

IMPROVING NUTRITION AND PHYSICAL ACTIVITY IN STATES, COMMUNITIES, AND TRIBAL NATIONS

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ACTING BRANCH LEAD



Good Nutrition



Regular Physical Activity



Healthy Weight

Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion



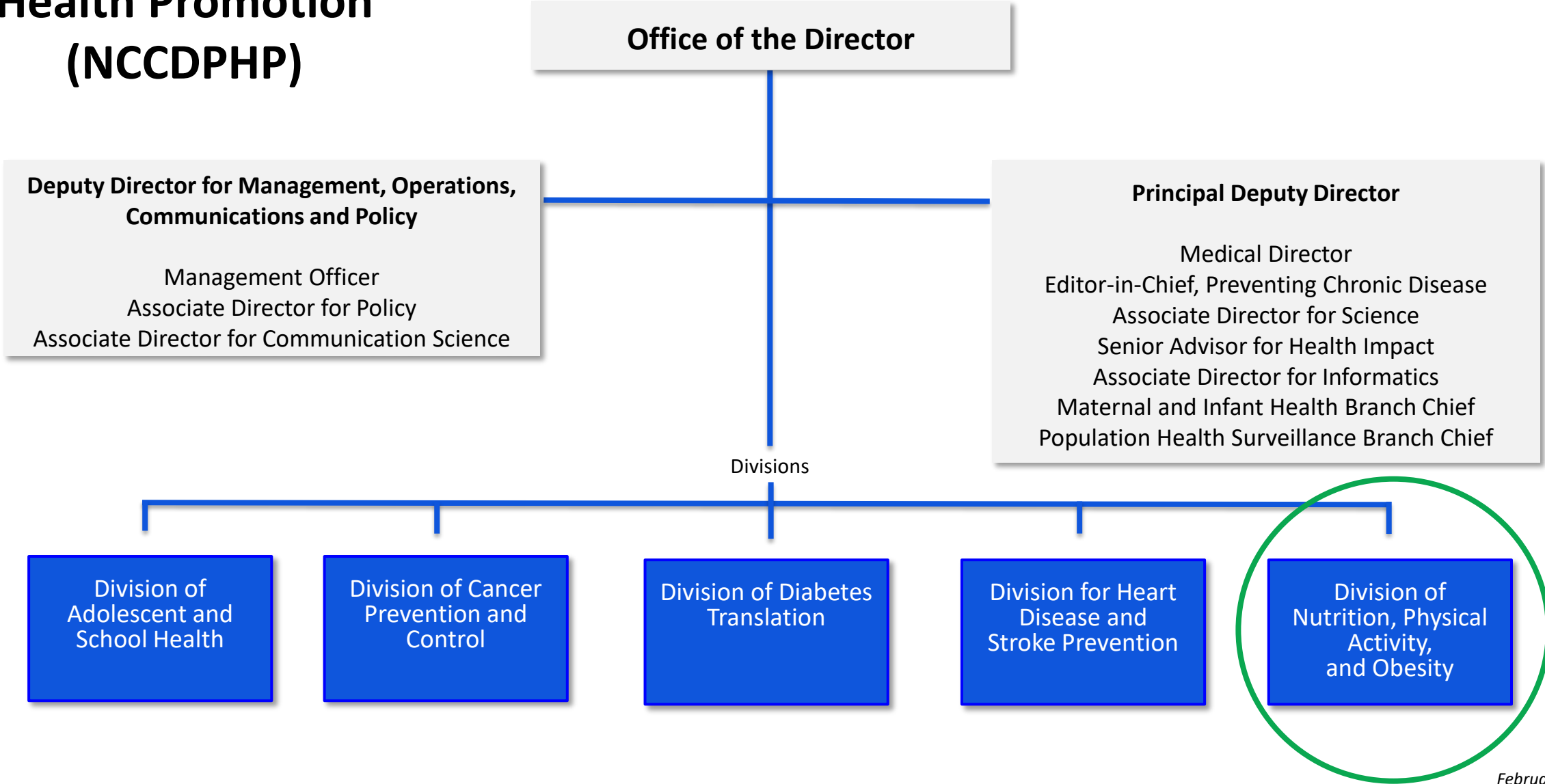
TODAY'S DISCUSSION

Division of Nutrition, Physical Activity, and Obesity (DNPAO) Overview, Priorities

