

PROGRAM REVIEW FOR CENTERS AND INSTITUTES

1. Cover Sheet

Center/Institute: Center for Promotion of Healthy Lifestyles and Obesity Prevention

Director/Administrator: Jie Weiss, Professor Department of Health Science

College/Academic unit: College of Health and Human Development

Contact Information: Health Science 106 Suites A and C, 714 278-7000

Date: April 22, 2016

**Name of primary authors if different
From Director/Administrator:**

2. Mission and Goal

The Center for Promotion of Healthy Life Styles and Obesity Prevention is fundamentally concerned with the rise in obesity in children. The center therefore, works with schools and other community agencies to develop and test model health promotion programs and interventions. Also the center assesses and evaluates existing programs and policies to identify theoretical models and environments that can explain and influence behavior patterns across different high-risk groups. Essentially, the center reflects the needs of the community by providing education and outreach to children and their families regarding healthy lifestyles and prevention of obesity. The self-study successfully links the mission of the center to University mission and goals as well as to the college's mission and goals.

3. Activities

Over the last 3 years the center has identified several goals replete with various related activities. Working under the provisions of grants from the National Institutes of Health and state funds, the center has implemented multiple projects including:

- Understanding how nutrition/food labeling of snacks found in vending machines effects college students' purchasing decisions
- Big Data Discovery and Diversity through Research Education Advancement and Partnerships (BD3-REAP)
- Identifying perceived barriers and intervention strategies related to weight loss after childbirth for overweight/obese postpartum participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
- Evaluating the impacts of the revised WIC food packages on weight gain during pregnancy, breastfeeding practices, and childhood obesity in low-income families
- Improving periconceptional health through the prevention of excessive gestational weight gain: from research to intervention." In addition, the center has prepared center projects for publications and presentations.

- Identifying enablers and barriers to physical activity among pregnant participants of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

In the three year period there have been many publications in scholarly journals and numerous presentations at conferences and related symposia. A final goal for the center is to continue involvement with schools and the community to prevent obesity. In 2006 the center sponsored a community forum titled *Obesity Prevention; Awareness and Beyond*. The center works with a number of community organizations to promote healthy lifestyles including Ameri-Corp Alliance of Orange County, Orange County Department of Education, and Women, Infants and Children.

4. Organizational Structure and Governance

The Center is led by a Director and there is also an Associate Director, administrative assistant and several undergraduate and graduate interns. There are two boards a governing board comprised of faculty mainly from the college of Health and Human Development and an external advisory board whose members include representatives from agencies and organizations in the community. The governing board meets 1-2 times per semester and though the advisory board meets once annually members may be called upon as needed.

5. Resources and Sustainability

The main stay of the center's resources comes from research grants and evaluation contracts. The issue obesity continues to be a concern so the center feels that support will continue.

6. Highlights and Accomplishments

Some highlights are captured above, (Goals and Activities) but also the center has provided research and service opportunities for faculty as well as internships and learning opportunities for students. There are a great deal of publications and presentations over the past three years.

- **Koleilat, M., Kim, L.P., Whaley, S.E.** (under review). Focusing on excessive gestational weight gain through education among participants of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) in Southern California. *JNEB*.
- Whaley, S. E., **Koleilat, M., Leonard, S., Whaley, M.** (in press). Breastfeeding is associated with reduced odds of obesity in Hispanic 2-5-year olds served by WIC. *JNEB*.
- **Koleilat, M., Whaley, S.E, Esguerra, K.B., Sekhobo, J.P.** (accepted). The Role of WIC in Obesity Prevention. *Current Pediatrics reports*.
- Kim, L.P., **Koleilat, M. & Whaley, S. E.** (2016). A qualitative study to examine perceptions and barriers to appropriate gestational weight gain among participants in the Special Supplemental Nutrition Program for Women Infants and Children (WIC) program. *Journal of Pregnancy*, vol. 2016. doi:10.1155/2016/4569742.
- **Koleilat, M. & Whaley, S.E.** (2016). Reliability and Validity of Food Frequency Questions to Assess Beverages and Food Groups Intakes among Low-Income 2- to 4-Year-Old Children. *Journal of the Academy of Nutrition and Dietetics*, 116(6), 931-939.
- Lee, S.C., **Koleilat, M., Hernandez, L. M., Whaley, S. E., Davis, J.N.** (2016). Screen time linked to unhealthy diets in low -income children. *Journal of Food and Nutrition*, 4(2), 94-99.

