

Centers for Disease Control and Prevention
Division of Nutrition, Physical Activity and Obesity (DNPAO)
Implementation Guidance and Resources for Cooperative Agreement CDC-RFA-DP16-1613
Programs to Reduce Obesity in High Obesity Areas to Boost Prevention

This document contains guidance to help implement the DNPAO cooperative agreement (CDC-RFA-DP16-1613) recommended strategies for the *Programs to Reduce Obesity in High Obesity Areas to Boost Prevention*. For each strategy and corresponding interventions, there is background information, suggested activities, and implementation guidance. Additionally, health equity resources are provided at the end of the document.

The information provided in this document is not intended to be comprehensive. The purpose of the information is to facilitate understanding of the strategies and interventions, and provide guidance on how to implement the interventions. Information includes actions that land grant colleges and universities can undertake through existing cooperative extension and outreach services at the county level to improve nutrition, increase physical activity, reduce obesity, and prevent and control diabetes and heart disease.

Grantees are expected to implement all strategies in the community setting. Under each of the strategies, grantees must choose a minimum of one intervention to address in the community setting.

Links to nonfederal government organizations found in this document are provided solely as a service to the reader. These links do not constitute an endorsement of these organizations or their programs by CDC for the federal government, and none should be inferred. CDC is not responsible for the content of the individual organization sites listed in this document.

Community Setting—Applicants Must Select At Least One Intervention for Each of the Three Strategies.

1. Provide education and promotional support to environmental approaches.

- Provide community-wide extension and outreach services to children, youth and families to increase healthy behaviors such as consumption of healthy foods and beverages, and physical activity.
- Engage with and support community coalitions that support healthy food and beverage consumption and physical activity to prevent obesity and support health.

2. Implement evidence or practice-based strategies to increase consumption of healthy food and beverage as recommended by the *Dietary Guidelines for Americans*.

- Implement food service guidelines/nutrition standards where foods and beverages are available. Guidelines and standards should address sodium.
- Increase access to and promote healthier food retail.

3. Implement evidence or practice-based strategies to increase opportunities for physical activity.

- Create or enhance, and promote access to safe places for physical activity.
 - Promote joint use agreements.
 - Implement and promote Safe Routes to School (SRTS) or other walk/bike to school programs.
 - Promote Complete Streets or other safe streets/ community design initiatives.
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Information and Actions for Community Interventions

The following is information and guidance for the community setting. The information provided is not an exhaustive list of activities and resources, but guidance that may be useful for one or more interventions.

1. Community Setting—Provide education and promotional support to environmental approaches.

- **Provide community-wide extension and outreach services to children, youth and families to increase healthy behaviors such as consumption of healthy foods and beverages, and physical activity.**

Background Information

Outreach and extension services educate and inform individuals, communities, and businesses on topics of interest and concern, using the academic resources of land grant colleges and universities. This outreach and engagement enhances problem solving through the exchange of knowledge and resources between individuals, communities, businesses, government, and educational institutions.

Outreach and extension services are administered through county and regional extension offices, and provide education and resources to increase awareness of healthy behaviors and promote family and community health. One of the six major extension service areas is nutrition and consumer sciences that promotes family health through science-based education and outreach. These services offer an opportunity to increase community awareness of the benefits of healthy eating and physical activity and support community efforts to improve nutrition and physical activity opportunities through community-based education and awareness activities, training, technical assistance, and engagement with the public.

Background Resources

Healthy People 2020

This website is designed to help improve the health of Americans by providing information and resources on community-based education and outreach.

<http://www.healthypeople.gov/2020/default.aspx>

eXtension

eXtension is an interactive learning environment delivering knowledge from researchers across land-grant universities in the United States.