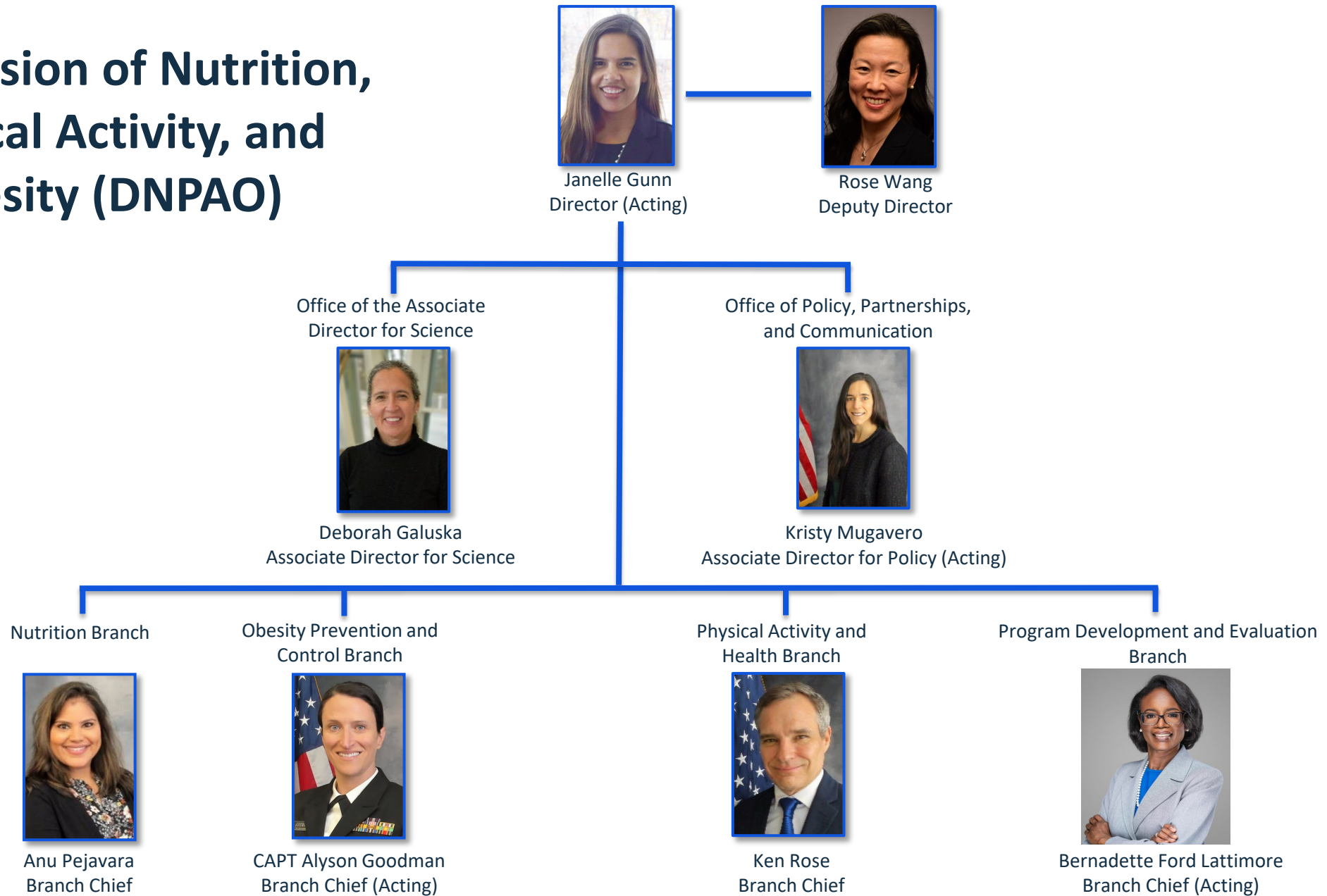
DNPAO's Funded Programs

Resources

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)



The Division of Nutrition, Physical Activity, and Obesity (DNPAO)



DNPAO: What We Strive For Every Day



Vision:

A nation where everyone can easily access nutritious food, lead active lives, and live free of diet- and inactivity-related disease.

Mission:

Lead efforts to support healthy eating and active living for all people by advancing public health strategies.

