

Adult Obesity, Physical Activity and Nutrition in Kentucky

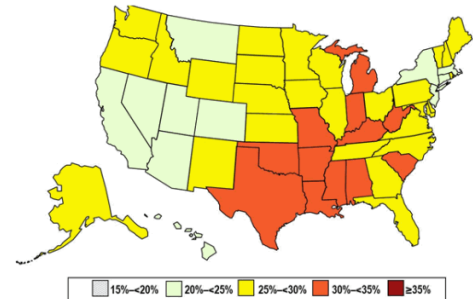
A Look at the Numbers

- KY ranked **10th highest** in the US for adults who were obese.¹
- Kentucky is one of **12 states** with obesity rates greater than **30%**.¹
- **66.2%** of adult Kentuckians are overweight or obese.¹
- **72.6%** of men and **60%** of women in Kentucky are overweight or obese.¹

What's The Cost?

- Being overweight or obese **greatly increases the risk** of developing other chronic diseases and unwanted health conditions like **diabetes, stroke, arthritis, sleep apnea, asthma, heart attack, and certain cancers**.²
- In 2013, Kentuckians are estimated to spend close to **\$2,402,000 in medical costs** linked to obesity.³
- Experts project Kentucky health care costs attributable to obesity will be **\$6 million** in 2018, or **\$1,836** a year per adult.⁴

Prevalence of Self-Reported Obesity Among U.S. Adults
BRFSS, 2011



Physical Activity

- Only **46.8%** of adults in Kentucky achieved the CDC's recommendation of 150 minutes of aerobic activity a week.⁵
- **26.3%** of adults in Kentucky participated in muscle-strengthening activities more than 2 times per week.⁵

Nutrition

- Only **24.4%** of adults consumed the recommended servings of fruits per day in Kentucky.⁶
- Only **29.4%** consumed the recommended servings of vegetables per day in Kentucky.⁶
- Eating enough fruits and vegetables is lowest among men, those with lower levels of education and those with lower incomes.⁶
- Carbonated soft drinks are the **single biggest source of calories** in the American diet, providing about 7% of calories.⁷
- Frequent consumption of soft drinks has been linked to **weight gain, type 2 diabetes, heart disease, osteoporosis, tooth decay, kidney stones**.⁸
- Each additional sugary drink consumed per day increases the likelihood of a child becoming obese by about **60%**.⁹
- It would take the average adult over **1 hour** of walking to burn off the 240 calories in a 20 oz. regular soda.¹⁰
- Drinking one or two sugary drinks per day increases your risk for type 2 diabetes by **25%**.¹¹

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2. NIH, NHLBI Obesity Education Initiative. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.

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5. CDC. BRFSS Behavioral Risk Factor Surveillance System: Prevalence and Trend Data—Physical Activity, U.S. Physical Activity Trends by State 2011.

6. CDC. *MMWR* September 2010 State-Specific Trends in Fruit and Vegetable Consumption Among Adults United States, 2000–2009.

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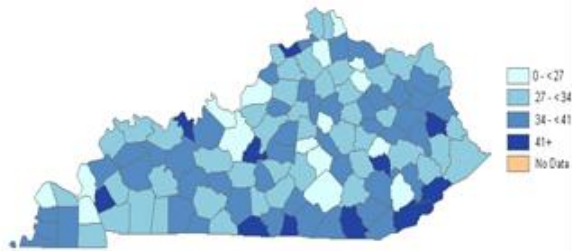
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10. US Department of Health and Human Services. *Aim for a Healthy Weight*. NIH Publication No. 05-5213. August 2005.

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Childhood and Adolescent Obesity, Physical Activity and Nutrition in Kentucky

A Look at the Numbers



2009-2011 PedNSS Kentucky map of combined overweight and obesity rates for children aged 2 to <5 years, by county.

- Among Kentucky's children aged 2 years to less than 5 years, **16.0%** were overweight and **15.6%** were obese.¹²
- Among high school aged children in Kentucky, **15.4%** were overweight and **16.5%** were obese.¹³
- **17.6%** of middle school aged children and **15.6%** of elementary aged children are obese in Kentucky.^{12,14}

What's the Cost?

- **1 in every 3** children born in the US in the year 2000 will develop **Type 2 diabetes** if current trends continue.¹⁵
- Costs of hospitalizations related to childhood obesity rose from **\$125.9 million** in 2001 to **\$237.6 million** in 2005 throughout the US.¹⁶
- Obese children are more likely to be at **greater risk** for developing chronic diseases and other co-morbidities like cardiovascular disease, type 2 diabetes, sleep apnea, asthma, joint problems, and social and psychological problems.¹⁷⁻²¹

Physical Activity and Screen Time

- Only **35.4%** of high school students and **45.5%** of middle school students in Kentucky attended daily physical education classes.¹⁴
- **78.1%** of high school students in Kentucky achieved at least 60 minutes of physical activity per day on at least 7 days per week, while **20.6%** reported no activity.¹³
- **68.2%** of middle school students in Kentucky achieved at least 60 minutes of physical activity per day on at least 7 days per week, while **12.2%** reported no activity.¹³
- **36.6%** of middle school students and **32.0%** of high school students in Kentucky watched 3 or more hours of TV per day on an average school day.¹³
- **34.9%** of middle school students and **31.2%** of high school students in Kentucky used a computer for 3 or more hours a day that did not include school work.¹³

Nutrition

- **35.7%** of children in Kentucky consumed at least one sugar-sweetened beverage a day.¹⁴
- Only **16.7%** of high school students in Kentucky consumed fruits and vegetables five or more times per day during the past seven days.¹⁴
- Only **57.8%** of infants were ever breastfed and only **32.9%** were breastfed for at least 6 months in the United States.²²
- **36.4%** of high school students consumed at least one regular soda, one or more times per day in Kentucky.¹³
- **19.1%** of high school students in Kentucky didn't consume any fruit in the past seven days and **7%** didn't consume any vegetables.¹³

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21. Dietz W. Health consequences of obesity in youth: Childhood predictors of adult disease. *Pediatrics* 1998;101:518-525.

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Recommendations for Adults

- **150 minutes** of **moderate intensity** aerobic activity (brisk walking) every week and **muscle-strengthening activities** on **2 or more days** per week that work all major muscle groups
[or]
- **75 minutes** of **vigorous intensity** aerobic activity (jogging, running) every week and **2 or more days** of **muscle-strengthening activities** per week that work all major muscle groups
- Eat at least **2 servings** of **fruits** and **3 servings** of **vegetables** every day
- Limit consumption of **sugary drinks**

Recommendations for Children and Infants

- Eat **5 or more** servings of fruits and vegetables each day
- Limit screen time to no more than **2 hours a day**
- Be physically active for at least **one hour a day**
- Don't drink sugary drinks
- Breastfeed infants exclusively for at least **6 months** and provide breast milk for at least the first year

What You Can Do

The following are evidence-based areas of intervention that have been shown to be most effective in reducing obesity:

Increase Breastfeeding Initiation and Duration
Increase Fruit and Vegetable Intake
Decrease Screen Time

Increase Physical Activity
Decrease Consumption of Sugary Drinks
Decrease High Energy Density Foods

Schools

- Adopt comprehensive school and staff wellness policies
- Promote the availability of healthier food and nutrition in vending machines and cafeteria food lines
- Reduce screen time by making policies limiting cell phone and media player use, restricting televisions and computers to educational uses only, and support events held outside of school like Screen-Free week that support reduced screen time outside of the school setting
- Develop a comprehensive school physical activity program that includes quality physical education, physical activity integrated into classroom learning, physical activity breaks, recess, before and after school programs, intramural sports, interscholastic sports, and walk and bike to school programs
- Ensure access to clean drinking water and healthful alternatives to sugary drinks by increasing the number of water fountains or alternative water dispensers and stocking water in vending machines
- Limit access to and marketing of sugary drinks to children by restricting advertisements on vending machines and limiting brand placement around the school
- Decrease the relative cost of more healthful beverage alternatives through increased pricing of sugary drinks
- Ensure that students have only appealing, healthy choices in foods and beverages offered outside of the school meal program including after-school programs, classroom celebrations, and fundraising events
- Support Farm-to-School initiatives and policies Establish shared-use agreements with community organizations to allow access to school grounds after school hours to increase opportunities for physical activity
- Implement an employee wellness policy

Child Care Providers

- Provide 1-2 hours of physical activity throughout the day, including outside play when possible
- Set a policy for no screen time for children under two years
- For children age two and older, strive to limit screen time to no more than 30 minutes per week during child care
- Work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day
- Serve fruits or vegetables at every meal, eat meals family-style when possible, and no fried foods
- Provide access to water during meals and throughout the day and do not serve sugary drinks
- For children age two and older, serve low-fat (1%) or non-fat milk, and no more than one 4-6 ounce serving of 100% juice per day
- Allow mothers the option to provide their milk for infants and welcome them to breastfeed during the child care day
- Integrate nutrition and physical activity instruction into the daily activities and lesson plans
- Implement a wellness policy that incorporates nutrition and physical activity strategies
- Promote the 5-2-1-0: Healthy Numbers for Kentucky Families message

Worksites

- Increase access to clean drinking water and healthful alternatives to sugary drinks while limiting access to sugary drinks
- Provide menu labeling in cafeterias and vending machines as well as the education on how to use the information
- Promote healthful foods at workplace cafeterias, vending machines, and at meetings and conferences
- Develop lactation support in worksites by providing time and a clean, private space to pump
- Lower the cost of healthy meal items and increase the cost of less healthful items like SSBs
- Create or enhance opportunities for physical activity and encourage through policy and incentives
- Create or support an employee wellness committee to develop a policy regarding physical activity and on-site nutrition

Hospitals and Clinics

- Support breastfeeding in maternity care and hospital practices
- Educate health professionals through social and media marketing about the benefits of breastfeeding
- Ensure that evidence-based content on breastfeeding is offered to health professionals
- Include screening and counseling about sugary drink consumption, physical activity, and fruit and vegetable consumption as a part of medical care
- Expand the knowledge and skills of medical care providers to conduct nutrition screenings and counseling regarding sugary drink consumption
- Create or enhance opportunities for physical activity
- Ensure access to drinking water and healthful alternatives to sugary drinks and limit access to sugary drinks
- Create or support an employee wellness committee to develop policies regarding physical activity, healthy food in vending machines, meetings, conferences and cafeterias, as well as promoting a healthy lifestyle

Built Environments

- Support urban design, land use and transportation policies that increase physical activity
- Create, maintain, and enhance parks, recreation, sports, and fitness facilities to provide various physical activity options for diverse populations that are safe, appealing, and supervised
- Establish shared-use agreements with school to allow access to school grounds after school hours to increase opportunities for physical activity
- Adopt and implement “complete streets” policies and build trails to increase safety and convenience for people who walk, bicycle, or use wheelchairs
- Utilize planning and zoning processes to promote appropriate design and land uses that support access to healthy foods and encourage walking and bicycling in all neighborhoods.
- Ensure that public recreational facilities, supermarkets, and farmers markets are served by public transportation routes
- Conduct a “walkability” and a “bikeability” audit in your community to identify gaps and places for improvement in the road and foot path network
- Employ strategies for enhancing security through urban design techniques such as crime prevention through environmental design and providing sufficient lighting

Community Food Systems

- Organize a local food policy council
- Establish community gardens that are accessible to all residents but especially in areas where nutritious food is scarce
- Develop a food hub in your community to allow greater access to local, fresh foods and support smaller farms
- Support a local farmers market system and/or Consumer Supported Agriculture (CSA) initiatives to increase accessibility to fresh produce and support the local economy
- Implement farm-to-institution programs to make fresh, local, and sustainably grown food available at schools, hospitals, worksites, and other facilities
- Provide financial and nonfinancial incentives to food retailers to open new stores and/or to offer healthier food and beverage choices at existing stores, including fruits and vegetables, especially in areas with few healthy food options
- Establish licensing and zoning restriction to ensure that healthy options are available at all food store locations and in heavily trafficked areas in stores to increase availability of nutritious foods
- Promote menu labeling at local restaurants and concession food stands as well as provide education on how to use the information provided

Additional Resources

Schools

- **Alliance for a Healthier Generation: Healthy Schools Program**
Program that uses evidence-based practices and approaches to improve health in schools and teach about the importance and benefits of living a healthy lifestyle through seven different wellness categories (<https://schools.healthiergeneration.org/>)
- **Action for Healthy Kids**
Resources for schools to improve wellness through wellness challenges, after-school program improvements, and wellness policy examples (<http://www.actionforhealthykids.org/>)
- **KY Coordinated School Health Initiative**
Initiative through the Kentucky Department of Education and Department of Public Health intended to improve wellness in the schools (<http://chfs.ky.gov/dph/mch/cfhi/Coordinated%20School%20Health.htm>)
- **Healthy Monday**
Campaign initiated in Northern Kentucky that designates Monday as a call to action to begin the week with healthy behaviors in mind. It includes programs like Meatless Mondays, Healthy Monday Motivator, Monday Mile, and Monday 2000 (<http://www.healthymondaynky.org/>)
- **Food Marketing Workgroup: Food marketing in schools**
Information as well as model legislation and wellness policies that address marketing of low nutritional value foods to children in the school setting (<http://www.foodmarketing.org/resources/food-marketing-in-schools/>)
- **Model School Wellness Policy**
Models for implementing a school wellness policy which is required of all schools with federally-funded school meals (<http://www.schoolwellnesspolicies.org/>)
- **Guidelines for Competitive Food and Beverage Sales**
Resources for schools to access policies and plans to competitively price healthy foods and beverages to reduce the consumption of sugary drinks and unhealthy snacks (<http://fitky.org/ViewDocument.aspx?id=74>)
- **Afterschool Alliance: Federal Policy and Healthy Eating**
A review of policy and resources to improve afterschool snacking options and opportunities for physical activity (<http://www.afterschoolalliance.org/policyactivehours.cfm>)
- **Alternatives to Food Rewards: Lexington-Fayette County Health Department**
Handout giving examples of healthy alternatives to food rewards that can be used in classrooms (<http://www.lexingtonhealthdepartment.org/LinkClick.aspx?fileticket=0VzeuzbBsno%3D&tabid=76>)
- **Center for Science and the Public Interest: Healthy School Fundraising**
Publication looking at healthful alternatives to unhealthy fundraising practices, ways to improve existing methods, and fundraising methods that should be avoided (<http://www.cspinet.org/schoolfundraising.pdf>)
- **Center for Science and the Public Interest: Healthy School Celebrations**
Ideas and recipes for healthy alternatives for school celebrations throughout the year (http://cspinet.org/new/pdf/healthy_school_celebrations.pdf)
- **Kentucky Youth Advocates: Shared-Use Agreement**
An overview of shared-use agreements and information on current laws in Kentucky (<http://kyyouth.org/health/obesity/shared-use-agreement/>)
- **Playing Smart: A National Joint Use Toolkit**
A nuts-and-bolts guide designed to help school staff and other community leaders craft and implement joint use (shared use) agreements (<http://changelabsolutions.org/publications/playing-smart>)

