

## Physician Involvement in Community Action

The authority vested in physicians gives your voice clout on the issue of childhood obesity prevention and treatment. It is not necessary for you to create your own community programs and projects. Some of the most efficient and effective ways to turn your authority into action include:

1. Supporting existing coalitions & groups working on issues such as
  - Healthy school environments
  - Access to affordable fresh fruits & vegetables
  - Access to quality physical activity program
  - Access to quality after-school programs
  - Access to quality daycare programs
2. Offering testimony and /or your experience and knowledge
  - At community and school programs
  - At school committee meeting, legislative hearings
  - In the media – newspapers, magazines & TV
3. Displaying information about groups and programs in your office so that
  - Parents & patients will become aware of your interest
  - Patient healthy eating and physical activity counseling message will be reinforced
  - Children and their parents will have access to resource information
4. Challenging your office staff to get engaged with obesity prevention
5. Financially supporting groups and organizations through donations and/or in-kind services

### How to Locate Community Partners

Begin by contacting groups and agencies at the national, state, and/or local level such as following:

1. National level
  - a. American Academy of Pediatrics
  - b. Steps to a Healthier US Initiative
  - c. President's Council on Physical Fitness and Sports
  - d. CDC
  - e. Action for Healthy Kids
2. State level
  - a. Governor's Committee on Physical Fitness and Sports
  - b. Department of Public Health , Obesity Prevention Program
  - c. American Academy of Pediatrics State Chapter
  - d. Department of Education
  - e. School Nurse Organization
  - f. Public Health Association
3. City or town level
  - a. Public Health Commission
  - b. Local School Department - Wellness Policy Initiative
  - c. Parks & Recreation Departments
  - d. Healthy People 2010
  - e. United Way and other community organizations
  - f. YMCA/ Boys & Girls Club and youth serving organizations
  - g. Hospital Community Benefits Departments

