Many American communities lack environments that could support healthy diets and regular physical activity. Healthy dietary and physical activity practices can lower the risk for heart disease, type 2 diabetes, and some cancers.\textsuperscript{1,2}

In addition, excess calorie intake and physical inactivity contribute to obesity, which is associated with some of the leading preventable chronic diseases, including heart disease, stroke, type 2 diabetes, and some cancers. Among adults, the medical costs associated with obesity are an estimated $147 billion.\textsuperscript{1,2,3}

Public health approaches can help make healthy options available, accessible, and affordable. The Centers for Disease Control and Prevention’s Division of Nutrition, Physical Activity, and Obesity (DNPAO) supports the nation to establish sustainable programs to improve dietary quality, increase physical activity, and reduce obesity and overweight. DNPAO funds and works with state health departments through a cooperative agreement (\textit{State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health program}).

This profile highlights data on dietary quality, physical activity, and obesity in Virginia and select activities funded with this cooperative agreement. For more information about CDC’s work to support healthy eating and physical activity, please see the \textbf{DNPAO website}.

\begin{table}[h]
\centering
\begin{tabular}{|l|}
\hline
\textbf{Population Statistics} \\
Estimated Population of Virginia: 8,382,993\textsuperscript{4} \\
\hline
\textbf{Adult Statistics} \\
\hline
\textbf{Dietary Behaviors}\textsuperscript{5} \\
\begin{itemize}
\item 37.4\% of adults reported consuming fruit less than one time daily. \\
\item 21.4\% of adults reported consuming vegetables less than one time daily.
\end{itemize} \\
\hline
\textbf{Physical Activity}\textsuperscript{5} \\
\begin{itemize}
\item 51.9\% of adults achieved the equivalent of at least 150 minutes of moderate intensity physical activity per week.
\end{itemize} \\
\hline
\textbf{Overweight and Obesity}\textsuperscript{5} \\
\begin{itemize}
\item 36.3\% of adults were overweight. \\
\item 28.5\% of adults had obesity.
\end{itemize} \\
\hline
\textbf{Child Statistics} \\
\hline
\textbf{Breastfeeding}\textsuperscript{5} \\
\begin{itemize}
\item 82.8\% of infants were ever breastfed. \\
\item 54.2\% of infants were breastfed for at least 6 months.
\end{itemize} \\
\hline
\textbf{Overweight and Obesity}\textsuperscript{5} \\
\begin{itemize}
\item 19.9\% of children aged 2 to 4 years in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) program were overweight. \\
\item 20.1\% of children aged 2 to 4 years in WIC had obesity.
\end{itemize} \\
\hline
\end{tabular}
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\begin{table}[h]
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\begin{tabular}{|l|}
\hline
\textbf{Adolescent Statistics} \\
\hline
\textbf{Dietary Behaviors}\textsuperscript{5} \\
\begin{itemize}
\item 38.7\% of adolescents reported consuming fruit less than one time daily.
\end{itemize} \\
\hline
\textbf{Physical Activity}\textsuperscript{5} \\
\begin{itemize}
\item 23.8\% of adolescents were physically active at least 60 minutes per day on all 7 days in the past week.
\end{itemize} \\
\hline
\textbf{Overweight and Obesity}\textsuperscript{5} \\
\begin{itemize}
\item 14.7\% of adolescents were overweight. \\
\item 12.0\% of adolescents had obesity.
\end{itemize} \\
\hline
\end{tabular}
\end{table}
State Activities

Virginia worked on the following select activities during the first 2 years of the State Public Health Actions program.

- Provided training and technical assistance (TA) to help 85 early care and education centers adopt and implement nutrition and physical activity standards.
- Provided funding to three local health districts to attend a Complete Streets workshop facilitated by Smart Growth America. Follow up TA was provided to each local health district by Smart Growth America staff to help them write and adopt Complete Streets policies suitable for their respective communities.
- Funded the Richmond City Health District to develop and implement four healthy corner store initiatives in small retail venues within United States Department of Agriculture’s Food Desert designated areas.

References


