

TABLE OF NUTRITION AND PHYSICAL ACTIVITY STRATEGIES PROMOTED BY RECOGNIZED EXPERT ORGANIZATIONS

This table was created to try and summarize findings from key organizations of the strategies and interventions they recommend and/or found to be effective based on their research. The list is grouped by settings (childcare, community, healthcare, etc.) and highlights strategies that were listed by at least 3 sources in yellow. The wording of each strategy was taken from the first source where it appeared and additional listings for that strategy were placed there because they closely matched the same strategy, although the wording may have differed. It is possible that some of the sources made their recommendations based on the findings of one of the other sources because we did not look at the reference list or methodology to that level of detail. Nevertheless, a listing by several sources does lend additional credibility to the strategy.

The letter **T** in the header row refers to the type of strategy: **E** = Environmental change, **P** = Policy change, and **I** = Individual Behavior change. Some strategies could be listed as more than one type (ex. many environmental changes need a policy in place to make the change), but this listing just designates them as one type, using the primary type. The initials in the header row are abbreviations for the source of the strategies. The full reference for each document can be found on the last page.

(# of recommendations)	T	CHANGE	CDC	CG	RCS	TAH	HEAL	UW	MAPPS	NC	RWJ	IOM
		(73)	(62)	(16)	(24)	(20)	(50)	(41)	(31)	(73)	(22)	(58)
SETTING / STRATEGIES		Gray highlighted text indicates listing is in 3 or more sources										

ORGANIZATION (see endnotes for full reference)	CHANGE	CDC	CG	RCS	TAH	HEAL	UW	MAPPS	NC	RWJ	IOM
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CHILD CARE

Provide comprehensive, center-based early childhood development programs (Head Start)	E						X				
Adopt Child care quality rating and improvement systems (QRIS)	P				X						
Adopt nutrition and physical activity standards for childcare licensing	P		X			10					X
Physical Activity	-										
Limit the use of TV and video games	E					10		X			X
Offer moderate activities daily for 60 minutes (or more)	E					10		X			
Healthy Eating	-										
Promote Farm to Childcare	E		X			10		X			
Provide healthy foods and beverages	E		X			10		X	X		X
Provide comprehensive nutrition programs	E		X						X		
Ensure that childcare and after-school program licensing agencies encourage utilization of the nutrition assistance programs and increase nutrition program enrollment	P		X								X

COMMUNITY

Participate in community coalitions or partnerships to address obesity	E				24*		8				
Use individually-adapted health behavior change strategies	I			X					X		
Physical Activity	-										
Conduct community-wide physical activity campaigns	E		X	X			X		X		
Provide point-of-decision prompts & access and appeal to increase	E	X	X	X				X	X		X

ORGANIZATION (see endnotes for full reference)		CHANGE	CDC	CG	RCS	TAH	HEAL	UW	MAPPS	NC	RWJ	IOM
stair use												
Increase social support for increasing physical activity	I		X	X						X		
Develop media campaigns, utilizing multiple channels (print, radio, internet, television, other promotional materials) to promote physical activity using consistent messages	E		X						X			X
Improve access to bicycles, helmets, and related equipment for lower-income families, for example, through subsidies or repair programs	E											X
Design a media campaign that establishes physical activity as a health equity issue and reframes obesity as a consequence of environmental inequities and not just the result of poor personal choices	E											X
Develop counter-advertising media approaches against sedentary activity to reach youth as has been done in the tobacco and alcohol prevention fields	E											X
Use behavioral interventions to decrease screen time	I			X								
Active (or Alternative)Transportation	-											
Improve Safety for Bicyclists and Pedestrians	E	X							X		X	X
Expand Trails, Bicycle Lanes and Connections	E		X		17,18		1		X		X	X
Improve access to public transportation	E		X		20			X	X	X		X
Encourage the use of transportation funds for mass transit and highway alternatives (Complete Streets)	P	X	X			X	1		X	X		X
Create incentives for remote parking and drop-off zones and/or disincentives for nearby parking and drop-off zones at schools, public facilities, shopping malls, and other destinations	E		X						X			X
Require <u>bike facilities</u> (e.g., bike boulevards, <u>bike lanes</u> , bike ways, multi-use paths) to be built for all developments (e.g., housing, schools, commercial)	P	X										
Require sidewalks to be built for all developments (e.g., housing, schools, commercial) Include ADA accommodations	P	X										
Maintain a network of walking and biking routes	E	X										
Promote increased transit use through reduced fares for children, families, and students, and improved service to schools, parks, recreation centers, and other family destinations	P								X			X
Provide signs to neighborhood destinations (library, parks, shops, etc.)	E								X			
Provide signs for public transit, bike lanes, etc.	E								X			
Enhance access to public transportation (e.g. bus, light rail, van pools, subway stations) within <u>reasonable walking distance</u>	E	X										
Land Use For Active Living	-											
Evaluate Urban Design and Comprehensive Land Use Plans to Improve Active Living	P	X	X	X	21	X	1	X	X	X	X	X
Improve Community Design Features to Encourage Physical Activity	E			X			1	X	X	X	X	X
Promote mixed land use to create retail destinations in residential neighborhoods	P	X										
Open Spaces, Parks And Recreation	-											
Increase Access to Recreation Facilities and Open Spaces, including	E	X	X	X	16	X		X	X	X	X	X

