

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

Making Healthy Living Easier



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

Our nation's obesity problem has no single or simple solution. Obesity is reducing our nation's ability to have a productive workforce as well as the number of young adults able to take part in the armed forces. Obesity can lead to type 2 diabetes, heart disease, and some cancers. Healthy eating patterns and regular physical activity help people achieve and maintain a healthy weight starting at an early age and continuing throughout life.

CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) provides tools and resources to our national, state, and local partners to make healthy living easier for all people. We focus on increasing breastfeeding support; promoting the availability of healthy, affordable foods; and creating safe, easy places where people can be physically active. We educate the public about the benefits of maintaining a healthy weight and monitor key data on how we are doing as a nation.

Obesity is Common, Serious, and Costly

Obesity impacts our nation's health, economy, and military readiness.



About **1 in 5 children** and more than **1 in 3 adults** struggle with obesity.



The United States spends **\$147 BILLION** annually on obesity-related health care.



Nearly **1 in 4 young adults** are too heavy to serve in our military.

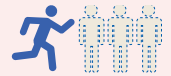
Americans don't eat healthy enough or get the right amount of physical activity.



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



Fewer than **1 in 4 youth** get enough aerobic physical activity.



Just **1 in 4 adults** meet the physical activity guidelines.

Many Americans lack healthy, affordable foods and places to be active.



More than **half of Americans** don't live within half a mile of a park.



40% of all US households do not live within 1 mile of healthier food retailers.

Partnering For a Healthier America

DNPAO partners with **national**, **state**, and **local** groups to advance the following programs and



Early Childcare and Education (ECE)

We partner with states to incorporate obesity prevention standards and practices in their ECE systems. We also support a selected group of ECE providers to make facility-wide improvements using a learning collaborative. These activities support breastfeeding, healthy eating, and physical activity.



Childhood Obesity Research Demonstration (CORD)

We focus on improving community-clinical collaborations to help prevent and manage childhood obesity in families with low incomes. We test a model that increases obesity screening and counseling services for eligible children in selected communities and refers them to local pediatric weight management programs.



Childhood Obesity Data Initiative (CODI)

We work with the Task Force for Global Health to understand how well child obesity prevention and treatment strategies work by linking researchers, program analysts, and specialists.



High Obesity Program (HOP)

We fund 15 land grant universities in states with county obesity rates greater than 40%. Grantees work with local cooperative extensions to help increase the availability of healthy foods and safe, convenient places to be active.



Racial and Ethnic Approaches to Community Health (REACH)

We fund and support local groups in developing culturally-tailored community programs to assure good nutrition and physical activity are attainable for all people. The program empowers community organizations to identify their unique needs, assets, and opportunities to reduce chronic diseases and risk behaviors.



State Physical Activity and Nutrition (SPAN)

We fund and support state health departments in using evidence-based approaches to help people achieve good health. Together, we explore and implement strategies to increase access to healthy foods and promote safe places to be physically active.

OUR IMPACT

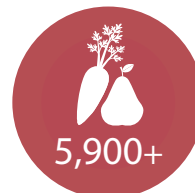
Together, We Are Making a Difference!



Obesity declined among toddlers in WIC aged 2 to years 4 from 15.9% in 2010 to 13.9% in 2016.



Since 2010, 40 states have strengthened child care licensing regulations by incorporating high-impact obesity prevention standards.



Since 2010, 5,946 schools obtained and offered salad bars to almost 3 million children to increase healthy fruit and vegetable options.



The percentage of US adults meeting the aerobic physical activity guideline significantly increased from 44% in 2008 to 54% in 2018.

Help us keep America healthy and strong. Learn how at: cdc.gov/nccdphp/dnpao

National Center for Chronic Disease Prevention and Health Promotion

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