<http://www.extension.org/>

Suggested Activities for Land Grant Colleges or Universities

- Conduct skill building workshops that encourage families to make healthier lifestyle choices.
- Provide technical assistance and training to local extension and other local partners to support community assessments and other opportunities to improve nutrition and increase physical activity through community-based education and awareness activities.
- Collaborate with community partners to support and promote community-based approaches opportunities through education and awareness activities, training, technical assistance, and engagement with the public.

Implementation Guidance

Fruit, Vegetable, and Physical Activity Toolbox for Community Educators!

The Toolbox Kit and companion website were created so that community educators can easily teach low-income adults about eating the recommended amount of fruits and vegetables and enjoying physical activity every day.

<http://www.network-toolbox.cdph.ca.gov/en/index.html>

We Can! Ways to Enhance Children's Activity and Nutrition

This website provides tools and resources for families, community members, and health professionals to improve physical activity and nutrition among children.

<http://www.nhlbi.nih.gov/health/educational/wecan/>

- **Engage with and support community coalitions that support healthy food and beverage consumption, and physical activity to prevent obesity and support health.**

Background Information

A community coalition is a partnership among people and organizations from multiple sectors—such as schools and businesses—working together to achieve a common purpose. A coalition usually focuses on addressing a community problem by analyzing the problem, gathering data and assessing needs, developing an action plan with identified solutions, implementing solutions, and assessing achievements.

Community coalitions are one avenue to promote environmental changes that support healthy behaviors. The collaborative work of a coalition can be more effective than the efforts of individuals or individual groups, because of the representation of multiple sectors that have various approaches, expertise, and resources that can be leveraged to address an issue and accomplish common goals.

Background Resources

Community Health Partnerships: Tools and Information for Development and Support

This resource provides tools and information that are designed to provide technical assistance, templates, and strategies to help with community health partnership development and continuation.

http://www.nbch.org/NBCH/files/ccLibraryFiles/Filename/000000000353/Community_Health_Partnerships_tools.pdf

Use of Community Coalitions to Drive Community Change: What Is Community Engagement?

This website provides information on community coalitions and how to engage various community partners. The website also contains information on engaging the community around diet and physical activity.

http://www.oxha.org/cih_manual/index.php/community-engagement-evidence

Suggested Activities for Land Grant Colleges or Universities

- Mobilize coalitions by engaging with local extension to leverage resources, pool expertise, and minimize duplication of efforts to address healthy eating and physical activity issues.
- Facilitate the development of community coalitions by helping different organizations recognize the benefits of broad-based support for obesity prevention efforts from both the public and private sectors.
- Help convene obesity prevention leaders to encourage discussions that identify nutrition and physical activity priorities and areas of potential collaboration.
- Provide education and training to community coalitions on planning and evaluation to support program improvement and development of best practices in obesity prevention.

Implementation Guidance

Communities Putting Prevention to Work (CPPW) Resource Center

This CDC website provides links to resources on foundational skills and practices such as community engagement through coalition development and management that can be used to improve nutrition and increase physical activity.

https://nccd.cdc.gov/DCH_CHORC/#

2. Community Setting—Implement evidence or practice-based strategies to increase consumption of healthy food and beverage as recommended by the *Dietary Guidelines for Americans*.

- **Implement food services guidelines/nutrition standards where foods and beverages are available. Guidelines and standards should address sodium.**

Background Information

Food service guidelines (FSG) or nutrition standards are guidelines for organizations or programs to create healthy eating and drinking environments at cafeterias, vending machines, snack bars, and during social events. Additionally, guidelines may also promote healthy dietary choices by using pricing incentives, food placement and promotion, or be used to improve the sustainable practices of food service operations. FSG may include procurement policies requiring or recommending that institutions purchase foods and beverages that meet nutrition standards or that a portion of the foods and beverages the institution provides or makes available in vending, cafeterias, or concessions meet nutrition standards.