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Parks and Community Gardens. Include ADA accommodations												
Ensure access to recreational opportunities in underserved areas	E					X	1		X			X
Provide recreational leagues for adults and children	E							X	X			X
Subsidize or reduce prices for recreational facilities and park use									X			
Safety And Crime Prevention	-											
Keep Communities Safe and Free from Crime to Encourage Outdoor Activity	E	X			22	X		X	X		X	X
Enhance traffic safety in areas where persons are or could be active, including traffic calming	E				23	X		X	X			X
Promote Safety through Liquor Store Closures	E					X						
Healthy Eating	-											
Make water available and promote consumption	I		X			X		X				X
Increase access to and availability of a variety of healthy foods	E		X							X		X
Provide comprehensive (multi-component) nutrition programs	E									X		
Use competitive pricing: price non-nutritious foods at a higher cost	P								X	X		
Promote state and local Food Policy Councils	P		X									
Implement a tax strategy to discourage consumption of foods and beverages that have minimal nutritional value, such as sugar-sweetened beverages.	P											X
Adopt land use and zoning policies that restrict fast food establishments or mobile vending near schools, public playgrounds, and residential communities	P								X			X
Provide taste-testing opportunities to introduce new fruits and vegetables	I							X				
Put policies in place that require government-run and -regulated agencies responsible for administering nutrition assistance programs to collaborate across agencies and programs to increase enrollment and participation	P		X									X
Develop community-based group activities (e.g., community kitchens) that link procurement of affordable, healthy food with improving skills in purchasing and preparing food	E											X
Supermarkets And Healthy Food Vendors	-											
Create incentive and recognition programs to encourage grocery stores and convenience stores to reduce point-of-sale marketing of calorie-dense, nutrient-poor foods (i.e., create “candy-free” check out aisles) or to promote healthier food options by prompts and placement	E	X					3	X	X			X
Attract Grocery Stores that Provide High-Quality, Healthy Affordable Foods to Lower-Income Neighborhoods	E	X	X		3	X	2				X	X
Encourage Convenience Stores and Bodegas to Offer Healthier Food	E		X								X	X
Provide incentives to food retailers to locate in or offer healthier food and beverage choices in underserved areas	P		X		4	X	2		X			X
Enhance accessibility to grocery stores through public safety efforts, such as better outdoor lighting and police patrolling	E											X
Realign bus routes or provide other transportation, such as mobile	P	X	X									X

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community vans or shuttles, to ensure that residents can access supermarkets or grocery stores easily and affordably through public transportation												
Establish Healthy Mobile Markets	E										X	
Farm-Fresh Local Foods	-											
Support and provide access to Farmers' Markets	E	X	X		5			X			X	X
Accept SNAP & WIC coupons at farmer's markets	P	X				X	2	X				X
Support Community Gardens	E	X	X								X	X
Provide incentives for the production, distribution, and procurement of foods from local farms to local restaurants and food venues	P	X			6		2	X				
Increase SNAP benefits to improve healthy food purchases	P						2					
Improve funding for outreach, education, and transportation to encourage use of farmers' markets and farm stands by residents of lower-income neighborhoods and by WIC and SNAP recipients	P		X									X
Support the Procurement of Locally Grown Food	E						2				X	
Increase access to community supported agriculture	E		X									
Support investment in new and existing local farms	P						2					
Restaurants	-											
Promote restaurant programs that offer healthy options, such as reasonably sized portions and low-fat and low-calorie menus	E	X	X				3		X		X	
Encourage (require for chain restaurants) restaurant menu labeling	E	X	X			X	3	X	X		X	X
Promote in-season foods that are locally grown	E	X					3		X			
Eliminate trans-fat through labeling initiatives and restaurant standards	P	X							X			
Reduce sodium through labeling initiatives and restaurant standards	P								X			
Offer incentives (e.g., recognition or endorsement) for restaurants that promote healthier options (e.g., by increasing the offerings of healthier foods, serving age-appropriate portion sizes, allowing healthy substitutes)	E	X							X			X
Food And Beverage Marketing	-											
Regulate the Marketing of Unhealthy Food in or near Schools and Other Youth Facilities	P						3		X		X	
Convince food and beverage companies to promote healthy choices and limit marketing of unhealthy behaviors	E					X	9		X			
Conduct community-wide campaigns for healthy eating, including mass media	E									X		X
Design a media campaign that establishes community access to healthy foods as a health equity issue and reframes obesity as a consequence of environmental inequities and not just the result of poor personal choices	E											X
Develop counter-advertising media approaches against unhealthy products to reach youth, as has been used in the tobacco and alcohol prevention fields	E								X			X
Provide point-of-decision labeling for healthy eating	E								X	X		
Public Venues	-											