DNPAO Strategic Priorities

Reaching All Americans Across the Lifespan by Supporting

A Healthy Start for Infants



- Breastfeeding
- Maternal, Infant & Toddler Nutrition
- Vitamins & Minerals

Children & Youth Growing Up Strong & Healthy



- Good Nutrition & Healthy Food Environments
- Physical Activity & Access to Environments Designed for Physical Activity
- Healthy Weight Management & Obesity Prevention

Adults & Older Adults Maintaining a Healthy Lifestyle



Five Action Steps to Reduce Chronic Disease Through Improved Physical Activity and Nutrition



Make physical activity safe and accessible for all

Support active transportation and land use policies to make more activity-friendly routes to everyday destinations



Make healthy food choices easier everywhere

Promote food service and nutrition guidelines and healthy food procurement. Coordinate uptake and expansion of voucher incentive and produce Rx programs.



Make breastfeeding easier to start and sustain

Help hospitals use evidence-based maternity care practices to support new mothers to start breastfeeding



Strengthen obesity prevention standards in early care and education (ECE) settings

Improve standards that help prevent childhood obesity (healthy eating, physical activity, and limiting screen time) within existing ECE systems



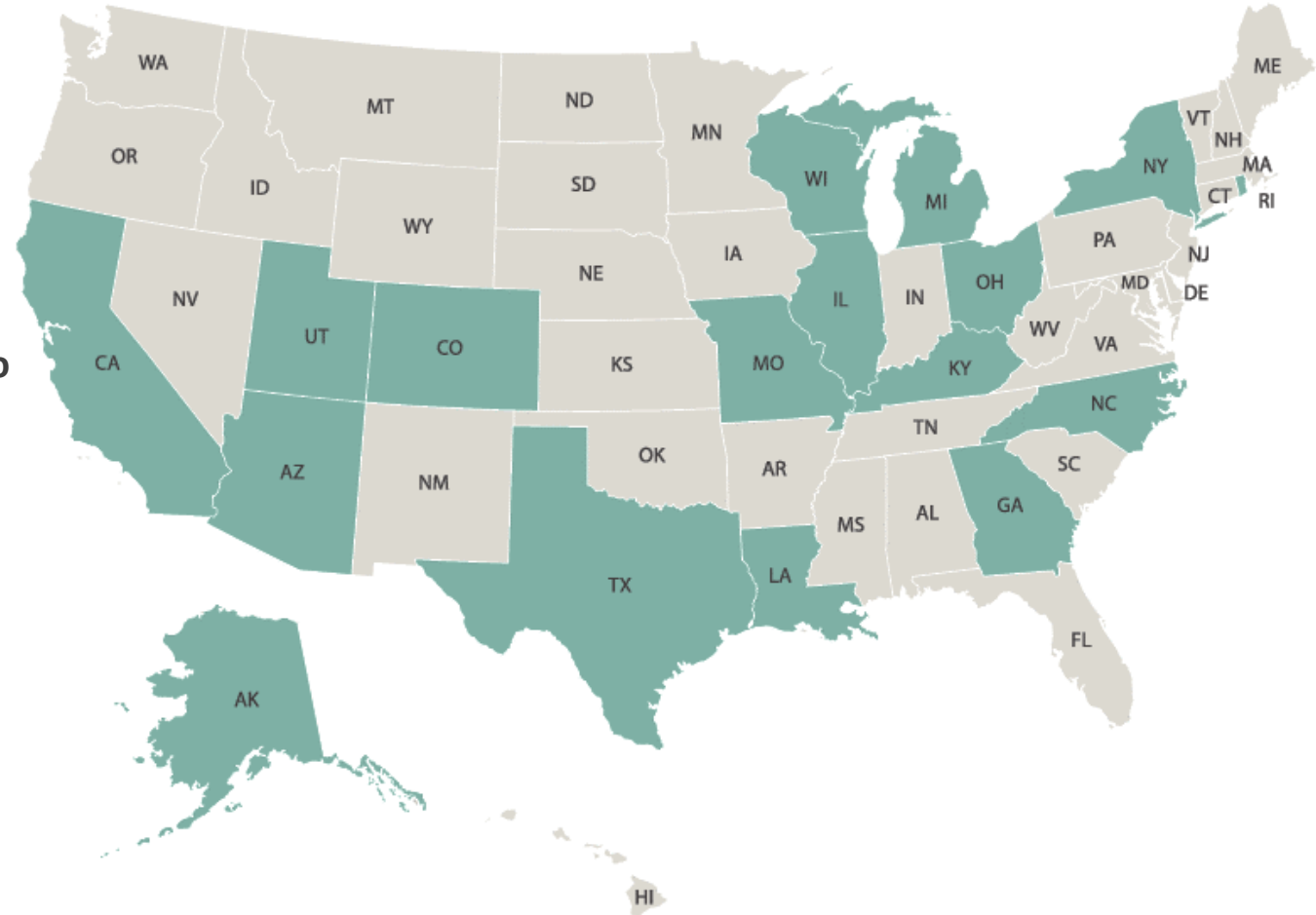
Spread and scale family healthy weight programs