- Kodjebacheva, G., **Koleilat, M.**, Kruger, D.J. (2015). Depressive symptoms mediate the association between fear of crime and higher body mass index. *American Journal for Health Promotion*, 30(2), 130-2. doi: <http://dx.doi.org/10.4278/ajhp.140103-ARB-6>.
- Chaparro, M.P., Whaley, S.E., Crespi, C.M., **Koleilat, M.**, Nobari, T.Z., Seto, E., Wang, M.C. (2015). Response to letter to the editor by Joe Brew. Department of Epidemiology, University of Florida. *J Epidemiol Community Health*, 69 (8), 817. doi: 10.1136/jech-2014-205344.
- Davis, J.N, **Koleilat, M.**, Shearrer, G.E., Whaley, S.E. (2014). Association of infant feeding and dietary intake on obesity prevalence in low-income toddlers. *Obesity*, 22 (4), 1103-1111. doi: 10.1002/oby.20644.
- Langellier, B.A., Chaparro, M.P., Wang, M.C., **Koleilat, M.**, Whaley, S.E. (2014). The new food package and breastfeeding outcomes among WIC participants in Los Angeles County. *AJPH*, 104 (Suppl.1), S112-8.
- Chaparro, M.P., Whaley, S.E., Crespi, C.M., **Koleilat, M.**, Nobari, T.Z., Seto, E., Wang, M.C. (2014). Influences of the neighborhood food environment on adiposity of low-income preschool- aged children in Los Angeles County: a longitudinal study. *J Epidemiol Community Health*, 0, 1-7. Advance online publication. doi:10.1136/jech-2014-204034.
- Chaparro, M.P., Langellier, B.A., Wang, M.C., **Koleilat, M.**, Whaley, S.E. (2014). Effects of parental nativity and length of stay in the U.S. on fruit and vegetable intake among WIC-enrolled preschool-aged children. *Journal of Immigrant and Minority Health*. Advance online publication. doi: 10.1007/s10903-014-0097-5.
- Streletskaia, N.A., Amatyakul, W., Kaiser, H.M., **Rusmevichientong, P.** & Liaukonyte, J. (2015). Menu-labeling formats and their impact on dietary quality. *Agribusiness: an International Journal*, 32(2), 1-15. DOI: 10.1002/agr.21444
- **Rusmevichientong, P.**, Streletskaia, N.A., Amatyakul, W., & Kaiser, H.M. (2014). The impact of food advertisements on changing eating behaviors: an experimental study. *Food Policy*, 44, 59-67. 10.1016/j.foodpol.2013.10.011
- Streletskaia, N.A., **Rusmevichientong, P.**, Amatyakul, W., & Kaiser, H.M. (2013). Taxes, subsidies, and advertising efficacy in changing eating behaviors: an experimental study. *Applied Economic Perspectives and Policy*, 1-29.
- **Weiss, J. W.**, PhD,¹ Tanjasiri, P. T., PhD,¹ Michele, M., PhD,¹ Sablan-Santos, L.,² Lacsamana, J. D., MA¹, and Quitugua, L.² (2016). Decision Making for Pap Testing among Pacific Islander Women. *Health Education Research*, 31 (6), 792-802.
- Tanjasiri SP, **Weiss JW**, Sablan-Santos L, Lacsamana JD, Quitugua L, Flores P, Flores, P, Pele C, Tupua M, Taito P, Lutu G, Vaikona E, Vunileva I, May VT, Mouttapa M, Paige C. (2016). CBPR-Informed Adaptations in a Randomized Study of Pap Testing among Pacific Islander Women in Southern California. *Progress in Community Health Partnerships*, 9(3), 389-396.
- Cheng, C. E., **Weiss, J. W.**, & Siegel, J. (2015). Personality traits and health behaviors as predictors of subjective wellbeing among a multiethnic sample of university attending emerging young adults. *International Journal of Wellbeing*, 5(3), 21-43.
- Mouttapa, M., Tanjasiri, S. P., **Weiss, J. W.**, Sablan-Santos, L., Lacsamana, J. D., Quitugua, L., Flores, P., Flores, P., Paige, C., Tui'one May, V., Tupua, M., Schmidt-Vaivao, D., Taito, P., Vaikona, E., &

Vunileva, I. (2015). Associations Between Women's Perception of Their Husbands'/ Partners' Social Support and Pap Screening in Pacific Islander Communities. *Asia-Pacific Journal of Public Health*, 8, 1-10.

- Rubin, D.A., Wilson, K.S., Wiersma, L.D., Weiss, J.W., and Rose, D.J. (2014). Rationale and design of active play @ home: a parent-led physical activity program for children with and without disability. *BMC Pediatrics*, 2-11.
- Weiss, D. J. & Weiss, J. W. (2014). Inferring cognition from action. *Behavioral and Brain Sciences*, v. 37, issue 04, pp. 380.
- Harrison, C., Hoonpongsimanont, W., Anderson, C., Roumani, S., Weiss, J. W., Chakravarthy, B., Lotfipour, S. (2014). Readiness to Change and Reasons for Intended Reduction of Alcohol Consumption in Emergency Department versus Trauma Population. *Western Journal of Emergency Medicine*, 44(4), 861-6. doi: 10.1016/j.jemermed.2012.09.038.

7. Planning and Strategic Outlook

The faculty and staff meet at the end of each year to evaluate the center programs and goal attainment and to plan goals for the upcoming year. The center is playing a key role in the development of the CSUF Health Promotion Research Institute which will influence strategic planning. Goals include: Seek additional grant funding, revise and expand the Center's website, mentor new faculty and provide them opportunities on research projects, and continue to disseminate research findings through peer-reviewed articles, books, book chapters, center briefs, community presentations and other related products.