advocate

November 2015

[Calendar](#)

[In the News](#)

[KIDS COUNT Facts](#)

[Research](#)

[TCCY Home](#)

[Upcoming Events](#)

[TCCY Newsroom](#)

[TCCY Regional Councils](#)

Childhood Obesity

In This Issue

- [Childhood Obesity Prevention;](#)
- [Toxic Stress and Childhood Obesity](#)
- [Societal Impact of Childhood Obesity;](#)
- [Creating a “Healthy Choice” Community;](#)
- [Coordinated School Health;](#)
- [Gold Sneaker Initiative;](#)
- [Sleep, It’s What Keeps Youth Alert and](#)



[Learning;](#)

- [Updates.](#)

Sign up to receive *The Advocate* at <http://www.tn.gov/tccy/article/leg-listserv>

Childhood Obesity Prevention

November is the beginning of the season of eating. Finishing up the Halloween candy is followed by Thanksgiving dinners, then on to holiday parties and dinners, New Year's and bowl games. Childhood obesity can be a cause and an effect. It can lead to adult obesity and related lifelong health problems. The Robert Wood Johnson Foundation ranked Tennessee as having the fifth highest child/adolescent obesity rate. Contributing family and community factors include a lack of neighborhood parks and recreation opportunities, areas where cheap junk food is easier to get than healthier food (called food deserts), and other reasons for lack of activity and/or access to fresh fruits and vegetables and other healthy food.



My Southern Health, **Obesity in Tennessee**, <http://bit.ly/1RUstnb>

Robert Wood Johnson Foundation, **Health Policy: Childhood Obesity**, <http://rwjf.ws/1MXU8Rv>

Toxic Stress and Childhood Obesity

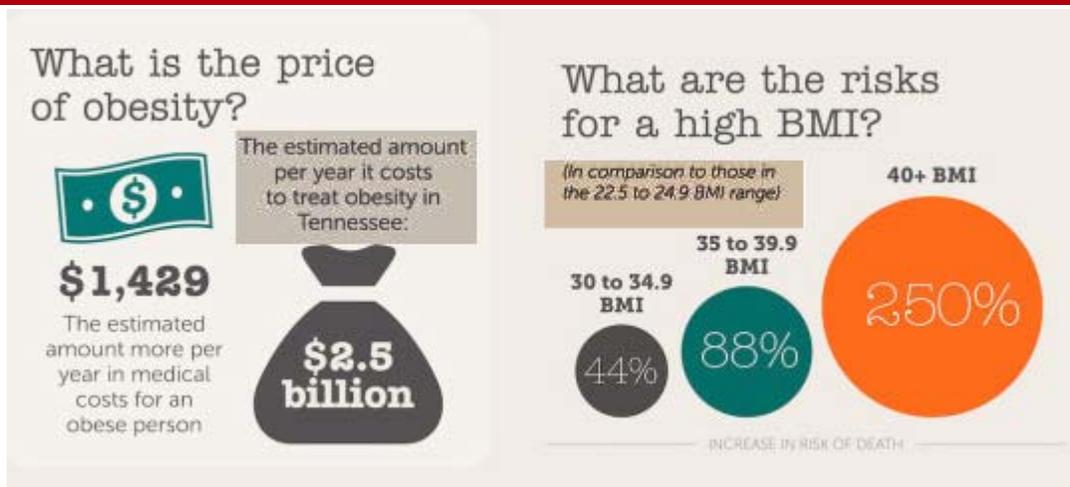
One in every five U.S. children is overweight. A study of low-income families found obesity was high among teens and increased in those with stressors such as poor grades, alcohol and drug use, focus on present problems rather than future possibilities, etc. The researchers also found the mother's stress and household food insecurity contribute to a child's weight problems, although data drawn from a National Health and Nutrition Examination Survey found no relationship between food insecurity and obesity alone. However, the HeartMath Institute suggests 70 percent of overeating is emotional. Exposure to poverty and toxic stress can contribute to overeating.

