

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

Making Healthy Eating Easier



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

Good nutrition is essential in keeping current and future generations of Americans healthy across the lifespan. Breastfeeding helps protect against childhood illnesses, including ear and respiratory infections, asthma, and sudden infant death syndrome (SIDS). People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.

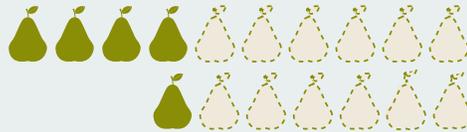
CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) works with national, state, and local partners to make healthy living easier for people to achieve. We educate the public about the benefits of good nutrition on their health. We focus on increasing breastfeeding support and promoting the availability of healthy, affordable foods where people live, learn, work, and play.

Poor Nutrition Is Making Our Nation Sick

Many Americans' diets lack adequate sources of good nutrition.



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



Only **4 in 10 children** and fewer than **1 in 7 adults** eat enough fruit.

Vitamin and mineral malnutrition impacts our health and economy.



Low levels of vitamins and minerals can result in mental impairment and central nervous system defects in infants.



Poor nutrition contributes to **many costly diseases**, including obesity, heart disease, and some cancers.

Mothers stop breastfeeding earlier than intended.



About 80% of mothers start out breastfeeding, but **more than 50% stop sooner** than they planned.



Low rates of breastfeeding add more than **\$2 billion a year** to direct medical costs.

Help us keep America healthy and strong. Learn how at: <https://www.cdc.gov/nccdphp/dnpao/index.html>

Partnering For a Healthier America

DNPAO partners with **national groups, states, and communities** to advance the following priorities:



Early Childcare and Education (ECE) Obesity Prevention

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 intervention. These activities help providers support breastfeeding, healthy eating, and physical activity for children in their facilities.



High Obesity County Program

We fund 15 land grant universities in states with county obesity rates greater than 40%. Residents of these communities tend to have less access to healthy foods. To address this, many of the recipients work with local cooperative extensions to help increase the availability of healthy, affordable foods in their communities.



International Micronutrient Malnutrition Prevention and Control Program (IMMPaCt)

We help improve vitamin and mineral malnutrition in the United States and globally, focusing on iron, vitamin A, iodine, folate, zinc, and vitamin D.



Racial and Ethnic Approaches to Community Health (REACH)

We fund and support local groups in developing culturally-tailored community programs to reduce chronic diseases and risk behaviors. One focus of the program is assuring good nutrition is attainable for all people.



State Physical Activity and Nutrition (SPAN)

We fund 16 state recipients to implement evidence-based strategies at state and local levels to improve nutrition and physical activity. Exploring and implementing strategies to increase access to healthy foods is a common strategy. Many recipients help hospitals improve maternity practices and community support for breastfeeding.

OUR IMPACT

Together, We Are Making a Difference!



Iodine is added to more prenatal vitamins for pregnant and breastfeeding women to support the infant's growth and cognitive development.



Over 1 million babies are born each year in US hospitals that use global standards to help mothers who want to breastfeed. This has increased from 1.7% in 2007 to 29.1% in 2020.



Between 2012 and 2019, more than 5,900 schools obtained and offered salad bars to more than 3 million children and school staff to increase healthy fruit and vegetable options.



Twenty-three states require licensed childcare programs to follow science-based infant feeding and nutrition standards. This affects the meals and snacks of millions of young children.