US General Services Administration's (GSA) *Health and Sustainability Guidelines for Federal Concessions and Vending Operations Guidelines (HHS/GSA Guidelines)*, are the current federal guidelines designed to help improve food choices at federal facilities. These guidelines are updated to reflect the latest *Dietary Guidelines for Americans*. They can be used as a model to change food environments to align with the *Dietary Guidelines for Americans* with the goal of increasing the availability of healthier choices in cafeterias, vending, and snack bars. Other guidelines may be considered. However, development of new nutritional guidelines is strongly discouraged.

Background Resources

Dietary Guidelines for Americans, 2015.

Summarizes and synthesizes knowledge about individual nutrients and food components into an interrelated set of recommendations for healthy eating that can be adopted by the public.

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

Healthy Food Service Guidelines

This CDC website provide links to the latest federal guidelines and resources to compliment them.

<http://www.cdc.gov/obesity/strategies/food-serv-guide.html>

Suggested Activities for Land Grant Colleges or Universities

- Collaborate with local extension, businesses, and agencies to conduct assessments of concessions and vending machines that is used to help create an action plan to bring standards related to healthier foods and beverages in alignment with the *HHS/GSA Guidelines*.
- Provide training and technical assistance to local extension, stakeholders, and community coalitions to implement food service guidelines in all food related contracts for cafeterias, snack bars, and vending to create food environments aligned with the Dietary Guidelines for Americans.
- Engage with partners and community coalitions to assess their needs related to implementing food service guidelines in order to provide relevant training and technical assistance to support their efforts.

Implementation Guidance

Healthy Food Service Guidelines

This CDC website provide links to the latest federal guidelines and resources to compliment them.

<http://www.cdc.gov/obesity/strategies/food-serv-guide.html>

Smart Food Choices: How to Implement Food Service Guidelines in Public Facilities

This guide includes action steps to help implement food service guidelines in government worksites or other public facilities to increase the availability of healthier food and beverage options at food service venues.

<http://www.cdc.gov/obesity/downloads/smart-food-choices-how-to-implement-food-service-guidelines.pdf>

Improving the Food Environment Through Nutrition Standards: A Guide for Government Procurement

This resource provides guidance to states and localities for use when developing, adopting, implementing, and evaluating changes in food procurement.

http://www.cdc.gov/salt/pdfs/DHDSP_Procurement_Guide.pdf

Food for the Parks: A Roadmap to Success Toolkit

This resource describes how to develop and implement healthy and sustainable food concessions in park settings.

<https://www.concessions.nps.gov/docs/concessioner%20tools/FoodforParksRoadmapReport.pdf>

- **Increase access to and promote healthier food retail.**

Background Information

Healthier food retail (HFR) increases access to healthier foods and beverages through the establishment or improvement of retail venues, specifically through full service grocery stores, small stores (corner or convenience stores), farmers' markets, and mobile food vending. The food retail environment can be an important factor in a person's obesity risk and ability to eat a healthy diet. The definition of healthier foods and beverages is based on the *Dietary Guidelines for Americans, 2010*. Healthier foods can include fruits, vegetables, whole grains, fat-free and low-fat dairy products, seafood, and foods with less sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains. Healthier beverages include fat-free or low-fat milk and milk products, fortified soy beverages and other lactose-free products, 100% juice, and water.

Background Resources

Dietary Guidelines for Americans, 2015.

Summarizes and synthesizes knowledge about individual nutrients and food components into an interrelated set of recommendations for healthy eating that can be adopted by the public.

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

The USDA Community Food Security Assessment Toolkit

This toolkit provides standardized measurement tools for assessing various aspects of community food security.

<http://ers.usda.gov/publications/efan-electronic-publications-from-the-food-assistance-nutrition-research-program/efan02013.aspx>

The Food Environment Atlas

This website provides food environment indicators to examine factors related to food choices and diet quality. It also provides a spatial overview of a community's ability to access healthier food.