Resources:

HeartMath Institute, **Childhood Obesity and Emotional Eating**, <http://bit.ly/1R1BbMX>.

Nauert, Rick, *Psych Central*, **Stress Contributes to Childhood Obesity**, <http://bit.ly/1h476Qg>.

Societal Impact of Childhood Obesity



Estimates of the impact of childhood obesity raise the probability young people born in the 21st

century could be the first modern U.S. generation to live shorter lives than their parents. Researchers have determined \$2 billion spent on children at age 12 would be cost effective if it reduced the incidence of obesity by one percentage point, reporting that obese adults spend \$1,269 (in 2005 dollars) more per year on medical costs.

Trasande, Leonardo, *Health Affairs*, "How Much Should We Invest in Preventing Childhood Obesity?" <http://bit.ly/1MJff5C>.

Medscape.com, *Economic Consequences of Childhood Obesity*, <http://wb.md/2040Evu>. (Free registration required.)

Communities Can Encourage Healthy Choices



Education, transportation and agriculture systems must be included with health care and social services to create a community where people are more likely to move more and eat healthy food. Changing the environment to encourage healthy food choices can include altering relative food prices, shifting exposure to food, and improving the image of healthy food relative to unhealthy food. Increasing taxes on unhealthy foods, alcohol and tobacco, and limiting advertising to children are among recommendations to create healthier communities.

Policies can make physical activity easier, safer and more attractive. Good city and transportation policies can lead to more walkable cities. More safe recreational spaces and physical education opportunities also increase youth activity.

Tennessee first enacted minimum nutritional standards for individual food items sold outside of the school meal program in grades K through eight in 2004. Stronger federal nutrition changes that went into effect in 2014 superseded the 2004 state regulations. Tennessee law requires students receive at least 90 minutes of physical activity per week during the school day.

Frieden, Dietz and Collins, *Health Affairs*, "Reducing Childhood Obesity Through Policy Change: Acting Now to Prevent Obesity," <http://bit.ly/1MJff5C>.

National Conference of State Legislatures, *Competitive Foods in Schools*, <http://bit.ly/1MfpT9V>.
USDA, Food and Nutrition Service, *Smart Snacks in School*, <http://1.usa.gov/1OMJjDt>.

Coordinated School Health

In 2006, Tennessee became the only state in the nation to fund coordinated school health (CSH) programs in each school district. CSH components include health education, physical education/activity, health services, mental health and social services, nutrition services, healthy and safe environment, staff wellness and family/community partnerships.

In its 2013-14 annual report, the CSH reported student body mass index rates declined from 2007-08 to 2013-14, and the number of Tennessee high school students who were active for 60 minutes per day on five or more days of a week increased.

Local program coordinators increased the number of school-based clinics from 54 in 2008-09 to 186 in 2013-14.

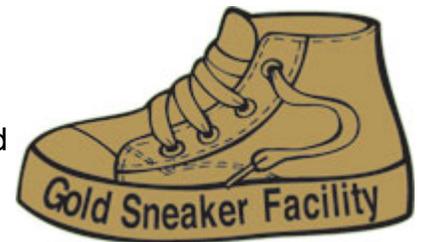
Centers for Disease Control and Prevention (CDC), *Whole School, Whole Community, Whole Child*, <http://1.usa.gov/1N2YM0E>.

Tennessee Department of Education, *Coordinated School Health*, <http://1.usa.gov/1KzP9X8>.

Tennessee Department of Education, *Office of Coordinated School Health Annual Report, 2013-14 School Year*, <http://1.usa.gov/1W7mZ6w>.

Gold Sneaker Initiative

The Tennessee Department of Health instituted the Gold Sneaker Initiative, which includes physical activity, nutrition and tobacco use standards. Licensed day care programs can receive the voluntary Gold Sneaker designation after submitting healthy meal and snack and activity policies.



Gold Sneaker child care programs are listed on the Department of Health website.

