The State’s Plan to Address Physical Activity and Nutrition

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Newest Obesity Data (2018)

• Released September 2019
• Alabama – 36.2% obese
• 33.4% overweight
The Good News......

• In 2017, Obesity in Alabama was 36.3%
• Still have a long journey ahead
• 2016 – 35.7%
• 2011 – 32.0%

• Other measures......
Background on the plan...
www.alabamapublichealth.gov/obesity
OTF

• Mission:

  *Creating a healthier Alabama through obesity reduction and prevention efforts.*

• Purpose:

  *The Alabama Obesity Task Force works through collaboration, programs, policy, and environmental changes to support and promote healthy lifestyles.*
Background on the plan…..

• The task force is a large, statewide group of organizations, partners, and stakeholders that have been meeting since 2005
• Unique and diverse collaboration
• Create a plan that is relevant, realistic, and appropriate for Alabama

❖ Shift from an Obesity Plan to a Physical Activity and Nutrition Plan
Background on the plan...
Sectors

- Public Health
- Healthcare
- Parks, Recreation, Fitness & Sports
- Mass Media
- Transportation, Community Planning, and Access
- Business and Industry
- Non-Profit, Volunteer, & Faith Based Organizations
- Education
• Each sector group met multiple times
• Created goals, objectives, and action steps
• Facilitators compiled and wrote the plan

• What does the Education Sector look like?
To be released

• January 2020
• Next meeting....... Location and date TBD
Join Us!

• Become a member of the task force
• Share and utilize the plan
Scale Back Alabama 2020

• See Healthier, Be Healthier
SAVE THE DATE

WEIGH-IN WEEK: JAN. 20-26
WEIGH-OUT WEEK: APRIL 6-12
FINAL EVENT: APRIL 21
Scale Back Alabama School

• Sign up as a coordinator and become a 2020 Scale Back School
• Why?
• Free
• Promote school health
• Promote personal health
• Positive role model for students
• Recognition
• PRIZES!
Scale Back Alabama School

• www.scalebackalabama.com
The Nutrition and Physical Activity Division
Thank you!

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