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Increase and improve availability of healthier food and beverage choices in public service venues. Restrict less healthy foods and beverages	E				1,2,7	X		X				X
Adopt building codes to require access to and maintenance of fresh drinking water fountains (e.g., public restroom codes)	P											X
Evaluate current snack taxes	E					X		X				
Institute smaller portion size options in public service venues	E				8							
Breastfeeding	-											
Increase support for breastfeeding	E				11		6	X	X			
Offer comprehensive breastfeeding programs	E		X						X	X		X
Use mass media campaigns to improve breastfeeding outcomes	E		X							X		
Provide peer support to improve breastfeeding outcomes	I		X							X		
Permit breastfeeding in public places and rescind any laws or regulations that discourage or do not allow breastfeeding in public places. Encourage the creation of lactation rooms in public places	P	X										X
Allocate funding to WIC clinics to acquire breast pumps to loan to participants	P											X

HEALTHCARE

Implement ICSI “Guidelines for Prevention and Management of Obesity” and “Primary Prevention of Chronic Disease Risk Factors”	P		X									
Include screening & counseling about BMI, physical activity, and nutrition as part of routine medical care. Expand skills of medical staff to implement.	P	X	X				7					
Physical Activity	-											
Implement a referral system to help patients access community-based resources or services for physical activity	P	X										
Promote TV and video game turnoff activities	I								X	X		
Healthy Eating	-											
Set up Farm-to-Hospital initiatives	E		X				7		X			
Provide nutrition information in clinic waiting rooms	I							X				
Provide patients with nutrition “Prescriptions” and tools for self-assessment and recording	I							X				
Provide healthy food and beverage options in the cafeteria and vending machines	E	X					7					
Build partnerships to facilitate active referral of patients to local resources that increase access to high-quality nutritious foods	I											
Breastfeeding												
Educate mothers about breastfeeding, promote initiation and duration	I		X				7		X	X		
Direct professional support for breastfeeding	I		X							X		
Adopt maternity care practices in city and county hospitals that are consistent with the Baby-Friendly Hospital Initiative USA (United Nations Children’s Fund/World Health Organization)	P	X	X						X	X		X

INDIVIDUAL (Counseling and Education)

ORGANIZATION (see endnotes for full reference)		CHANGE	CDC	CG	RCS	TAH	HEAL	UW	MAPPS	NC	RWJ	IOM
Provide follow-up/multiple contacts & reinforcement	I									X		
Provide goal setting plans	I									X		
Provide specific guidelines and strategies to follow	I									X		
Do a lifestyle assessment	I									X		
Perform motivational interviewing	I									X		
Provide a self-monitoring tool	I									X		
Provide skill-building activities to assist development of good health behaviors	I									X		
Use social support for health behavior change	I									X		
Provide tailored feedback to reinforce good health behaviors	I									X		
Provide counseling and individualized services	I					X						
Physical Activity	-											
Individually-adapted health behavior change programs to increase physical activity	I		X	X								
Use social support for increasing physical activity (through various groups)	I								X	X		
Healthy Eating	-											
Provide personal counseling for healthy eating	I									X		
Teach food preparation skills	I							X				
Increase social support for healthy eating	I									X		

