

Obesity Task Force Meeting Minutes  
March 3<sup>rd</sup>, 2014  
AL Power Company Office  
Clanton, AL



### **Alabama Obesity Task Force (AL OTF)**

#### **Mission Statement:**

**“Working toward prevention and reduction of obesity for a healthier Alabama”**

#### **Purpose (Branding) Statement:**

**“The State Obesity Task Force works to address overweight and obesity issues through advocacy, policies, environmental changes, and programs that support healthy lifestyle changes.”**

**Sheena Gregg, Chair**, welcomed the group, followed by member introductions.

**Kathe Briggs, Co-Chair** explained process for AOTF elections including a description of each committee task and current leadership. Process for voting and time commitments from each potential board member were also shared.

**Kathy Shuleva, Community Chair** and of Blue Cross Blue Shield Alabama shared grant information provided by BCBS as part of childhood obesity prevention efforts. Twenty-five \$10,000 grants are available. Other BCBS/Birmingham efforts including the national Walk at Lunch Day coming up; this effort is with heavy partnership with Regions Bank and Wellness Coordinator for Regions, Anna Threadcraft, RD.

**Sheena Gregg, Chair** shared information regarding the upcoming member survey and meeting locations. Questions regarding benefits and drawbacks of the task force will be disseminated including length of time as a task force member and rotating locations across the state to include Birmingham, Montgomery, Clanton, Mobile, and possibly Huntsville.

**Sheri Snow, MA, RD, CDE** Wellness Manager of American Cast Iron Pipe Company shared information on the organization’s WellBody Program including attempts for participation from the 3,000 + employees of ACIPCO. According to 2009 data, over 1200 participants set behavior change goals annually with approximately 400 individuals reaching all goals and receiving work incentives. Additionally, 800

employees meet some of their goals while also improving their health. Continued goals of the ACIPCO wellness program include addressing weight, blood pressure, cholesterol, diabetes, reflux, fitness as fun, tobacco, sustaining change and interest, continuing to improve data collection and analysis, reach more employees, spouses, and retirees, and improving environment.

**Committee work session** followed with updates from the following committees: Action for Health Kids with report of continued initiatives within the schools and feasibility of hosting another wellness summit similar to the one done in 2013 with funding as biggest obstacle. Advocacy reports continued efforts with adjusting sugar-sweetened beverage position statement and plans for early work with other position statements that will coincide with upcoming campaign messages including physical activity and food choices. Healthcare provider reports with need for establishing active initiatives for healthcare providers to engage in and potential recommendations for co-chair.