Work with state Medicaid programs to help ensure that families with low incomes can easily access family healthy weight interventions

DNPAO's State Physical Activity And Nutrition Program (SPAN)

- **17 state recipients across the country implement strategies that support:**
 - healthy food choices
 - safe and accessible physical activity
 - continuity of care for breastfeeding
 - healthy early care and education (ECE) environments
- **The strategies will address health disparities related to poor nutrition, physical inactivity, and obesity.**
- **Recipients will leverage state investments, partnerships, and resources to support optimal early life growth and health for all Americans, especially those most impacted by chronic diseases.**

Funded Recipients (Fiscal Year 2023)



SPAN Recipients Working with Tribal Populations

- **Alaska Department of Health and Social Services**
- **Michigan**
- **Wisconsin**

Alaska Department of Health and Social Services (SPAN)

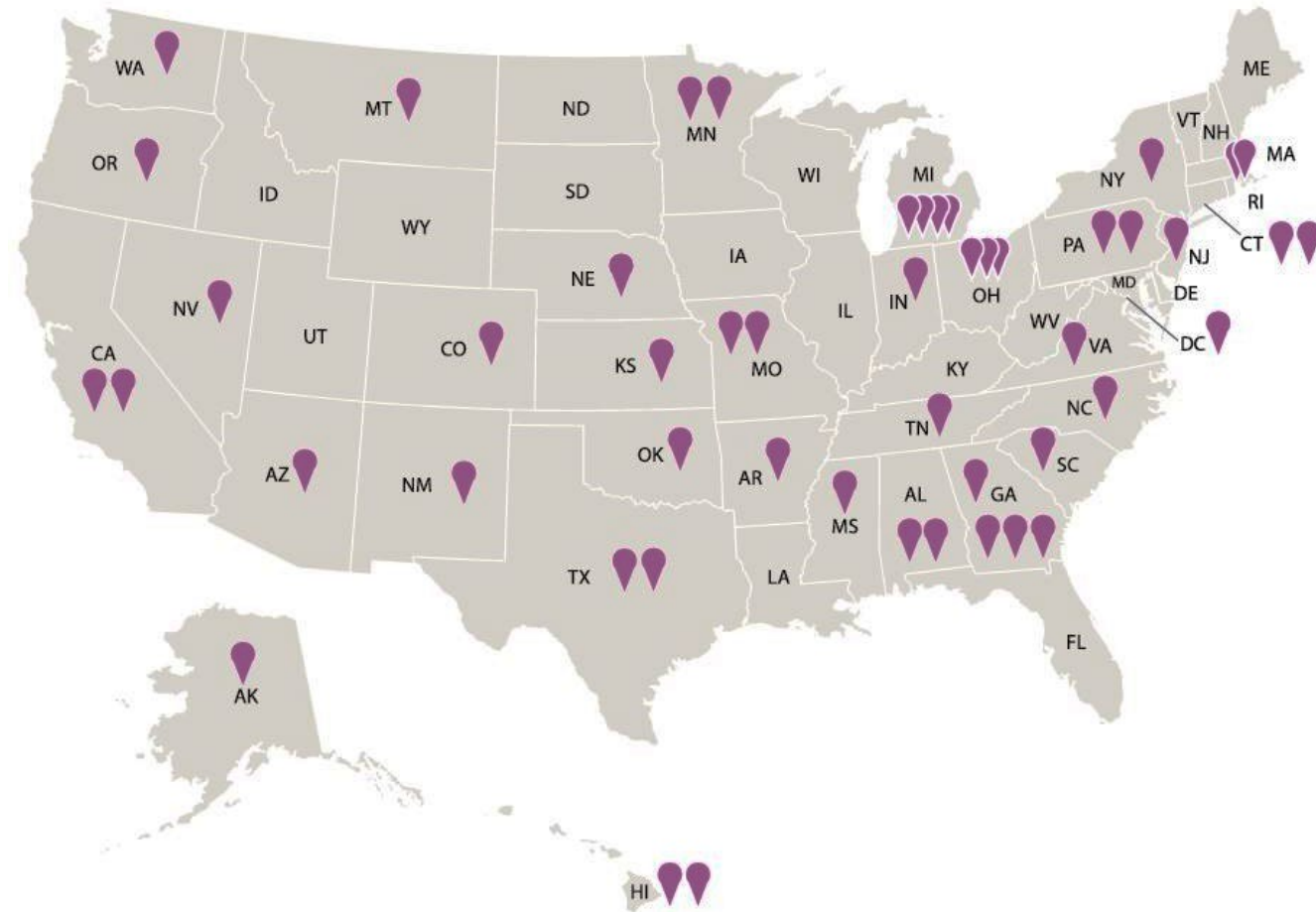
- **Continued supporting implementation of the Anchorage Metropolitan Area Transportation Solutions Non-Motorized Transportation Plan (AMATS Plan).**
- **Alaska SPAN and local partners facilitated coordination and initiation of multiple AMATS Plan projects and improvements.**
- **The AMATS plan affects the entire Anchorage Municipality, potentially increasing safe physical activity access for 209,674 individuals.**

