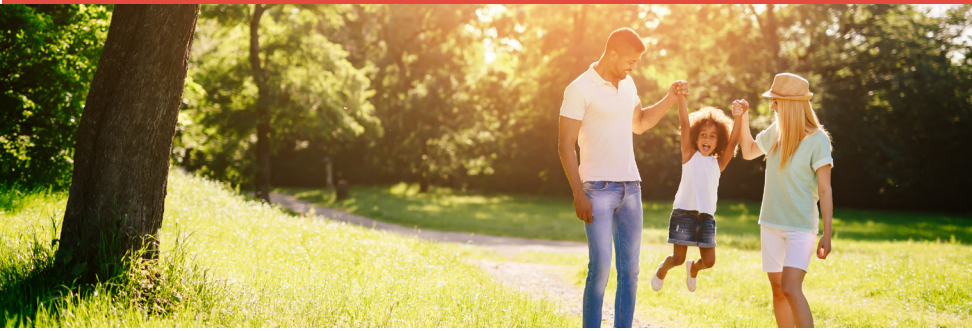


CDC's Division of Nutrition, Physical Activity, and Obesity

Making Healthy Living Easier



A leader in our nation's efforts to keep Americans safe and healthy where they live, work, learn, and play.

There is no single or simple solution to the obesity problem our nation faces. Obesity is reducing our nation's ability to have a productive workforce as well as the number of young adults able to take part in the armed forces. Obesity can lead to type 2 diabetes, heart disease, and some cancers. A healthy diet and regular physical activity help people achieve and maintain a healthy weight starting at an early age and continuing throughout life.

CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) provides tools and resources to our national, state, and local partners to make healthy living easier for all people. We focus on increasing breastfeeding support; promoting the availability of healthy, affordable foods; and creating safe, easy places where people can be physically active. We educate the public about the benefits of maintaining a healthy weight and monitor key data on how we are doing as a nation.

Obesity is Common, Serious, and Costly

Obesity impacts our nation's health, economy, and military readiness.



Almost **1 in 5 children** and more than **1 in 3 adults** struggle with obesity.



The U.S. spends roughly **\$147 BILLION** annually on obesity-related health care costs.



Nearly **1 in 4 young adults** are too heavy to serve in our military.

Americans don't eat healthy enough or get the right amount of physical activity.



Fewer than **1 in 10 children and adults** eat the recommended daily amount of vegetables.



About **1 in 4 youth** get enough aerobic physical activity.



Only **one-half of adults** get enough aerobic physical activity.

Many Americans lack healthy, affordable foods and places to be active.



More than **60% of Americans** don't live within half a mile of a park.



40% of all U.S. households do not have easy access (i.e., access within 1 mile of residence) to healthier food retailers.

Partnering For a Healthier America

DNPAO partners with **national**, **state**, and **local** groups to advance the following programs and priorities:



Early Childcare and Education (ECE) Obesity Prevention Program

We partner with states to: 1) make state-wide improvements in their ECE system by incorporating obesity prevention standards and practices; and 2) support a targeted group of ECE providers to make facility-wide improvements using a learning collaborative. These activities help providers support breastfeeding, healthy eating, and physical activity for children in their facilities.



Childhood Obesity Research Demonstration (CORD) Projects

We focus on improving community-clinical collaborations to help prevent and manage childhood obesity in low-income children. We test a model that increases obesity screening and counseling services for eligible children in the selected communities, and refers them to local pediatric weight management programs. These findings help inform our childhood obesity efforts across the nation.



High Obesity County Program

We fund land grant universities in 11 states with county obesity rates greater than 40%. Grantees work with local cooperative extensions to help increase the availability of healthy foods for residents to choose and safe, convenient places where people can be active in their communities.



Racial and Ethnic Approaches to Community Health (REACH) Program

We fund and support local groups in developing culturally-tailored community programs to assure good nutrition and physical activity are attainable for all people. The program empowers community organizations to identify their unique needs, assets, and opportunities to reduce chronic diseases and risk behaviors.



State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factor and School Health

We fund and support state health departments in using evidence-based approaches to help people achieve good health. Together, we explore and implement strategies to increase access to healthy foods and promote safe places to be physically active.

OUR IMPACT

Together, We Are Making a Difference!



The prevalence of obesity among children aged 2-5 years decreased from 13.9% in 2003-2004 to 9.4% in 2013-2014.



Between 2011 and 2016, more than 22,000 ECE providers voluntarily pledged to adopt obesity prevention practices in childcare centers across the nation.



Between 2012 and 2016, more than 4,800 schools obtained and offered salad bars to more than 2.4 million children and school staff to increase healthy fruit and vegetable options.



The proportion of adults meeting recommended levels of physical activity increased from 44% in 2008 to 50% in 2015.