

National Obesity Action Forum  
**Discussion Table Notes**  
12:45 – 1:30 PM, Tuesday June 6th, 2006

**Table Discussion Topic:** Engaging Communities    **Facilitator:** Carla Holder

**Issue:** What are the best ways to link existing obesity prevention/intervention activities and groups (schools, parks, recreation, CBOs, etc.)?

**Discussion/Solution:** Create a Web board to share information among partners and to avoid duplication of effort. It would also be useful to encourage agencies, CBOs, and interested parties to contact their local park and recreation department to collaborate on physical activity and nutrition promotion initiatives. Park and recreation departments serve all ages, and at least 75% of all Americans have a park within a two-mile walk of home. In addition, facilities exist where every person works, live, and play. This access provides a wide range of opportunities for health education, the delivery of targeted health messages, and the ability to monitor programs through research and data collection.

**Other Challenges:**

- burn out among individuals involved in several community groups that all address different issues because there isn't enough staff support
- fitness and nutrition businesses aren't invited to the tables
- moving beyond individuals to environmental strategies
- lack of funding for program implementation
- schools have no time to be involved due to "No Child Left Behind"
- distrust of academic institutions among community members
- sustaining change in communities
- lack of resources for groups who want to get started on obesity prevention/intervention initiatives
- difficulty in extending services to families in the community.