DNPAO's Racial and Ethnic Approaches to Community Health Program (REACH)

- REACH focuses on improving health, preventing chronic diseases, and reducing health disparities among racial and ethnic groups in urban, rural, and tribal communities with high chronic disease burden.
- 50 organizations across the country put into action evidence-based strategies for:
 - Food and nutrition security through promotion of food service and nutrition guidelines and expansion of existing fruit and vegetable voucher incentive and produce prescription programs
 - Safe and accessible physical activity
 - Continuity of care in breastfeeding support
 - Early care and education (ECE) settings
 - Family healthy weight programs
 - Tobacco prevention and control policies*
 - COVID-19, flu, and other routine vaccines*

*Recipient funding and work on these strategies ended in February 2025

Funded Recipients (Fiscal Year 2023)



REACH Recipients Working with Tribal Populations

- **Alaska Native Tribal Health Consortium**
- **Pima County**
- **Inter-Tribal Council of Michigan, Inc.**
- **City of Minneapolis**
- **Montana State University**
- **Presbyterian Healthcare Services**
- **American Indian Cancer Foundation**

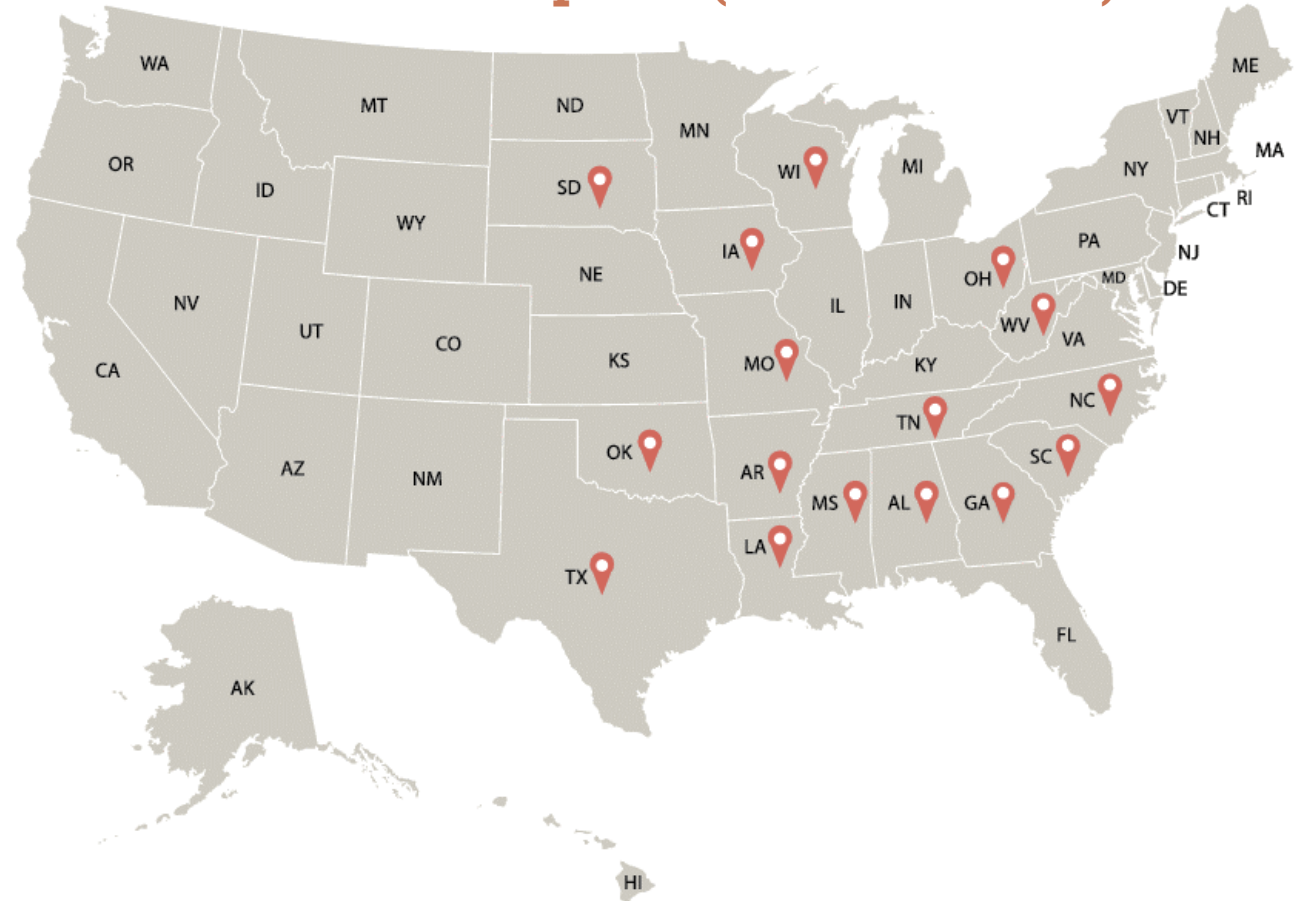
Hawaii State Department of Health (REACH)

- **Implementation of 2 policies for safe transit and active transportation and reducing traffic fatalities to zero.**
- **Worked with state department of transportation providing guidance on pedestrian safety and traffic calming projects to ensure they align with relevant state and county policies and plans.**
- **Twenty-seven pedestrian safety and traffic calming improvements were installed, with three more under construction.**
- **An estimated 112,495 Hawaiians now have more access to safe opportunities for physical activity and active living.**

DNPAO's High Obesity Program (HOP)

Funded Recipients (Fiscal Year 2023)

- **16 land grant universities work with community extension services to implement strategies that support:**
 - food and nutrition security
 - safe and accessible physical activity
 - family healthy weight programs
 - healthy early care and education (ECE) environments
- **The strategies will address health disparities related to poor nutrition, physical inactivity, and obesity.**
- **Recipients work in counties where 40% or more of adults have obesity.**



HOP Recipients Working with Tribal Populations

- **Oklahoma State University**
- **South Dakota State**
- **University of Wisconsin**

