



The High Obesity Program Special Collection

CDC's High Obesity Program published key findings in a Special Collection in the April 2020 issue of *Preventing Chronic Disease*. Seven publications highlight the work of land grant universities funded by the program. One paper, written by staff from CDC's Division of Nutrition, Physical Activity, and Obesity, describes the program's implementation approach in predominantly rural areas, evaluation framework, and key findings from 2014–2018.



Recipients increased access to healthier foods for more than **1.5 million people**.



Increased access to physical activity for nearly **1.6 million people**.



During 2017 and 2018, recipients leveraged over **\$7.5 million** to support and sustain their efforts.

KEY FINDINGS

Alabama



Improved healthy eating, shopping practices, and vegetable consumption by working with faith-based communities, reaching 737 adults.

Implemented 101 physical activity interventions in 16 communities through a community-based participatory approach.

Kentucky



Significantly increased fruit and vegetable intake, and improved attitudes about places to be physically active between the first and second years of the program for residents in six rural communities.

Louisiana



Identified important considerations (e.g., owner preferences, distributor contracts, in-store marketing) for helping rural food stores encourage healthy purchases.

South Dakota



Implemented 13 gardens through 18,136 hours of volunteer work. Each garden harvested an average of 138 pounds of produce.

Tennessee



Reached an estimated 67,400 community members through nutrition and physical activity programs.

Texas



Partnered with local organizations to establish 5 miles of bicycle lanes and a countywide Bicycle Friendly Business program.

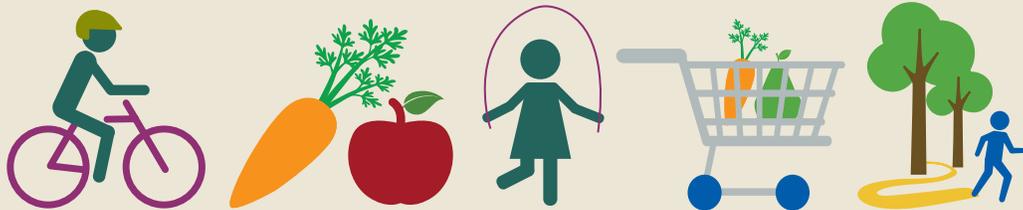
What can public health practitioners do to improve nutrition and physical activity in rural areas with high obesity?

- Partner with land grant universities and cooperative extension services on physical activity and nutrition programs.
- Collaborate with existing or new coalitions to engage community members, assess community needs and assets, and tailor evidence-based approaches to be culturally appropriate.
- Apply CDC's [HOP Implementation Guidance](#) to future nutrition and physical activity programs.



Where can I find the Special Collection?

The High Obesity Program Special Collection is available in *Preventing Chronic Disease*.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information, please visit:
[CDC's Division of Nutrition, Physical Activity,
and Obesity, High Obesity Program](#)