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

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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.


- 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*.


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.