

THE JOURNAL OF  
LAW, MEDICINE & ETHICS  
C O N T E N T S

SPECIAL SUPPLEMENT TO VOLUME 41:4 • WINTER 2013

Symposium Articles

---

SYMPOSIUM

Special  
Supplement:  
Weight of  
the Nation

Guest Editor  
Alicia S. Hunter

1  
Letter from  
the Editor

Cover image ©Corbis

5  
EDITORIAL NOTE *Alicia S. Hunter*

8  
**Obesity Prevention in the Early Care and Education Setting: Successful Initiatives across a Spectrum of Opportunities**

*Meredith A. Reynolds, Caree Jackson Cotwright, Barbara Polhamus, Allison Gertel-Rosenberg, and Debbie Chang*

With an estimated 12.1% of children aged 2-5 years already obese, prevention efforts must target our youngest children. One of the best places to reach young children for such efforts is the early care and education setting (ECE). More than 11 million U.S. children spend an average of 30 hours per week in ECE facilities. Increased attention at the national, state, and community level on the ECE setting for early obesity prevention efforts has sparked a range of innovative efforts. To assist these efforts, CDC developed a technical assistance and training framework – the Spectrum of Opportunities for Obesity Prevention in the ECE setting – which also served as the organizing framework for the Weight of the Nation ECE track. Participants highlighted their efforts at national, state, and local levels pursuing opportunities on the Spectrum, the standards and best practices that had been the emphasis of their efforts, and common steps for developing, implementing, and evaluating initiatives. Strong leadership and collaboration among a broad group of stakeholders; systematic assessment of needs, opportunities and resources; funding sources; and training and professional development were reported to be integral for successful implementation of standards and best practices, and sustainability.

19  
**Improving the Weight of the Nation by Engaging the Medical Setting in Obesity Prevention and Control**

*Jennifer L. Foltz, Brook Belay, and George L. Blackburn*

This manuscript highlights examples of strategies that have made strides in improving the quality of health care environments, systems-level improvements to support self-management, and collaborations between primary care and public health to support effective approaches to prevent obesity among children and adults in the U.S.

27  
**Preventing Obesity through Schools**  
*Allison Nihiser, Caitlin Merlo, and Sarah Lee*

This paper describes highlights from the Weight of the Nation 2012 Schools Track. Included is a summary of 16 presentations. Presenters shared key actions for obesity prevention through schools. The information provided at the Weight of the Nation can help school health practitioners access tools, apply evidence-based strategies, and model real-world examples to successfully start obesity prevention initiatives in their jurisdiction.

35  
**The Role of Community, State, Territorial, and Tribal Public Health in Obesity Prevention**

*Janice K. Sommers and Claire Heiser*

This article explores how governmental public health authorities can contribute to public health efforts to address obesity by monitoring the prevalence of obesity and associated risk factors, investigating the contributing factors, informing the public, and working with the citizens in their jurisdiction to develop solutions that fit the needs and sensibilities of the people.

40  
**Workplace Health: Engaging Business Leaders to Combat Obesity**  
*Tina Lankford, Jason Lang, Brian Bowden, and William Baun*

This article explores how employers can be part of the solution to obesity by offering workplace wellness programs and facilitating opportunities for physical activity, access to healthier foods and beverages, and incentives for disease management and prevention to help prevent weight gain among their employees.

THE JOURNAL OF  
LAW, MEDICINE &  
ETHICS  
C O N T E N T S

SPECIAL SUPPLEMENT TO VOLUME 41:4  
WINTER 2013

**Symposium articles** are solicited by the guest editor for the purposes of creating a comprehensive and definitive collection of articles on a topic relevant to the study of law, medicine and ethics. Each article is peer reviewed.

**Independent articles** are essays unrelated to the symposium topic, and can cover a wide variety of subjects within the larger medical and legal ethics fields. These articles are peer reviewed.

**Columns** are written or edited by leaders in their fields and appear in each issue of JLME.

**Next Issue:**

**The Right Not to Know**

A Symposium  
Guest Edited by  
Bartha Maria  
Knoppers

**46**

**Built Environment and Physical Activity Promotion: Place-Based Obesity Prevention Strategies**

*Matthew J. Trowbridge and Thomas L. Schmid*

This paper seeks to encourage continued innovation in translating built environment and transportation-focused physical activity research into practice. Successful strategies, policies, and tools from across the U.S. and globally that demonstrate potential for wider-scale implementation are highlighted. The importance of building practice and translational research partnerships with groups and organizations outside traditional public health spheres, such as those who work in real estate and land-use development, is also discussed.

**52**

**The Food and Water System: Impacts on Obesity**

*Courtney A. Pinard, Sonia A. Kim, Mary Story, and Amy L. Yaroch*

The *Weight of the Nation*<sup>™</sup> (WON) conference was held in Washington, D.C. This article presents the issues and topics presented and discussed within the Food and Water System: Agriculture, Access and Sustainability track. Areas for opportunity are outlined in this article.

**61**

**Beyond the Code Book: Legal Tools for Accelerating Progress in Obesity Prevention**

*Julie Ralston Aoki, Manel Kappagoda, and Seth E. Mermin*

This paper highlights methods — other than legislative and regulatory directives — through which decision-makers may use law and the legal system to facilitate the systems-wide change that the IOM calls for.

**68**

**Weight of the Nation 2012 Conference Appendix**