



## Summary of CDC's Recommended Community Strategies and Measurements to Prevent Obesity in the United States

### ***Strategies to Promote the Availability of Affordable Healthy Food and Beverages***

#### **Strategy #1 Communities Should Increase Availability of Healthier Food and Beverage Choices in Public Service Venues**

**Measurement** A policy exists to apply nutrition standards that are consistent with the Dietary Guidelines for Americans to all food sold (e.g. meal menus and vending machines) within local government facilities in a local jurisdiction or on public school campuses during the school day within the largest school district in a local jurisdiction.

#### **Strategy #2 Communities Should Improve Availability of Affordable Healthier Food and Beverage Choices in Public Service Venues**

**Measurement** A policy exists to affect the cost of healthier foods and beverages (as defined by IOM, 2005) relative to the cost of less healthy foods and beverages sold within local government facilities in a local jurisdiction or on public school campuses during the school day within the largest school district in a local jurisdiction.

#### **Strategy #3 Communities Should Improve Geographic Availability of Supermarkets in Underserved Areas**

**Measurement** The number of full-service grocery stores and supermarkets per 10,000 residents located within the three largest underserved census tracts within a local jurisdiction.

#### **Strategy #4 Communities Should Provide Incentives to Food Retailers to Locate in and/or Offer Healthier Food and Beverage Choices in Underserved Areas**

**Measurement** Local government offers at least one incentive to new and/or existing food retailers to offer healthier food and beverage choices in underserved areas.

#### **Strategy #5 Communities Should Improve Availability of Mechanisms for Purchasing Foods from Farms**

**Measurement** The total annual number of farmer-days at farmers' markets per 10,000 residents within a local jurisdiction.

#### **Strategy #6 Communities Should Provide Incentives for the Production, Distribution, and Procurement of Foods from Local Farms**

**Measurement** Local government has a policy that encourages the production, distribution, or procurement of food from local farms in the local jurisdiction.



***Strategies to Support Healthy Food and Beverage Choices***

**Strategy #7 Communities Should Restrict Availability of Less Healthy Foods and Beverages in Public Service Venues**

**Measurement** A policy exists that prohibits the sale of less healthy foods and beverages (as defined by IOM, 2005) within local government facilities in a local jurisdiction or on public school campuses during the school day within the largest school district in a local jurisdiction.

**Strategy #8 Communities Should Institute Smaller Portion Size Options in Public Service Venues**

**Measurement** Local government has a policy to limit the portion size of any entree (including sandwiches and entrée salads) by either reducing the standard portion size of entrees or offering smaller portion sizes in addition to standard portion sizes within local government facilities within a local jurisdiction.

**Strategy #9 Communities Should Limit Advertisements of Less healthy Foods and Beverages**

**Measurement** A policy exists that limits advertising and promotion of less healthy foods and beverages within local government facilities in a local jurisdiction or on public school campuses during the school day within the largest school district in a local jurisdiction.

**Strategy #10 Communities Should Discourage Consumption of Sugar-Sweetened Beverages**

**Measurement** Licensed child care facilities within the local jurisdiction are required to ban sugar-sweetened beverages, including flavored/sweetened milk and limit the portion size of 100% juice.

***Strategy to Encourage Breastfeeding***

**Strategy #11 Communities Should Increase Support for Breastfeeding**

**Measurement** Local government has a policy requiring local government facilities to provide breastfeeding accommodations for employees that include both time and private space for breastfeeding during working hours.

***Strategies to Encourage Physical Activity or Limit Sedentary Activity Among Children and Youth***

**Strategy #12 Communities Should Require Physical Education in Schools**

**Measurement** The largest school district located within the local jurisdiction has a policy that requires a minimum of 150 minutes per week of PE in public elementary schools and a minimum of 225 minutes per week of PE in public middle schools and high schools throughout the school year (as recommended by the National Association of Sports and Physical Education).



**Strategy #13 Communities Should Increase the Amount of Physical Activity in PE Programs in Schools**

**Measurement** The largest school district located within the local jurisdiction has a policy that requires K–12 students to be physically active for at least 50% of time spent in PE classes in public schools.

**Strategy #14 Communities Should Increase Opportunities for Extracurricular Physical Activity**

**Measurement** The percentage of public schools within the largest school district in a local jurisdiction that allow the use of their athletic facilities by the public during non-school hours on a regular basis.

**Strategy #15 Communities Should Reduce Screen Time in Public Service Venues**

**Measurement** Licensed child care facilities within the local jurisdiction are required to limit screen time to no more than 2 hours per day for children aged  $\geq 2$  years.

***Strategies to Create Safe Communities That Support Physical Activity***

**Strategy #16 Communities Should Improve Access to Outdoor Recreational Facilities**

**Measurement** The percentage of residential parcels within a local jurisdiction that are located within a half-mile network distance of at least one outdoor public recreational facility.

**Strategy #17 Communities Should Enhance Infrastructure Supporting Bicycling**

**Measurement** Total miles of designated shared-use paths and bike lanes relative to the total street miles (excluding limited access highways) that are maintained by a local jurisdiction.

**Strategy #18 Communities Should Enhance Infrastructure Supporting Walking**

**Measurement** Total miles of paved sidewalks relative to the total street miles (excluding limited access highways) that are maintained by a local jurisdiction.

**Strategy #19 Communities Should Support Locating Schools within Easy Walking Distance of Residential Areas**

**Measurement** The largest school district in the local jurisdiction has a policy that supports locating new schools, and/or repairing or expanding existing schools, within easy walking or biking distance of residential areas.

**Strategy #20 Communities Should Improve Access to Public Transportation**

**Measurement** The percentage of residential and commercial parcels in a local jurisdiction that are located either within a quarter-mile network distance of at least one bus stop or within a half-mile network distance of at least one train stop (including commuter and passenger trains, light rail, subways, and street cars).

**Strategy #21 Communities Should Zone for Mixed Use development**



**Measurement** Percentage of zoned land area (in acres) within a local jurisdiction that is zoned for mixed use that specifically combines residential land use with one or more commercial, institutional, or other public land uses.

**Strategy #22 Communities Should Enhance Personal Safety in Areas Where Persons Are or Could be Physically Active**

**Measurement** The number of vacant or abandoned buildings (residential and commercial) relative to the total number of buildings located within a local jurisdiction.

**Strategy #23 Communities Should Enhance Traffic Safety in Areas Where Persons Are or Could be Physically Active**

**Measurement** Local government has a policy for designing and operating streets with safe access for all users which includes at least one element suggested by the National Complete Streets Coalition (<http://www.completestreets.org>)

***Strategy to Encourage Communities to Organize for Change***

**Strategy #24 Communities Should Participate in Community Coalitions or Partnerships to Address Obesity**

**Measurement** Local government is an active member of at least one coalition or partnership that aims to promote environmental and policy change to promote active living and/or healthy eating (excluding personal health programs such as health fairs).

After August 14, the [MMWR Report](http://www.cdc.gov/mmwr), *Recommended Community Strategies and Measurements to Prevent Obesity in the United States* and the *Implementation and Measurement Guide* will be posted at [www.cdc.gov/nccdphp/dnpao/publications/index.html](http://www.cdc.gov/nccdphp/dnpao/publications/index.html)

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National Center for Chronic Disease Prevention and Health Promotion  
Centers for Disease Control and Prevention  
U.S. Department of Health and Human Services  
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