

**Agency for Toxic Substances and Disease Registry (ATSDR) Community Action Model**  
**Topic: Obesity**

**Background**

Brownfields: sites with potential contamination that need to be addressed quickly so they can be repurposed. ATSDR deals with Brownfields sites. They encourage communities to explore its needs, potential key stakeholders, and how to find and communicate with key individuals in relevant organizations and agencies. This may take a long time to accomplish, however, will result in effective problem solving.

**Step 1: What are the issues in the community (or communities)?**

- Neighborhood walkability
- Recreation
- Transportation
- Education about obesity
- Food quality
- Poverty

**Step 2: What solutions can address these issues?**

- Establishment of YMCA and other local centers. Note: Can be helpful to get scholarships for people to join these clubs.
- Get MARTA to neighborhoods.
- Keep school exercise facilities open for the community.
- Implement dance classes (make sure it is age appropriate).
- Institute pocket parks.
- Shift towards wellness from a more limited view of health as treatment.

**Step 3: What are the health benefits of the above mentioned solutions?**

- Less medications
- Longer lifespan
- Less health issues

**Step 4: How will it be measured?**

- The number of exercise programs and their locations
- Frequency of doctor visits.
- BMI of community residents.
- Enrollment in health programs.
- Maps of BMI by area.

To measure obesity: look at recreation, poverty, walkability, transportation, lack of food/healthy options, disparity (for example, food expires more quickly in impoverished areas), education. Grant writers need to provide quantitative measurements in their follow-up reports.