



DISCOVER DEVELOP DELIVER

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





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Creating Healthy Communities

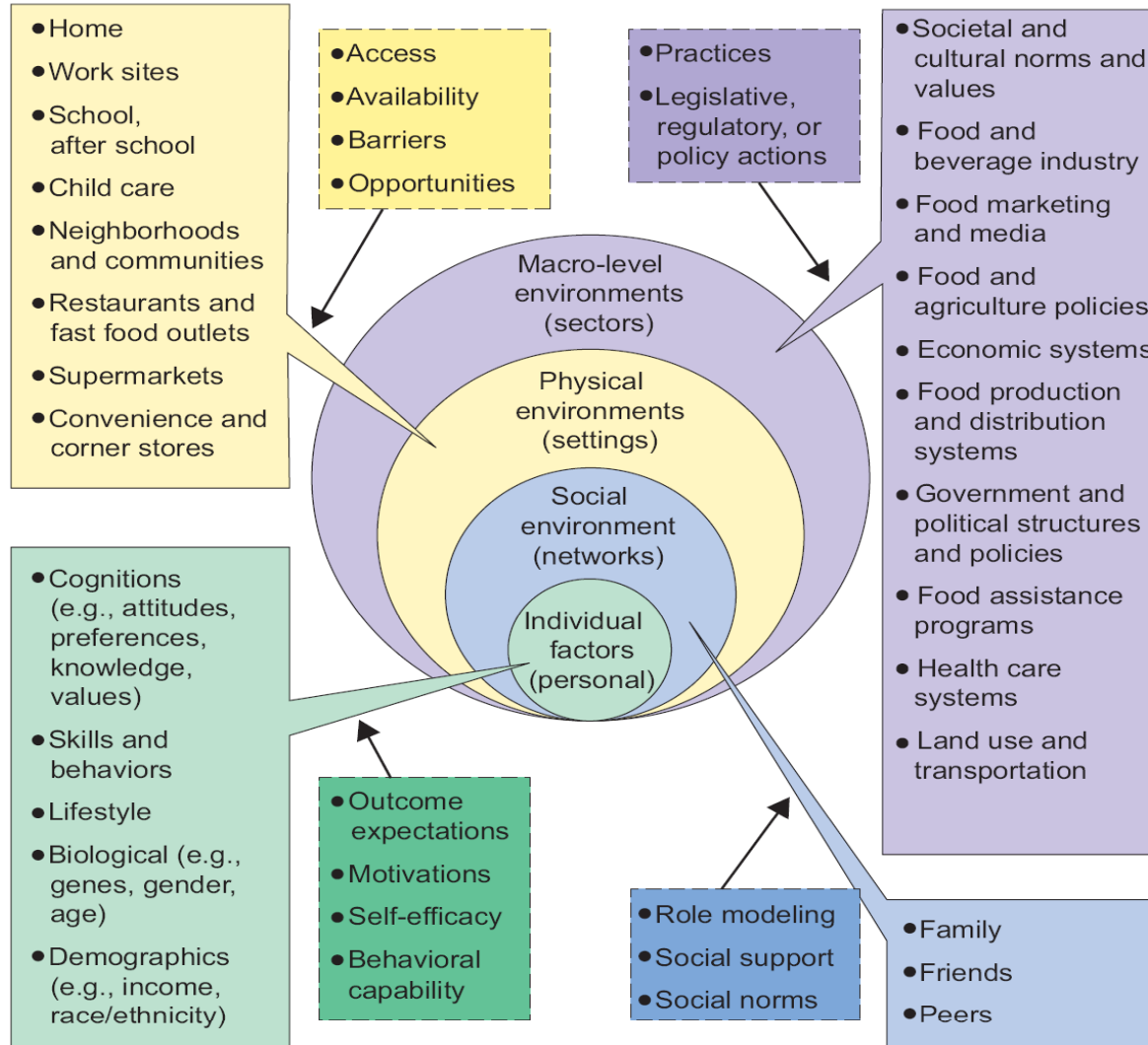
– Behavioral Approaches

- 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







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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





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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





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Strategies to Promote Nutrition and Health

- Communities Putting Prevention to Work
 - Media
 - Access
 - Policy
 - Point of Decision
 - Social Supports





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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.





