The National Walking Movement: CDC’s Role in Creating an Active America, Together

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Today’s Objectives

- An overview of DNPAO
- How DNPAO works with partners to make it safer and easier for people of all ages and abilities to be active
- How to connect with partners across the country
DNPAO
Overview
We are a team of scientists, physicians, and prevention experts committed to improving the health of America. We help lead our nation’s fight against the health and economic burden caused by chronic disease such as obesity, heart disease, stroke, Type 2 diabetes, arthritis, and some cancers. We promote good nutrition, regular physical activity, and a healthy weight for people of all ages in places where they live, learn, work, and play.
DNPAO Strategic Priorities:
Reaching All Americans Across the Lifespan

- Getting a Healthy Start
  - Breastfeeding
  - Early Child Nutrition

- Growing Up Strong & Healthy
  - Early Care and Education (ECE)
  - Child Obesity Management

- Maintaining Good Nutrition
  - Healthy Food Environment
  - Vitamin & Mineral Malnutrition

- Keeping Active
  - Communities Designed for Physical Activity
  - Programs that Support Physical Activity
Our Work with National, State, and Local Partners
Leveraging Evidence & the Experts

Use the National Physical Activity Plan, Physical Activity Guidelines development structure

Physical Activity Guidelines Advisory Committee

17 Nationally Recognized Experts
9 Subcommittees

- Aging
- Brain Health
- Cancer – Primary Prevention
- Cardiometabolic Health & Weight Management
- Dose Response
- Individuals with Chronic Conditions
- Promotion of Physical Activity
- Sedentary Behavior
- Youth
What Guides Our Work
Pedestrian or Bicycle Transportation Systems
- Pedestrian infrastructure
- Bicycle infrastructure
- Public transit infrastructure and access

Land Use and Environmental Design
- Proximity to destinations
- Mixed land use
- Residential density
- Parks and recreational facilities

Preventing Chronic Diseases Across the Nation

- State Public Health Actions Program (1305)
- High Obesity Program (1416/1613)
- Racial and Ethnic Approaches to Community Health (REACH) (1419)
- A Comprehensive Approach to Good Health and Wellness in Indian Country (1421)
- Childhood Obesity Research Demonstration Project (CORD) and CORD 2.0 (007/004)
DNPAO’s Support to States and Communities

*FY2016 Funding from State Public Health Actions (1305), High Obesity (1416) (1613), REACH (1419), and CORD (007)
Connecting with Partners on the Ground
Together, We Are Making a Difference
Making the Connection: CDC-funded State and Local Partners

By the Numbers

- 6,500 members nationwide
- 18 staff at NACDD Headquarters
- 43 subject matter expert consultants
- 17 million dollars in revenue
- 100+ CDC-funded projects implemented

“...This is about ... the strengthening of our states and their ability to cope with the issue of chronic disease.”

The Utah Department of Health collaborated with transportation planning agencies and community organizations to provide training on strategies that improve active living for all.

Training topics: using public health data in transportation planning, setting up Complete Streets policies, and conducting walkability assessments.

Hundreds of individuals have attended, and several new policies and plans have been implemented.

Residents now have increased access to active living spaces for walking and biking.

Project supported by the State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity, and Associated Risk Factors and Promote School Health cooperative agreement (DP13-1305).
Find DNPAO Resources to Support Your Work

- Visit us online at:
  - CDC.gov/nccdphp/dnpao
  - Facebook.com/TheWeightOfTheNation
  - @CDCObesity
  - @CDCMakeHealthEZ

Learn how you can help and stay connected by visiting us online!
Thank You!

For more information, contact:
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Help us keep America healthy and strong. See how at: cdc.gov/nccdphp/dnpao

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.