

HEALTHY EATING ACTIVE COMMUNITIES PRIORITY AREA

Recognizing that poor diet and physical inactivity are a leading cause of death in the United States, second only to tobacco, and a major cause of chronic diseases such as obesity, diabetes and heart disease, the Foundation invests in encouraging healthy eating behaviors and an active lifestyle among residents in South Florida.

The Healthy Eating Active Communities Priority Area is committed to building healthy communities with the aim to ensure that all people have equitable access to healthy foods and physical activity opportunities. The goal is to create environments that are supportive of healthy lifestyles through the implementation of evidence-based programs and organizational, environmental and policy changes. Our vision is one where all neighborhoods, child care centers, schools, after-school programs and workplaces offer healthy food and safe places to be physically active.



Priority Points*

- 38% of adults are overweight and 24% are obese
- 65% of adults do not meet guidelines for moderate physical activity
- 74% of adults are not eating the recommended daily servings of fruits and vegetables
- 15% of school-age children are overweight and 10% are obese
- 78% of school-age children are not eating the recommended daily servings of fruits and vegetables
- 50% -75% of school-age children are falling short of national physical activity guidelines

* Data from the 2007 Behavioral Risk Factor Surveillance System, the 2009 Youth Risk Behavior Survey and the 2005 Florida Youth Physical Activity and Nutrition Survey.

Investments in Healthy Eating Active Communities programs are delivering results.

Since 2008, 28 organizations have received healthy lifestyle-focused grant support totaling about \$2 million. Grantee accomplishments include healthier school policies and environments; improved nutritional knowledge, eating habits and physical activity levels among children within schools and after-schools; and increased access to park facilities for children with varying abilities.

Strategic Approach

Achieving the goal of creating healthy communities requires educating individuals, giving them the skills needed to adopt a healthy lifestyle, and providing environments conducive to supporting those healthy behaviors. Health Foundation works with community partners across multiple fields to change organizations, policies and environments. Following are a few examples of our work in this priority area:

- Implement/Disseminate evidence-based programs like the Sports, Play and Active Recreation for Kids (SPARK), OrganWise, and Coordinated Approach to Child Health (CATCH)
- Pilot innovative programs like integrated school garden nutrition curricula in schools
- Create organizational level changes that increase access to nutritious foods and opportunities to be physically active, including menu changes, offering of healthier food items in vending machines, adoption of nutrition standards and worksite wellness policies
- Advocate and support public policy changes to create healthy environments and communities, including mandates for daily physical education, nutrition and physical activity standards in appropriate settings, increased federal funding for Senior's Farmers' Market Nutrition Program and approval of WIC coupon redemption at farmers' markets

South Florida Baseline Data

The following information provides an overall snapshot of baseline levels of obesity, overweight, exercise and nutrition habits for children and adults in Miami-Dade, Broward and Monroe Counties as compared to the State.



Youth: The Youth Risk Behavior Survey (YRBS) monitors six categories of priority health-risk behaviors among youth and young adults. The following is the latest (2009) county-level healthy lifestyles-related data for high school children in South Florida and in the State.*

Indicator	Miami- Dade	Broward	State
Overweight students	16.1%	15.6%	14.7%
Obese students	10.3%	9.7%	10.3%
Students who did not eat fruits and vegetables (100% fruit juices, fruit, green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots or other vegetables) five or more times per day during the seven days before the survey	75%	77%	78%
Students who drank regular soda at least one day in the past seven days of survey	26.8%	26.6%	29%
Students who were not doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for at least 60 minutes per day on five or less days before the survey	36%	36.7%	40.8%
Students who did not attend physical education (PE) classes five days in an average week when they were in school	87.6%	75.8%	73.3%
Students who did not attend physical education (PE) classes on one or more days in an average week when they were in school	55.4%	60.9%	56.2%

As of 10/21/11. *Monroe County data unavailable

Adults: The Behavioral Risk Factor Surveillance Survey (BRFSS) is the world's largest, on-going telephone health survey system, tracking health conditions and risk behaviors in the United States. Local and State data from 2007 is represented in the table below:

Indicator	Miami-Dade	Broward	Monroe	State
Overweight adults	38.9%	36.9%	32.5%	38%
Obese adults	26%	20.4%	19.5%	24.1%
Adults who do not meet moderate physical activity recommendations	70.8%	66.2%	57.3%	65.4%
Adults who do not meet vigorous physical activity recommendations	76.3%	75.9%	66%	74%
Adults who are sedentary	35.4%	26%	27.1%	25.4%
Adults who are inactive at work	67.3%	64.9%	56%	64.5%
Adults who do not consume at least five servings of fruits and vegetables a day	76.9%	72.4%	75.8%	73.8%

Call to Action

The most dramatic and sustainable improvements invariably involve collaboration. Health Foundation of South Florida actively seeks community partners to leverage resources and maximize the impact of health services and programs. If you are part of a community, regional or statewide effort to improve health for residents in Broward, Miami-Dade or Monroe Counties, we want to hear from you. Please contact us to see how we can work together to improve the health of South Floridians.

