

## Nutrition & Physical Activity State Plan

### MCCHD Eat Smart Program

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*Eat Smart Move More* is part of the public health initiative focusing on decreasing the prevalence of obesity and improving the health of Missoula residents through community interventions including population based education, partnerships, policy and environmental changes.

**Eat Smart's** mission is to improve the food and beverage choices made by Missoula county residents.

Activities Relevant to State Plan to Prevent Obesity: Breastfeeding support, Nutrition education,

Services/Recipients:

State Plan Settings: Built Environment, Early Childhood, Food Access, Healthcare, Schools, Social/Cultural environments, Worksites

CDC Behaviors:

- Increasing fruit & vegetable consumption;
- Decreasing sugar-sweetened beverage consumption;
- Decreasing consumption of energy dense foods (> 4 calories/gram);
- Increasing breastfeeding;
- Increasing physical activity;
- Decreasing screen time

Gaps and Concerns: