

Center for Disease Control & Prevention

24 Strategies to Reduce Overweight & Obesity

STRATEGIES TO PROMOTE THE AVAILABILITY OF AFFORDABLE HEALTHY FOOD AND BEVERAGES

1. Increase availability of healthier food and beverage choices in public service venues
2. Improve availability of affordable healthier food and beverage choices in public service venues
3. Improve geographic availability of supermarkets in underserved areas
4. Provide incentives to food retailers to locate in and/or offer healthier food and beverage choices in underserved areas
5. Improve availability of mechanisms for purchasing foods from farms
6. Provide incentives for the production, distribution, and procurement of foods from local farms

STRATEGIES TO SUPPORT HEALTHY FOOD AND BEVERAGE CHOICES

7. Restrict availability of less healthy foods and beverages in public service venues
8. Institute smaller portion size options in public service venues
9. Limit advertisements of less healthy foods and beverages
10. Discourage consumption of sugar-sweetened beverages

STRATEGY TO ENCOURAGE BREASTFEEDING

11. Increase support for breastfeeding

STRATEGIES TO ENCOURAGE PHYSICAL ACTIVITY OR LIMIT SEDENTARY ACTIVITY AMONG CHILDREN AND YOUTH

12. Require physical education in schools

13. Increase the amount of physical activity in physical education programs in schools

14. Increase opportunities for extracurricular physical activity

15. Reduce screen time in public service venues

STRATEGIES TO CREATE SAFE COMMUNITIES THAT SUPPORT PHYSICAL ACTIVITY

16. Improve access to outdoor recreational facilities

17. Enhance infrastructure supporting bicycling

18. Enhance infrastructure supporting walking

19. Support locating schools within easy walking distance of residential areas

20. Improve access to public transportation

21. Zone for mixed-use development

22. Enhance personal safety in areas where persons are or could be physically active

23. Enhance traffic safety in areas where persons are or could be physically active

STRATEGY TO ENCOURAGE COMMUNITIES TO ORGANIZE FOR CHANGE

24. Participate in community coalitions or partnerships to address obesity

