

WAYS TO MEASURE AND DETERMINE SUCCESS

<u>Recommendation</u>	<u>Strategies with Descriptions</u>
<ul style="list-style-type: none"> Regularly measure height and weight to track weight status 	<p><u>Calculate body mass index:</u> This is a standard measure of weight status and is calculated as weight in kilograms divided by height in meters squared: $\text{Weight (kg) / Height(m}^2\text{)}$</p> <p>Measure height and weight in children as a regular part of school activity so "tracking" is automatic.</p> <hr/> <p><u>Compare BMI to appropriate standards for children and for adults:</u> Ideally, height and weight should be measured, however, in some situations BMI may be calculated using self-reported height/weight as captured a Health Risk Appraisal or in other forms of risk factor surveys (see description below for other risk surveys)</p>
<ul style="list-style-type: none"> Monitor physical activity and eating behaviors 	<p><u>Use Youth Risk Behavior Survey (YRBS):</u> For adolescents in middle school and high school, the YRBS is the best tool to monitor physical activity and eating behaviors. The YRBS was developed by the CDC and is supported by the Tennessee Department of Education. Contact your local health department or regional health office (see contact below) for more information on how the YRBS can be used in your local school system.</p> <hr/> <p><u>Use Behavioral Risk Factor Survey (BRFS):</u> This telephone survey was developed by the CDC to track risk behaviors and their relationship with diseases. Many communities in Tennessee use the BRFS at the local level to track the overweight and obesity. For more information contact your local health department or regional health office listed below.</p>

WAYS TO MEASURE AND DETERMINE SUCCESS (CON'T)

<u>Recommendation</u>	<u>Strategies with Descriptions</u>
<ul style="list-style-type: none"> Use long-term strategies and provide follow-up 	<p><u>Plan programs that are continuous and sustainable.</u> Healthy Weight is a lifetime goal that should be achieved and maintained safely over an extended period of time. Successful programs should be sustainable and available to everyone.</p> <hr/> <p><u>Include follow-up with any program's participants:</u> The true measure of success for a healthy weight program is the magnitude of success each participant achieves over time. Many participants may need relapse prevention strategies that support the long-term maintenance of healthy physical activity and eating behaviors. For more information on relapse prevention strategies contact your local health department.</p>
<ul style="list-style-type: none"> Collaborate with partners for planning and evaluation 	<p>Contact the following agencies and individuals for collaborative partners to plan and evaluate programs:</p> <p><u>Contact East Tennessee Regional Health Office:</u> Stephanie Welch 549-5340</p> <p><u>Contact Knox County Health Department:</u> Mark Miller 215-5273</p>