

Subcommittee 4:

Food and Physical Activity Environments

Mary Story

Lucile Adams-Campbell

Wayne Campbell

Miriam Nelson

Barbara Millen

Rationale

There is growing recognition of role of the environment in promoting or hindering healthy eating and physical activity.

Individual behavior change can only occur in a supportive environment with accessible and affordable healthy food choices and opportunities for regular physical activity.

Rationale

As with other major public health issues, such as smoking reduction and injury prevention, success at the population level for reducing obesity and diet-related chronic diseases is not likely to occur until environmental influences are identified and modified.

Environmental changes may also have a more lasting effect on behavior change because they can become incorporated into structures, systems, policies, and sociocultural norms.

Scope

Food and Physical Activity Environments

- **Physical environment** (key settings – neighborhood/ community food access, food retail, schools, child care, workplace, home)
- **Macro environment** (e.g., message environment: food marketing).
- Understand and assess the role of food and physical activity environments in promoting or hindering healthy eating and physical activity in various settings and subpopulations.
- Identify the most effective evidence-based diet- and physical activity-related environmental and policy approaches to improve health and reduce disparities.

Scope

Review the evidence on the effects of food and physical environments on diet and physical activity behaviors and health outcomes (e.g., weight status)

Initial Topics Under Review

Food Access

- Population of interest: children and adults
 - Low food access areas
- Availability of healthy, affordable foods—and exposure to low diet quality foods—in settings that sell foods/beverages, and in restaurants
- Most effective strategies to increase healthy, affordable food access, especially in communities with the greatest health disparities

Method: USDA Nutrition Evidence Library (NEL) systematic review

Initial Topics Under Review

Early Child Care and Education Settings

- Population of interest: children ages 2-5 years
- Evaluating relationships such as:
 - Effectiveness of early child care environment interventions on dietary intake, eating behaviors, and weight status

Method: NEL systematic review

Initial Topics Under Review

Schools

- Population of interest: children and youth grades K-12
- Evaluating relationships such as:
 - Effectiveness of school environment interventions on dietary intake, quality, and weight status

Method: NEL systematic review

Initial Topics Under Review

Workplace Settings

- Evaluating relationships such as:
 - Effectiveness of workplace environment interventions on dietary intake, quality, and weight status

Method: NEL systematic review

Initial Topics Under Review

Physical Activity

- Population of interest: children and adults
- Summarize key findings from existing reports, such as:
 - Guideline on Lifestyle Management to Reduce CVD Risk, AHA/ACC
 - Physical Activity Guidelines Midcourse Report, HHS
 - Accelerating Progress in Obesity Prevention, IOM
 - Physical Activity Guidelines for Americans, HHS
 - Physical Activity Guidelines Advisory Committee Report, HHS
 - CDC Community Guide Strategies for Physical Activity Environment Approaches, HHS

Method: Evidenced-based reports

Other Topics Under Consideration

- Afterschool settings (grades K-12)
- Food Marketing
- Federal nutrition assistance programs
- Post secondary education settings
- Multi-component community-based interventions

Subcommittee 4: Food and Physical Activity Environments

Mary Story

Lucile Adams-Campbell

Wayne Campbell

Miriam Nelson

Barbara Millen