- **Safe Routes to School**
Program designed to make bicycling and walking to school a safer, more appealing, and healthier alternative for students in kindergarten through 8th grade (www.saferoutes.ky.gov)
 - **Kentucky Farm to School**
A program that connects schools and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities, and supporting local and regional farmers (<http://www.kyagr.com/consumer/farm-to-school.html>)
 - **Recess Rules**
Publication analyzing opportunities for increasing children’s physical activity as an investment for healthy kids and healthy schools (<http://www.rwjf.org/en/research-publications/find-rwjf-research/2007/09/recess-rules.html>)
 - **AAHPERD: Comprehensive School Physical Activity Program Report**
Report looking at current CSPAP interventions in school and what has and has not worked in schools (<http://www.aahperd.org/loader.cfm?csModule=security/getfile&pageid=158324>)
 - **Let’s Move!**
Program focused on solving the problem of obesity through initiatives that focus on providing healthy food in schools, creating a healthy start for children, empowering parents and caregivers, improving access to healthy, affordable foods, and increasing physical activity (<http://www.letsmove.gov>)
 - **SPARK**
Organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness through the distribution of physical education, after school, early childhood, and coordinated school health programs to teachers and recreation leaders (<http://www.sparkpe.org>)
 - **CATCH: Coordinated Approach to Child Health**
Program designed to promote physical activity, healthy food choices, and the prevention of tobacco use in children from kindergarten to 8th grade by working to establish healthy habits that can last a lifetime (<http://catchinfo.org/whats-catch/>)
 - **Take 10!**
Classroom-based physical activity program that maintains a focus on academics for grades K-5 and includes 10-minute periods of varied activities and movements in all academic areas (www.take10.net)
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Child Care Providers

- **NAP SACC**
Intervention aimed at improving nutrition and physical activity environment in the child care setting (www.napsacc.org)
- **AAP: Healthy Child Care America**
A coordinated effort of health professionals and child care providers to improve the early education and health and safety of children in the child care setting. (www.healthychildcare.org)
- **Let’s Move! Child Care**
Program focused on solving the problem of obesity through initiatives that focus on providing healthy food in schools, creating a healthy start for children, empowering parents and caregivers, improving access to healthy, affordable foods, and increasing physical activity (<http://www.healthykidshealthyfuture.org/welcome.html>)
- **Best Practices in Encouraging Physical Activity**
An evidenced-based review of initiatives to increase physical activity in school and child-care settings (<http://fitky.org/ViewDocument.aspx?id=127>)
- **SPARK**
A research-based, public health organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness through the distribution of physical education, after school, early childhood, and coordinated school health programs to teachers and recreation leaders (<http://www.sparkpe.org>)

- **5-2-1-0: Healthy Numbers for Kentucky Families**
Campaign designed to give parents, healthcare professionals, and day care operators a memorable way to talk about the key evidence-based behaviors that reduce childhood obesity.
(<http://chfs.ky.gov/dph/mch/hp/5210>)
- **Eat Smart. Play Hard. Healthy Lifestyle**
Resources for caregivers to provide information on how to eat better, be more physically active, and be a role model (<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/>)
- **Color Me Healthy: Preschoolers Moving and Eating Healthy**
Curriculum aimed at getting children more excited about eating smart and moving more. It includes recipes, fitness plans, music, and other resources (<http://colormehealthy.com/>)
- **Nutrition & Wellness Tips for Young Children: Provider Handbook for the CACFP**
Handbook developed by the USDA to help CACFP child care providers create healthier environments for the children in their care (<http://teamnutrition.usda.gov/Resources/nutritionandwellness.html>)