SCHOOLS

Collect BMI measurements or other health information	P					X						X
Perform non-invasive screening for diabetes	P					X						
Physical Activity												
Offer at least 30 minutes of quality physical activity daily	P					X	5				X	
Require physical education in schools. Elementary:150 mins/week, Middle and High School: 225 mins/week (or daily PE)	P	X	X	X	12			X	X	X		
Increase the amount of physical activity (>50%) in PE programs in schools	E	X	X	X	13				X			
Consider requiring standards-based physical education classes taught by certified PE teachers	P			X				X	X		X	
Facilitate joint-use agreements to allow public access to school facilities	P	X	X		14		5	X		X	X	X
Support walk to school and Safe Routes to School (SR2S) programs	E	X	X				5	X	X	X	X	X
Provide extracurricular sports/after-school activities for school children	P					X		X		X		
Reduce screen time in public service venues, schools and childcare	P				15	X	5					
Support locating schools within easy walking distance of residential areas	P				19		1		X			X
Adopt a physical education curriculum for all students in grades pre-K to grade 12, as part of a sequential physical education course of study, consistent with state or National Physical Education Standards	P	X										
Provide 20 minutes of recess daily for students in elementary school	P	X										

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Ensure the availability of proper equipment and facilities (including playground equipment, physical activity equipment, and athletic or fitness facilities) that meet safety standards	E	X										
Provide access to a broad range of competitive and noncompetitive physical activities that help to develop the skills needed to participate in lifetime physical activities	I	X										
Integrate physical activity into academic lessons	P					X						
Institute regulatory policies mandating minimum play space, physical equipment, & duration of play in preschool, afterschool & childcare programs	P											X
Ensure that students are not provided waivers or exemptions from participation in physical education	P	X										
Participate in TV and video game turnoff activities	I									X		
Offer homework or extra credit for physical education classes	P							X				
Ban using or withholding physical activity as a punishment	P	X										
Healthy Eating	-											
Implement strong wellness policies, including nutrition standards for competitive foods and school nutrition programs	P						4	X				
Ensure that students have appealing, healthy food and beverage choices	E	X	X			X	4	X	X	X	X	
Support farm-to-school and school garden programs	E	X	X				4		X		X	
Use competitive pricing in schools: price non-nutritious foods at a higher cost	P		X					X	X	X		
Limit (or eliminate) advertisements of less healthy foods and beverages	P	X	X		9				X			X
Provide point-of-decision labeling for healthy eating	E	X							X	X		
Restrict access or availability of non-healthy foods	E	X	X						X	X		
Discourage consumption of sugar-sweetened beverages	I		X		10			X				
Implement a standards-based health education program taught by teachers certified in health education	E	X									X	
Institute school breakfast and lunch programs that meet the U.S. Department of Agriculture School Meal Nutrition Standards	P	X										
Provide adequate time to eat school meals (10 minutes for breakfast/20 minutes for lunch, from the time students are seated)	P	X										
Provide free fruit and vegetable snacks in schools	E		X				4					
Make water available and promote consumption	E	X										
Ban using food as a reward or punishment for academic performance or behavior	P	X										
Substitute low-energy-dense foods for high-energy-dense foods	E		X									
Decrease the portion size of high-energy-dense foods	E		X									

WORKSITES

Provide Assessment of Health Risks with feedback (AHRF) to change behavior combined with health education with or without other	I			X								
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ORGANIZATION (see endnotes for full reference)		CHANGE	CDC	CG	RCS	TAH	HEAL	UW	MAPPS	NC	RWJ	IOM
interventions												
Use informational and educational strategies aimed to increase knowledge about a healthy diet and physical activity	I			X								
Select behavioral and social strategies that target the thoughts (e.g. awareness, self-efficacy) and social factors that affect behavior changes	E			X								
Use policy & environmental approaches to make healthy choices easier and target the entire workforce by changing physical or organizational structures	E			X					X			
Use policy strategies that change rules and procedures for employees, such as health insurance benefits or costs or money for health club memberships	P			X								
Use worksite weight control strategies that occur separately or as part of a comprehensive worksite wellness program that addresses several health issues (e.g., smoking cessation, stress management, cholesterol reduction)	E			X								
Adopt worksite practices that promote healthy eating and active living	E						7					
Provide wellness programs and preventive benefits through insurance	P					X		X				
Provide incentives for wellness participation	P	X										
Physical Activity	-											
Provide physical activity breaks at work or flexible work arrangements to allow physical activity as part of the daily routine	P	X				X	6					X
Provide access to facilities that promote physical activity	E	X					6		X	X		
Provide point-of-decision prompts for increasing stair use	E	X		X					X	X		X
Promote alternative transportation commuting	P	X					6		X			
Support clubs or groups (e.g., walking, biking, hiking) to encourage physical activity among employees	P	X										
Designate a walking path on or near building property	E	X										
Provide a safe area outside (e.g., through lighting, signage, crime watch) to walk or be physically active	E	X										
Provide a changing room or locker room with showers	E	X	X									
Provide workplace incentives for physical activity	P	X						X				
Provide bicycle parking (e.g., bike rack, shelter) for employees	E	X										
Implement activity breaks for meetings that are longer than one hour	P	X										
Healthy Eating	-											
Provide healthy food and beverage options in cafeterias, vending & meetings	E	X	X				6	X	X	X		
Provide Point-of-Decision labeling for healthy eating	E		X						X	X		
Institute healthy food preparation practices (e.g., steaming, low fat, low salt, limiting frying) in onsite cafeteria and food venues	P	X										
Provide smaller portion sizes in onsite cafeteria and food venues	E	X										
Provide safe, unflavored, cool drinking water at no cost to employees	E	X										
Institute nutritional labeling (e.g., 'low fat,' 'light,' 'heart healthy,' 'no trans-fat') at the worksite's cafeteria and onsite food service	E	X										