<http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>

Suggested Activities for Land Grant Colleges or Universities

- Provide support for community assessment of existing resources and community needs around healthier retail.
- Provide resources, training, and technical assistance to local extension and other state and local partners to do the following:
 - Improve facilities at existing stores to enable them to carry healthier foods and beverages (e.g., increasing refrigeration).
 - Work with existing farmers' markets on comprehensive promotions and consumer education on nutrition and food-related topics.
 - Implement in-store promotions such as shelf labels, rating systems, healthy check-out aisles, or social marketing campaigns to encourage consumers to purchase healthier foods and beverages.

- Develop certification, recognition, or incentive programs to encourage stores to stock, sell, and market healthier items.
- Support the development of new farmers' markets in or near underserved areas.
- Work with stores and other food retail venues to increase the number that follow guidance for national- and state-specific minimum stocking requirements of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).
- Develop options to increase the acceptance and use of nutrition assistance program benefits at farmers' markets (e.g., Supplemental Nutrition Assistance Program (SNAP) benefits, Women, Infants, and Children (WIC) cash value vouchers, Senior Farmers' Market Nutrition Program (SFMNP) coupons).
- Address community transportation needs to increase access to HFR.

Implementation Guidance

Healthier Food Retail: An Action Guide for Public Health Practitioners

This resource provides guidance for public health practitioners on how to develop, implement, and partner on initiatives and activities around food retail to improve access, availability, and affordability of healthier foods and beverages.

<http://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/healthier-food-retail-guide-full.pdf>

Healthier Food Retail: Beginning the Assessment Process in Your State or Community

This resource provides public health practitioners with an overview of how to develop a food retail environment assessment.

<http://www.cdc.gov/obesity/downloads/hfrassessment.pdf>

Healthy Corner Stores Network (HCSN)—Tools Web Page

These tools provide information, including toolkits, manuals, and tip sheets on how to start, implement, and evaluate corner stores initiatives.

<http://www.healthycornerstores.org/category/resources/tools>

Farmers' Market Coalition

This website has a database of resources for multiple audiences including public health practitioners. Topics include food safety and handling, funding and grants, insurance, liability, licensing, market start-up and development, state association development, surveys, evaluation, and research.

<http://farmersmarketcoalition.org/resources/resource-library>

United States Department of Agriculture (USDA)—Farmers' Markets Website

This USDA's Agricultural Marketing Service's (AMS) website includes information about AMS programs, services, and grant funding on farmers' markets. The page also maintains a national directory of farmers' markets and provides resources on topics such as nutrition education, market research, farmers' market development, and food hubs.

<http://www.ams.usda.gov/AMSV1.0/FARMERSMARKETS>

3. Community Setting—Implement evidence or practice-based strategies to increase opportunities for physical activity.

- **Create or enhance, and promote access to safe places for physical activity.**

Background Information

The way communities are designed can influence how active people are. When communities have spaces—such as parks—that are safe, attractive, and well-maintained, children and families are more likely to be active. Communities that lack such spaces can discourage residents from walking, bicycling, and playing outside. Increasingly, local governments are considering how community design positively impacts residents’ physical activity.

Creating or enhancing access to places where people can be physically active combined with informational outreach has been shown to be an effective approach to promoting physical activity. These types of interventions impact entire populations by targeting physical structures in the community. Residents who live in communities with pedestrian and bike friendly infrastructures tend to be more physically active.

Background Resources

Physical Activity Guidelines for Americans

Summarize and synthesize science-based guidance about physical activity into an interrelated set of recommendations.

<http://www.health.gov/paguidelines/>

The National Physical Activity Plan; Public Health Section

The National Physical Activity Plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. The plan comprises recommendations that are organized in sections each supported with strategies to improve physical activity.