Worksites

- **Healthier Worksite Initiative**
The CDC's website for resources, information, and step-by-step toolkits for workforce health promotion designed for state and federal government worksites as well as non-government workplaces (<http://www.cdc.gov/hwi>)
- **Meeting Well: A Tool for Planning Healthy Meetings and Events**
The American Cancer Society's guidebook that offers resources to help companies organize meetings and events with good health in mind (<http://www.acsworkplacesolutions.com/meetingwell.asp>)
- **United States Breastfeeding Committee: Workplace Support**
Resources to address workplace initiatives to support breastfeeding women
(<http://www.usbreastfeeding.org/Issue-Papers/Checklist-WP-BF-Support.pdf>)
- **WELCOA: Wellness Council of America**
Organization dedicated to improving the health and well-being of all working Americans by providing trainings and resources for worksite wellness programs (www.welcoa.org)
- **Eat Smart Kentucky: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings and Events**
A useful tool to be used to plan healthy food events to establish healthy nutrition and environments in the workplace setting (<http://fitky.org/ViewDocument.aspx?id=133>)
- **Fast Guide: Worksite Wellness Program Implementation**
Several guides to developing and implementing worksite wellness programs
(<http://fitky.org/Default.aspx?id=12>)
- **Kentucky Breastfeeding State Plan**
Recommended strategies and actions to make the workplace a more breastfeeding friendly space
(http://chfs.ky.gov/NR/rdonlyres/753AF0DF-9D16-4A33-A594-086AEE3DB0F5/0/BF_Strategic_Plan.pdf)

Hospitals and Clinics

- **Baby-Friendly USA**
Resources on how to become a "Baby-Friendly" designated facility and increase breast-feeding support to mothers and families (www.babyfriendlyusa.org)
- **2010 Dietary Guidelines**
Recommendations for the general population and some additional specific population groups that are intended to help people choose an overall healthy diet (<http://health.gov/dietaryguidelines/2010.asp>)
- **CDC: Healthy Hospital Choices**
Promoting healthy hospital foods, physical activity, breastfeeding and lactation support and tobacco-free choices through recommendations and approaches from an expert panel
(<http://www.cdc.gov/nccdphp/dnpao/hwi/docs/HealthyHospBkWeb.pdf>)

- **5-2-1-0: Healthy Numbers for Kentucky Families**
Campaign designed to give parents, healthcare professionals, and day care operators a memorable way to talk about the key evidence-based behaviors that reduce childhood obesity.
(<http://chfs.ky.gov/dph/mch/hp/5210>)
 - **Standards of Medical Care for Breastfeeding Mothers and Infants**
Protocols that may serve as guidelines in the clinical setting to improve breastfeeding support through treatment guides and models for hospital policy (<http://www.bfmed.org/Resources/Protocols.aspx>)
 - **Kentucky Breastfeeding State Plan**
Recommended strategies and actions to improve breastfeeding support in hospitals and clinical settings (http://chfs.ky.gov/NR/rdonlyres/753AF0DF-9D16-4A33-A594-086AEE3DB0F5/0/BF_Strategic_Plan.pdf)
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Built Environments

- **Community Bikeability Checklist**
Use this checklist to assess how easily people can access sidewalks, trails, and roadways on bike and ways to improve the bikeability of your community
(<https://about.livewellcolorado.org/sites/default/files/bikabilitychecklist.pdf>)
 - **Community Walkability Checklist**
Use this checklist to assess how walkable your community is and improvements that can be made
(<https://about.livewellcolorado.org/sites/default/files/walking-checklist.pdf>)
 - **Convergence Partnership: Transportation and Health Toolkit**
Toolkit designed to help create healthy communities through an overview of transportation policies and planning, the connections between transportation and healthy, as well as policy opportunities to create healthy transportation options
(http://www.convergencepartnership.org/site/c.fhLOK6PELmF/b.4950415/k.4FF7/Transportation_and_Health_Toolkit.htm)
 - **Walkable and Livable Communities Institute**
Educational organization working to create healthy, connected communities that support active living and that advance opportunities for all people through walkable streets, livable cities, and better built environments (<http://www.walklive.org/>)
 - **America Walks: Making America a Great Place to Walk**
Initiative to make America a great place for walking through shared knowledge, advancing policies, and implementing campaigns to promote safe, convenient and accessible walking conditions for all
(<http://americawalks.org/>)
 - **Kentucky Trail Towns: A How-to-Guide for Communities**
Guide designed to help leaders of "Trail Towns" transform your town into a memorable destination along a long-distance trail or trail system
(<http://www.kentuckytourism.com!/userfiles/Industry/Adventure/4%20-%20Trail%20Town%20How%20to%20Guide.pdf>)
 - **Complete the Streets**
Assistance for instituting a Complete Streets policy which ensures that transportation planners and engineers design and operate the roadway with all users in mind which improves the availability of physical activity opportunities for a community as well as alternate transportation options
(<http://www.completestreets.org/>)
 - **Kentucky Rails to Trails Council**
Organization whose goal is to "facilitate the conservation of greenways and railroad right-of-ways in Kentucky by the conversion of such holdings to trail use for the general public" (www.kyrailtrail.org)
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Community Food Systems

