

ROUNDTABLE DISCUSSION

Identifying Barriers and Solutions to the Childhood Obesity Issue

Three geographic regions of San Diego County are identified below. Participants will meet in the region of their choice to network and brainstorm with others that are working in the same region.

All ideas that are discussed in the breakout sessions will be compiled after the conference and made available by e-mail to our participants. In addition, those ideas will be made available to Coalition on Children and Weight San Diego and the San Diego County Childhood Obesity Action Plan Steering Committee. A sign-in sheet for each geographic region will also be made available by e-mail so participants may connect with each other after the conference.

The three geographic regions are:

North Inland/North Coastal:	Facilitator – <i>Christine Wood, MD</i>	Recorder – <i>Naomi Butler</i>
Central/North Central:	Facilitator – <i>Jamie Moody</i>	Recorder – <i>Kim Thomas</i>
South/East :	Facilitator – <i>Mary Jo Buettner, RN</i>	Recorder – <i>Elena Quintanar, MPH</i>

Introductions • (5 minutes)

A brief introduction from each participant including name, position and where you work.

Review “A Call to Action 2” of the Obesity Action Plan • (3 minutes)

The facilitator or a volunteer will read aloud the strategies for Healthcare Systems and Providers. Think about possible local barriers and solutions to these strategies while you are listening.

First Question: Barriers • (15 minutes)

The list of Obesity Action Plan strategies for Healthcare Systems and Providers is very broad. Please choose a few strategies that you believe are most important to address in the next 5 years. What are the barriers that you perceive to carrying out these strategies:

- Within the healthcare provider system
- Within your geographic area

Bring together your personal knowledge and new information you have learned today, to identify local barriers within the healthcare system and within our regional geographic areas. Prioritize your top four strategies and their potential barriers.

Second Question: Solutions • (15 minutes)

Share success stories, resources, and ideas on ways that you might solve some of the barriers you listed above. In your discussion, consider how you can work with other community leaders, local businesses, and local government agencies to solve these problems and advocate for your solutions. Prioritize your top four solutions.

Regional Action Items • (7 minutes)

Discuss any ideas as a regional group that you would like to pursue together after this conference.