<http://www.physicalactivityplan.org/theplan/pubhealth.html>

State Indicator Report on Physical Activity, 2014

This report provides information on physical activity behavior and policy and environmental supports within each state.

http://www.cdc.gov/physicalactivity/downloads/pa_state_indicator_report_2014.pdf

Suggested Activities for Land Grant Colleges or Universities

- Support assessment of community needs (e.g., health impact assessments; walkability and bikeability audits; other analysis to support the development, implementation, improvement of pedestrian, bicycle, trail plans).
- Provide resources, training, and technical assistance to local extension, government agencies, worksites, and other partner organizations to support the following:

- Implement evidence- and practice-based strategies to increase physical activity.
- Identify and share model programs that have increased physical activity levels among participants.
- Create signage with community input to promote opportunities for physical activity.
- Collaborate with state agencies such as the Departments of Transportation, Planning, Environmental Health, or Education to promote physical activity by leveraging the expertise from different sectors.
- Partner with a park district or similar entity to develop and disseminate an inventory of the quantity, quality, and accessibility of parks or recreational facilities.

Implementation Guidance

The CDC Guide to Strategies to Increase Physical Activity in the Community

This document provides guidance on how to select strategies to increase physical activity in the community.

http://www.cdc.gov/obesity/downloads/PA_2011_WEB.pdf

Livability & Smart Growth Assessment Tool Database

This is a database of tools and checklists that can be searched by tools appropriate for rural or urban areas, assessment type, user role, and six topic areas—one of which is health-focused design and policies.

<http://livability.safestates.org/>

Health Impact Assessment

This CDC website provides information, resources, and guidance on community health impact assessments.

<http://www.cdc.gov/healthyplaces/hia.htm>

- **Promote joint use agreements**

Background Information

A joint use agreement (JUA) is a formal agreement between two separate government entities—often a school and a city or county—setting forth the terms and conditions for shared use of public property or facilities. Joint use agreements increase opportunities for physical activity by allowing groups to share indoor and outdoor spaces like gymnasiums, athletic fields and playgrounds. Just as there is no one model of JUAs, there is no single method to develop an agreement. Successful JUAs require considerable thought, effort, and cooperation to reach agreement on a range of issues.

Major public health organizations, including CDC, encourage increasing or enhancing access to school property, and other places where people can be active. Additionally, Healthy People 2020 objectives encourage schools to increase access for all persons outside of normal school hours. JUAs are one way to increase access to places for physical activity, especially in communities with fewer resources to support parks and other recreational facilities.

Background Resources

Shared Use

This website provides a definition of shared use as well as resources to assist in the planning and implementation of the JUAs.

<http://www.changelabsolutions.org/publications/benefits-shared-use>

Joint Use

This website is devoted to joint use and provides a number of resources.

<http://www.jointuse.org/resources/>

Suggested Activities for Land Grant Colleges or Universities

- Provide resources, training, and technical assistance to local extension to work with schools, recreation centers, community organizations or city officials to help communities negotiate the JUAs.
- Promote the implementation and benefits of the JUAs to increase access to facilities for the general public to be physically active.
- Educate schools, recreation centers, community organizations or city officials on strategies to create, finance, and enforce the JUAs.

Implementation Guidance

Playing Smart: A National Joint Use Toolkit

This toolkit provides a comprehensive overview of the most common ways to finance JUAs, and guidance on how to overcome obstacles that may arise in negotiating and enforcing a JUA.

http://changelabsolutions.org/sites/default/files/Playing_Smart-National_Joint_Use_Toolkit_Updated_20120517_0.pdf

- **Implement and promote Safe Routes to School (SRTS) or other walk/bike to school program.**

Background Information

Safe Routes to School is a national effort to ensure that children can walk and bicycle safely to school. The SRTS National Partnership, which represents more than 300 organizations and government agencies, was established to make the best use of available federal SRTS funds, to remove policy barriers to walking and biking to school, and to provide information, resources, and models to state and local agencies.