Tennessee Department of Health, *Gold Sneaker Initiative*: <http://1.usa.gov/1NrR0vN>.

Sleep, It's What Keeps Youth Alert and Learning

The Surgeon General of the United States, Vivek Murthy, has listed sleep as one of the top health issues facing the nation. Research has linked early sleep deprivation, when the brain is creating new synapses at an amazing rate, to later hyperactivity, impulsivity and cognitive deficits in children as they enter school.

Sleep needs change over time. The teen years are another time when brain activity booms. The American Academy of Pediatrics (AAP) recommended high schools and middle schools should delay opening until 8:30 a.m. or later, based on evidence that puberty alters sleep/wake cycles. Many Tennessee high schools begin around 7 a.m., although the AAP called chronic sleep loss in children and adolescents one of the most common – and easily fixable – public health issues in the United States today. Lack of sleep contributes to overweight, traffic accidents, reduced test scores and other life quality issues.

Education Week, "Teens Need More Sleep, But Districts Struggle to Shift Start Times,":
<http://bit.ly/1LSy0at>. (Free registration Required.)

Huffington Post, "Surgeon General Vivek Murthy Highlights 5 Crucial Health Issues Facing Americans," <http://huff.to/1GmThsv>.

Updates



Gerald Papica



Dana Cobb



Lindsey Cody



Rosalyn Leavell-Rice

TCCY Ombudsman for Children and Youth Gerald Papica again has been elected to the board of directors of the U.S. Ombudsman Association (USOA). He will also serve as the chairman of the USOA conference planning committee.

Papica also completed the three-week Department of Children's Services CPS Investigator Training Academy, including training by TBI staff. Second Look Commission Director Craig Hargrow has also completed the training.

Effective November 1, three TCCY staff members have been appointed regional program administrators: Dana Cobb, Lindsey Cody and Rosalyn Leavell-Rice.

Mark Your Calendar

Nov. 13, 9 a.m.-2 p.m. EST, ETCCY co-sponsors **"Clear the Air! The Impact of Smoking on Pregnancy and in Teens,"** Bridgewater Place, Kingston Hall, 205 Bridgewater Rd., Knoxville. Free, with lunch provided. Register at <http://bit.ly/1WJ6sYu#sthash.TcrED1LL.dpuf>. Contact Lindsey Lindsey.Cody@tn.gov for information.

Nov. 17-20, **2015 Rural Health Association of Tennessee Statewide Conference**, Music Road Resort Hotel and Inn, Pigeon Forge. Information available at <http://bit.ly/1KS9gtS>. Information: sandy@rhat.org.

Nov. 18, 10-11 a.m., **Second Look Commission** meeting, Administrative Office of the Courts, 511 Union St., Ste. 600, Nashville. Contact: Natasha.M.Smith@tn.gov.

Nov. 19-22, **2015 National Federation of Families for Children's Mental Health Conference**, Washington, DC. Information: <http://www.ffcmh.org/conference>.

Nov. 22-24, **Connecting for Children's Justice Conference**, "Celebrating 30 Years of CPIT," Sheraton Music City Hotel, 777 McGavock Pike, Nashville. Information: <http://tncac.org/ccj/>.

In the News

Dr. Bill Frist, *The Tennessean*, "Making healthy food convenient in Tennessee," <http://tnne.ws/1W2AWTb>.

Holly Fletcher, *The Tennessean*, "Man on a Mission: Bill Frist's pursuit to make Nashville healthier," <http://tnne.ws/1Lxz0zh>.

Frank Daniels III, *The Tennessean*, "Nashville gets bad report card on children's well-being," <http://tnne.ws/1MH2sAM>.

Tony Casey, *Johnson City Press*, "Washington leading local county charge for well-being of children," <http://bit.ly/1GXIXDc>.

Jason Gonzales, *The Tennessean*, "Metro Schools tackles high suspension numbers" <http://tnne.ws/1GgfZ5C>.

