Health and Food Systems: Creating Thriving Communities

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Nutritional Status of the U.S.

• Healthy People 2010
  – 33% eat the recommended 2 or more daily servings of fruit
  – 27% eat the recommended 3 or more daily servings of vegetables

• Food Deserts
  – 2.3 million households live more than 1 mile from a supermarket and do not have access to a vehicle
  – 11.5 million people have low-incomes, live in low-income areas and are more than 1 mile from a supermarket
Creating Healthy Communities

– Behavioral Approaches
  • Group support, individual counseling, skills training, family interventions, and pharmacologic treatment
  • Individual Responsibility: focus on the individual and their specific risk behaviors to improve individual health outcomes

– Population-based Approaches
  • Healthy food hubs, complete streets, menu labeling, nutrition standards,
  • Socio-ecological Perspective: focus on access and affordability in places to enable healthy behaviors and improve population-level health outcomes
Policy, System and Environmental Changes

• Allow for broad population-level impact, measurable health outcomes, and sustainable behavior change

• Health in All Policies: consider the impact of non-health related activities

• Triple Bottom Line: improve health, environment and economy
Strategies to Promote Nutrition and Health

- CDC Recommended Strategies and Measurements to Prevent Obesity
  - 11 nutrition related strategies and measures
  - Strategies to promote the availability of affordable healthy food and beverages
  - Strategies to support healthy food and beverage choices
Strategies to Promote Nutrition and Health

• Communities Putting Prevention to Work
  – Media
  – Access
  – Policy
  – Point of Decision
  – Social Supports
Access to Healthy, Affordable Food and Beverages

NPAO state program

• 25 states through 2013
• Increase the number, reach, and quality of policies and standards set in place to support healthful eating and physical activity in various settings.
• Increase access and use of environments to support healthful eating and physical activity in various settings.
• Increase the number, reach and quality of social and behavioral approaches that complement policy and environmental strategies to promote healthful eating and physical activity.
Access to Healthy, Affordable Food and Beverages

National Healthy Food Financing Initiative

- $400 million initiative to eliminate food deserts in 7 years
- Bring grocery stores and other healthy food retailers to underserved urban and rural communities across America
- Expand access to nutritious foods through grocery stores and healthy food retailers
Access to Healthy, Affordable Food and Beverages

Fruit and Vegetable Indicator Report

- Behavioral – e.g. F＆V Consumption
- Policy and Environmental Scans
- Food System Supports
- Accompanying national action guides

Available at: http://www.fruitsandveggiesmatter.gov/indicatorreport
State enacted policies or laws for healthier food retail access, 2001-09
Resources