Healthy Tribes Cooperative Agreements – 77 Recipients



GHWIC



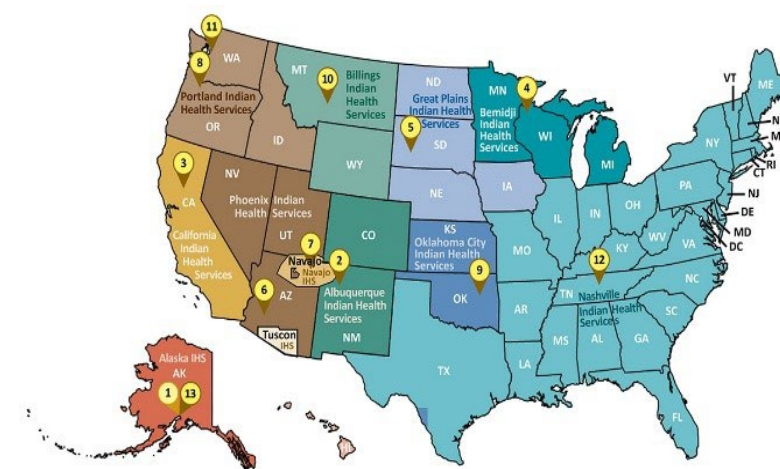
- In Yr 2/5, 9/30-9/29 PoP
- 29 recipients – 3 components
- Component 1 (Tribe, Urban Indian Organization (UIO);
- Component 2 (Tribal Organization;
- Component 3 (Tribal Org. Serve as coordinating center; national eval plan]

TPWIC



- In Yr 4/5, 6/30-6/29 PoP
- 35 recipients – 17 have overdose supplement

TECPHI



- In Yr 4/5, 9/30-9/29 PoP
- 13 recipients – 2 components (12 Tribal Orgs and 1 coordinating center)
- 10 have overdose supplement
- 7 have maternal mortality supplement



Have you heard about our online resources?



Data Trends and Maps

Interactive database that provides national and state health status and behaviors



State and Community Health Media Center

Collection of free and low-cost, audience-tested advertising and support materials



Division of Nutrition, Physical Activity, and Obesity (DNPAO) Website

[CDC.gov/nccdphp/dnpao](https://www.cdc.gov/nccdphp/dnpao)



CDC Facebook Page

[Facebook.com/CDC](https://www.facebook.com/CDC)



Active People, Healthy Nation

A national initiative led by CDC to help

27 million Americans

become more physically active by 2027. Increased physical activity can improve health, quality of life, and reduce healthcare costs.



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Scan me!



THE INSIDER

News and Updates from CDC's
Division of Nutrition, Physical Activity, and Obesity

February 2024

Greetings,

Last year we asked groups applying for two of our funded programs to consider Family Healthy Weight Programs (FHWP) as a strategy to help treat childhood obesity. This was the first time we included FHWP as possible work in the funding opportunity.

Twenty-two recipients of funding for [Racial and Ethnic Approaches to Community Health](#) (REACH) and the [High Obesity Program](#) (HOP) are including FHWP in their workplans. We applaud the recipients who embraced this new opportunity to make FHWP more accessible and sustainable.

FHWPs are family-centered, intensive [health behavior and lifestyle treatment](#) programs. They focus on nutrition, physical activity, and behavior change strategies. FHWP can be adapted for cultural context and family needs. They can be delivered in a clinical or community setting by trained program staff.

Though FHWP are a new optional strategy for our recipients, they have a longstanding evidence base and are the foundational treatment for childhood obesity. They are included in national guidelines from the US Preventive Services Task Force, the American Academy of Pediatrics, and the American Psychological Association.



Research RoundUP

Division of Nutrition, Physical Activity, and Obesity (DNPAO)

DNPAO Publication List - January and February 2024

Physical Activity

Few U.S. Municipalities Have Vision Zero Plans


Vision Zero is a strategy to eliminate traffic fatalities and to promote equitable mobility options for all road users. For a recently published paper, CDC authors used a nationally representative survey to estimate the prevalence of Vision Zero action plans or strategies.

Overall, just 1 in 12 U.S. towns and cities has a Vision Zero plan. Such plans are more common in larger municipalities. Vision Zero plan prevalence was:

- 7.7% in municipalities with at least 1,000 residents.
- 4.8% in municipalities with 1,000 to 2,499 residents.
- 37.8% in municipalities with more than 125,000 residents.

The authors noted that adoption of Vision Zero plans and strategies could help address traffic fatalities.

[Prevalence of Vision Zero action plans or strategies: USA, 2021](#)
Webber BJ, Whitfield GP, Rose KM, Stowe EW, Zaganjor H, Ederer DJ, Fulton JE. *Inj Prev*. February 20, 2024.





Questions?

THANK YOU

For more information, contact: dnpaoprogram@cdc.gov

Help us keep America healthy and strong. See how at: cdc.gov/nccdphp/dnpao

Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

Division of Nutrition, Physical Activity, and Obesity (DNPAO)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

