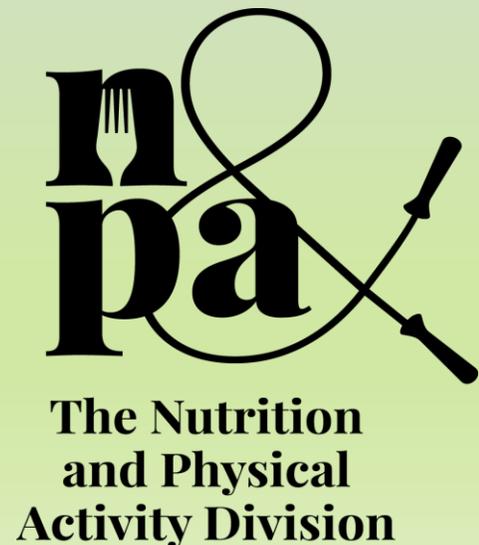


The State's Plan to Address Physical Activity and Nutrition

Molly Killman, MS, RD, LD

Director, Nutrition and Physical Activity Division



Newest Obesity Data (2018)

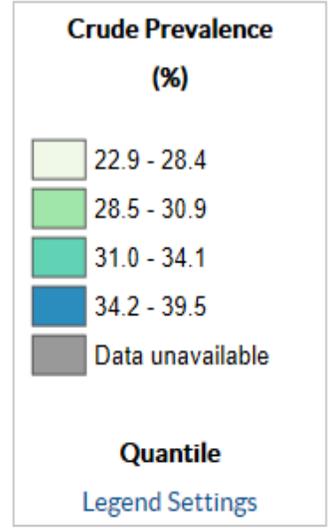
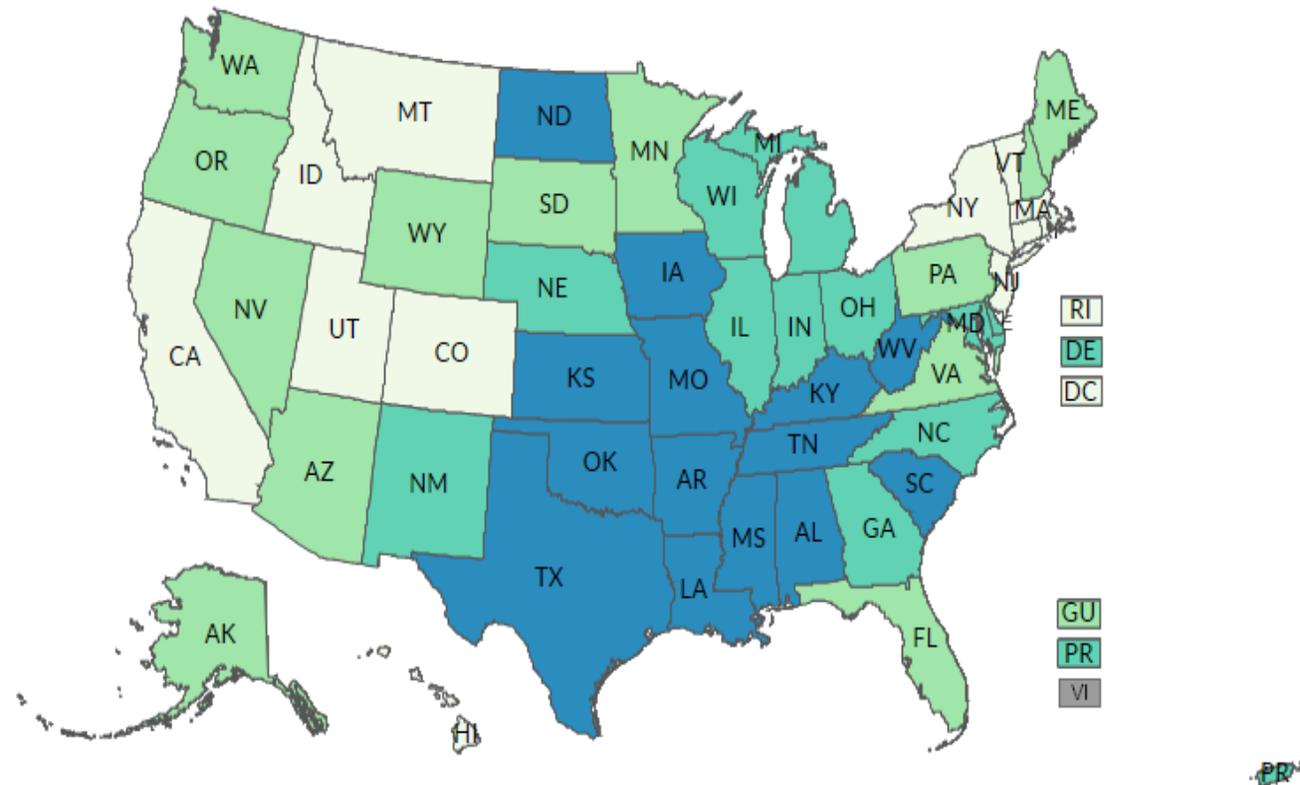
- Released September 2019
- Alabama – **36.2% obese**
- 33.4% overweight

2018

Weight classification by Body Mass Index (BMI) (variable calculated from one or more BRFSS questions) (Crude Prevalence)

View by: Overall

Response: Obese (BMI 30.0 - 99.8)



Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

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.....

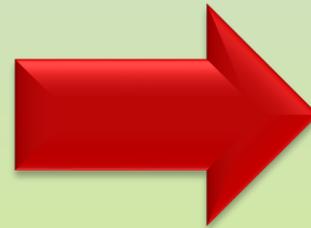
- The task force is a large, statewide group of organizations, partners, and stakeholders that have been meeting since 2005
 - Unique and diverse collaboration
 - Create a plan that is relevant, realistic, and appropriate for Alabama
- ❖ Shift from an Obesity Plan to a Physical Activity and Nutrition Plan

Background on the plan...

**Alabama Obesity
Task Force**

**Strategic Plan for the
Prevention and Control
of Overweight and
Obesity in Alabama**

Alabama Department of Public Health



**ALABAMA
OBESITY
TASK FORCE**

*Special Planning Meeting
for the Nutrition and
Physical Activity State Plans*

Monday, September 17, 10 a.m. - 3 p.m.
Alabama Cattleman's Association
201 South Bainbridge Street, Montgomery

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





**SCALE
BACK
ALABAMA**

WEIGH-IN WEEK: JAN. 20-26

WEIGH-OUT WEEK: APRIL 6-12

**SAVE
the
DATE**

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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