Bellinger, Mark, WTVF-5, "Metro Schools Address High Suspension Rate," <http://bit.ly/1kwgdLP>.

Nelson, Libby, VOX, "Goldman Sachs paid to expand pre-K in Utah. It worked," <http://bit.ly/1kwa9TE>.

The Atlantic, "Tennessee: You've Got the Most Regressive Tax System in America," <http://theatlantic.com/story/1hXNiOW>.

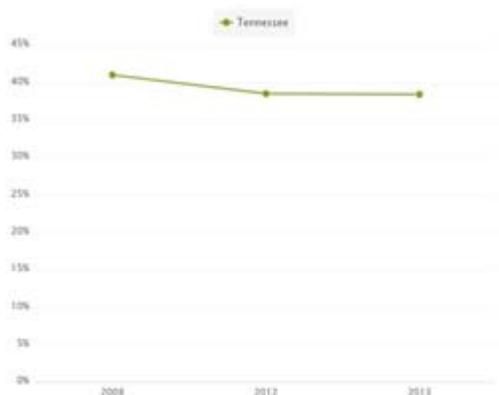
Research Information

Federal Reserve Bank, "The Role of Taxes in Mitigating Income Inequality Across the U.S. States," <http://bit.ly/1kwBQM6>.

R.E. Dahl, MD, *NCBI, NIH*, "Sleep and the Developing Brain," <http://1.usa.gov/1MR5Clx>.

Tennessee KIDS COUNT Facts

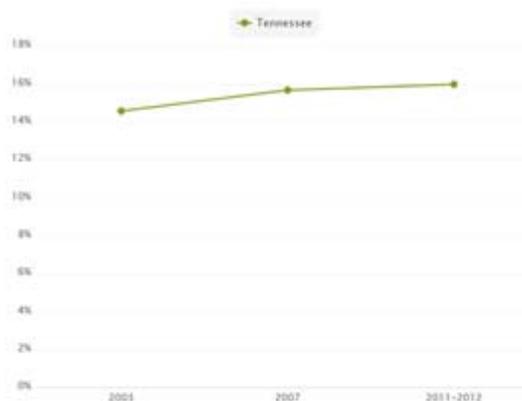
Public School Children Measured as Overweight or Obese



PUBLIC SCHOOL CHILDREN MEASURED AS OVERWEIGHT OR OBESE (PERCENT)

Tennessee Commission on Children and Youth
KIDS COUNT Data Center, datacenter.kidscount.org
A project of the Annie E. Casey Foundation

Children Who Are Not in Excellent or Very Good Health



CHILDREN WHO ARE NOT IN EXCELLENT OR VERY GOOD HEALTH (PERCENT)

National KIDS COUNT
KIDS COUNT Data Center, datacenter.kidscount.org
A project of the Annie E. Casey Foundation

More data on Tennessee child well-being are available at <http://bit.ly/15alkVu>.

No person shall, on the grounds of race, color, national origin, sex, age, religion, disability or ability to pay, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity operated, funded or overseen by the Tennessee Commission on Children and Youth (TCCY). It is the intent of TCCY to bind all agencies, organizations or governmental units operating under its jurisdiction and control to fully comply with and abide by the spirit and intent of the Civil Rights Act of 1964.

To suggest content or manage subscriptions to *The Advocate*, contact fay.delk@tn.gov.

If you would like to receive this email through the TCCY ListServ, email listserv@listserv.tn.gov, leave the subject blank and type **Subscribe TCCY Your First Name Your Last Name**. Information on other address changes is available at <http://www.tn.gov/tccy/article/leg-listserv>.

502 Deaderick Street, Nashville, TN 37243-0800

p. 615-532-1584

fay.delk@tn.gov

www.tn.gov/tccy

www.facebook.com/tccyonfb

www.twitter.com/tccy



Steve Petty

Youth Policy Advocate

Tennessee Commission on Children and Youth

502 Deaderick Street

Nashville, TN 37243-0800

615-532-1685

615.943.7201

Steve.Petty@tn.gov