- **Model Licensing Ordinance for Healthy Food Retailers**
Model ordinance that can be used to help ensure greater access to healthy foods in communities that need it most (<http://changelabsolutions.org/publications/HFR-licensing-ord>)
- **Good Laws, Good Food: Putting Local Food Policy to Work for Our Communities**
A practical law and policy toolkit for local policy councils to identify critical needs in their local food system and successfully work to address them (http://www.law.harvard.edu/academics/clinical/lsc/documents/FINAL_LOCAL_TOOLKIT2.pdf)
- **Healthy Concession Guide**
Information and sample policies on improving nutrition in concession stands (<http://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/healthyconcession.pdf>)
- **Better Bites: Rethinking Concession Stand Food**
Intervention based in Lexington, KY to improve food available through concession stands at Lexington Parks and Recreation facilities (<http://fitky.org/Default.aspx?id=25>)
- **Healthy Corner Stores Network**
Resources to improve the availability of nutritious foods in underserved areas through small-scale stores and zoning policy (<http://www.healthycornerstores.org/>)
- **Supplemental Nutrition Assistance Program (SNAP) at Farmers Markets: A How-To Handbook**
Guidance on how to accept Supplemental Nutrition Assistance Program (SNAP) benefits at farmers markets to increase food availability to at risk populations (<http://www.ams.usda.gov/AMSV1.0/getfile?dDocName=STELPRDC5085298&acct=wdmgeninfo>)
- **Overview of WIC Farmers' Market Nutrition Program**
An overview of the WIC FMNP program that provides farmers market coupons to low-income pregnant, breastfeeding, and non-breastfeeding women, and to infants and children up to 5 years of age, who are found to be at nutritional risk (<http://www.fns.usda.gov/wic/fmnp/fmnpfaq.htm>)
- **Regional Food Hub Resource Guide**
An overview on the impact that food hubs can have on regional food systems as well as the resources available to support their growth and development (<http://www.nafn.org/resources/food-hubs>)
- **Louisville Food Policy Advisory Committee**
The LFPAC was created by Executive Order in December 2010 and works primarily with the Mayor and regional leaders to encourage public and private investment in the local food economy (<http://www.louisvilleky.gov/Health/PuttingPreventiontoWork/FoodPolicyChanel/>)
- **Know Your Farmer, Know Your Food Compass**
Toolkit designed to help communities understand their regional food economy as well as utilize the USDA and their partners to make improvements (http://www.usda.gov/wps/portal/usda/usdahome?navid=KYF_COMPASS)
- **American Planning Association: Policy Guides**
Sample policies that may help guide your regional coalition or local government on improving food systems policy (<http://www.planning.org/policy/guides/>)
- **CFSC: North American Food Policy Council Webpage**
Information on current local food policy councils as well as sample policies and resources (<http://www.foodsecurity.org/FPC/index.html>)

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