Walking or bicycling to school gives children time for physical activity and a sense of responsibility and independence, allows them to enjoy being outside, provides them with time to socialize with their parents and friends, and the opportunity to get to know their neighborhoods. SRTS is one approach to building an active, livable community. Other walk/bike to school programs that address unique community needs may be implemented such as bus stops a mile or less from schools to allow walking school buses in rural areas where homes are long distances from schools.

Background Resources

Safe Routes to School National Partnership

This website provides reports and tools to assist in developing SRTS in communities.

<http://saferoutespartnership.org/>

Safe Routes to School: Helping Communities Save Lives and Dollars

This report shares data about the benefits of the federal Safe Routes-to-School program and illustrates them with local success stories.

<http://saferoutespartnership.org/sites/default/files/pdf/SRTSNP-2011-Policy-Report.pdf>

Suggested Activities for Land Grant Colleges or Universities

- Identify and work with a SRTS state coordinator to promote the establishment and implementation of sustainable SRTS programs.
- Support community assessments to determine specific needs for implementing SRTS and other walking or biking programs.
- Provide resources, training, and technical assistance to local extension that partner with local school and community organizations to help implement SRTS and promote the benefits of SRTS programs.

Implementation Guidance

Implementing Safe Routes to School in Low Income Schools and Communities: A Resource Guide for Volunteers and Professionals

This guide provides information on how to implement SRTS and ways to address implementation challenges.

<http://saferoutespartnership.org/sites/default/files/pdf/LowIncomeGuide.pdf>

Advancing Safe Routes to School at the County Level

This report describes SRTS and highlight SRTS examples from different communities.

<http://www.saferoutespartnership.org/sites/default/files/pdf/CPW-final-report-lo-res.pdf>

ChangeLab Solutions: Safe Routes to School

This website provides a list of publications focused on SRTS along with model SRTS policies and an interactive policy workbook.

<http://changelabsolutions.org/childhood-obesity/srts>

National Center for Safe Routes to School

This website provides a comprehensive set of SRTS resources.

<http://www.saferoutesinfo.org/>

- **Promote Complete Streets or other safe streets/ community design initiatives.**

Background Information

Designing streets and communities for physical activity involves the efforts of planners, architects, engineers, developers, and public health professionals to change the physical environment of small geographic and urban areas in ways that support physical activity (e.g., land use policies, urban design). Complete Streets is one method to design streets and communities for physical activity. Complete Streets are designed and operated to safely accommodate all users. This includes motorists, pedestrians, bicyclists, transit users, and people of all ages and abilities. A Complete Street comprises many different elements. These elements may include—but are not limited to—sidewalks, bike lanes, crosswalks, curb-cuts, wide shoulders, medians, bus pullouts, audible pedestrian signals, and sidewalk bulb-outs. The elements that are used can vary from project to project, but the commonly desired end result is to achieve a connected network that is safe and effective to support physical activity.

Background Resources

Community Guide; Environmental and Policy Approaches to Increase Physical Activity: Community-Scale Urban Design Land Use Policies

This guide provides a list of recommended design and land use approaches that support physical activity in urban areas based on sufficient evidence of effectiveness in facilitating an increase in physical activity.

<http://www.thecommunityguide.org/pa/environmental-policy/communitypolicies.html>

Complete Streets: Policy Basics

This website provides background and a list of comprehensive resources on Complete Streets and their development.

<http://www.smartgrowthamerica.org/complete-streets/changing-policy>

Rural Areas and Small Towns

This fact sheet provides information on Complete Streets in rural areas and small towns and their importance in such areas.

<http://www.smartgrowthamerica.org/complete-streets/implementation/factsheets/rural-areas-and-small-towns/>

Suggested Activities for Land Grant Colleges or Universities

- Collaborate with local extension to conduct health impact assessments to determine potential effects of proposed policies or projects that promote active transportation and inform priorities for designing communities for physical activity.
- Collect data from community members on their needs related to improved community design and use this information to begin the dialogue around improving community design for physical activity with stakeholders.
- Establish partnerships with government agencies and officials, community organizations, transportation planners, and engineers to
 - Share data with decision makers to inform them about the economic, safety, and health benefits of communities designed for physical activity.