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Institute pricing strategies that encourage the purchase of healthy food and beverage options	E	X										
Provide refrigerator, microwave, and sink access for employees	E	X										
Ban marketing of less than healthy foods and beverages onsite, including through counter advertisements, posters, and other print materials	P	X										
Establish Farm to Workplace programs	E		X						X			
Provide healthy eating reminders and prompts to employees via multiple means (i.e. email, Posters, payroll stuffers, etc.)	E							X	X			
Increase access to community supported agriculture	E		X									
Substitute low-energy-dense foods for high-energy-dense foods	E		X									
Decrease the portion size of high-energy-dense foods	E		X									
Breastfeeding												
Encourage breastfeeding support in the workplace	E		X						X	X		
Provide private rooms and flexible scheduling for breast milk pumping and refrigerated storage	E	X	X						X	X		

* Numbers in a strategy box refer to the number in the source document, when numbering was used.

SOURCES:

CHANGE tool = Community Health Assessment and Group Evaluation (CHANGE): Building a Foundation of Knowledge to Prioritize Community Needs

<http://www.cdc.gov/healthycommunitiesprogram/tools/change.htm>

CDC = Centers for Disease Control and Prevention *Strategies Guides 2010*

<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm>

CG = Community Guide to Preventive Services

<http://www.thecommunityguide.org/index.html>

RCS = Recommended Community Strategies and Measurements to Prevent Obesity in the United States, *MMWR Recommendations and Reports*, July 24, 2009

<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5807a1.htm>

TAH = Trust for America's Health: *F as in Fat Report 2009*

<http://healthyamericans.org/reports/obesity2009> <http://healthyamericans.org/reports/obesity2012/>

HEAL = Healthy Eating Active Living Convergence Partnership: Prevention Institute *Promising Strategies for Creating Healthy Eating & Active Living Environments 2008*

<http://preventioninstitute.org/component/jlibrary/article/id-59/127.html> <http://www.preventioninstitute.org/focus-areas/supporting-healthy-food-a-activity.html>

Fostering Physical Activity for Children and Youth: Opportunities for a Lifetime of Health 2010 <http://preventioninstitute.org/component/jlibrary/article/id-283/127.html>

All Communities Deserve Safe Places to Play and be Active 2011 <http://preventioninstitute.org/component/jlibrary/article/id-306/127.html>

UW = UW-Madison School of Medicine and Public Health: *What Works? Policies and Programs to Improve Wisconsin's Health, July 2009*

<http://whatworksforhealth.wisc.edu/>

MAPPS = Media, Access, Promotion, Price and Social Support intervention strategies for Communities Putting Prevention to Work (*ARRA grants*)

http://www.kdheks.gov/tobacco/download/MAPPS_Intervention_Table.pdf

TRT = Center for Training and Research Translation (Center TRT) – based in the Center for Health Promotion and Disease Prevention at the University of North

Carolina at Chapel Hill. <http://centertrt.org/> http://centertrt.org/content/docs/Strategies_Documents/Table_of_Intervention_Strategies_and_References.pdf

RWJ = Leadership for Healthy Communities: *Advancing Policies to Support Healthy Eating and Active Living – Action Strategies Toolkit*

<http://www.rwjf.org/pr/product.jsp?id=42514>

IOM = Institute of Medicine: *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation, May 2012*

<http://www.iom.edu/ObesityPrevProgress>

Local Government Actions to Prevent Childhood Obesity. Report Brief, September 2009 & 2012

<http://iom.edu/Reports/2009/Local-Government-Actions-to-Prevent-Childhood-Obesity.aspx>

Wisconsin Nutrition, Physical Activity & Obesity Program
August 2013