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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





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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>

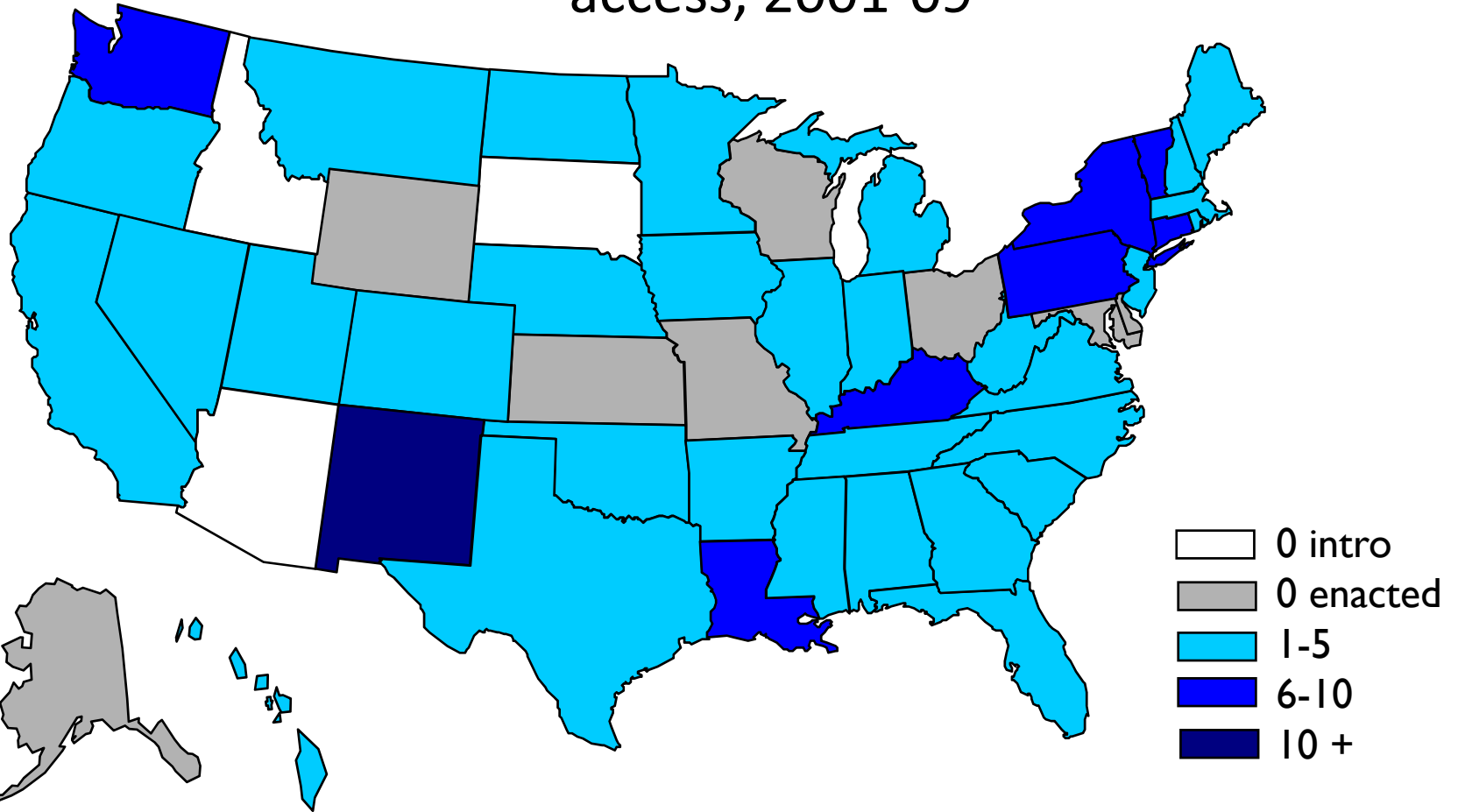




NUTRITION
PHYSICAL ACTIVITY
OBESITY

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State enacted policies or laws for healthier food retail access, 2001-09





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Resources

1. Centers for Disease Control and Prevention,
<http://www.cdc.gov/nutrition>
2. United States Department of Agriculture,
<http://www.usda.gov/fns> and
<http://www.ers.usda.gov/Publications/AP/AP036/>
3. Institute for Agriculture and Trade Policy,
<http://www.iatp.org>
4. Journal of Hunger & Environmental Nutrition, Vol. 4:219-224, 2009.
5. White House Press Release,
http://www.cdc.gov/chronicdisease/recovery/PDF/Healthy_Food_Financing_release.pdf