- Collaborate with state and local departments of transportation and metropolitan planning organizations to incorporate physical activity goals such as promoting bicycle and pedestrian safety and improving access to public transit, jobs, and health services into master plans.
- Participate in a coalition that supports Complete Streets or healthy zoning policies to provide education and technical assistance to coalition members on the benefits of such policies.
- Partner with local extension and community organizations to educate stakeholders and community members on Complete Streets policies and understand their needs for designing communities to increase physical activity.
- Work with local governments or transportation planners and engineers to provide technical assistance on the use of zoning to change the physical environment of communities on topics such as developing or redesigning parks, requiring sidewalks, and incentivizing mixed land use.

Implementation Guidance

The Smart Growth Implementation Toolkit

A set of tools that provide communities a step-by-step guide for how to examine the policies, codes, zoning regulations, and development requirements that can impact how a their community grows.

<http://www.smartgrowthamerica.org/leadership-institute/implementation-tools>

Designing and Building Healthy Places

This website provides resources such as fact sheets and tools to help users design and/or enhance communities for healthier living.

<http://www.cdc.gov/healthyplaces/default.htm>

Putting Smart Growth to Work in Rural Communities

This report focuses on smart growth strategies that can help guide growth in rural areas while protecting natural and working lands and preserving the rural character of existing communities.

http://icma.org/en/icma/knowledge_network/documents/kn/Document/301483/Putting_Smart_Growth_to_Work_in_Rural_Communities

Health Equity

The Cooperative Agreement (CDC-RFA-DP16-1613) purpose is for land grant institutions to conduct intervention strategies through existing cooperative extension and outreach services at the county level to improve nutrition, increase physical activity, reduce obesity, and prevent and control diabetes and heart disease particularly in areas where adult obesity rates are high. Community environments that have limited access to healthful foods and places to be active may contribute to these high obesity rates. If improvements are made and continued, these programs have the potential to have long-term positive impacts on the health of residents in these counties. The initiative can reinforce the health of the community as a

critical determinant of individual health and well-being. The funding opportunity announcement (FOA) encourages grantees to ensure that data, including burden data, are used to identify communities within their state or jurisdiction that have poor environments or populations disproportionately affected by chronic diseases and to describe how the strategies implemented will reduce or eliminate disparities related to nutrition or physical activity behaviors and obesity. Disparities by race, ethnicity, geography, primary language, health literacy, and other relevant dimensions (e.g., tribal communities) should be considered. One way to achieve this is for grantees to use the following resources to help address disparities.

CDC Health Equity Resource Website and Toolkit for State Practitioners Addressing Obesity Disparities

This resource is designed to increase the capacity of state health departments and their partners to work with and through communities to implement effective responses to obesity in populations that are facing health disparities. The primary focus is on how to create systems and environmental changes that will reduce obesity disparities and achieve health equity.

http://www.cdc.gov/obesity/health_equity/index.html and http://www.cdc.gov/obesity/health_equity/toolkit.html

The Grocery Gap: Who Has Access to Healthy Food and Why It Matters

This resource provides a comprehensive review of healthy food access studies.

<http://policylink.org/sites/default/files/FINALGroceryGap.pdf>

Food and Nutrition Assistance Programs

Populations that have previously lacked access to fresh produce may need education on how to use and store these items. Food and nutrition assistance programs such as SNAP, WIC, and SFMNP can offer nutrition education programs to meet this need.

United States Department of Agriculture (USDA)—SNAP Benefits at Farmers' Markets

The USDA's Food and Nutrition Service provides information on how to accept SNAP Benefits at Farmers' Markets and receive EBT equipment. It also includes a resource center.

<http://www.fns.usda.gov/snap/ebt/fm.htm>