Current Work and Initiatives

Obesity

- Population health initiatives to reduce obesity focus on nutrition, physical activity, screen time, and breastfeeding.
- Community and state initiatives include:
  - Individual level education
  - Ensuring insurance coverage
  - Improving organizational supports
  - Built environment such as roads and grocery stores
  - Public policy
- Many communities have coalitions to address obesity, nutrition, breastfeeding, and/or obesity prevention.
- State agency partners work to include nutrition and physical activity in their policies, systems and environments; and to collaborate on projects that positively affect multiple outcomes such as active transportation, built environment and healthy food system.
- The Women, Infants and Children Nutrition Program (WIC) at Department of Health provides education and vouchers for healthy food for pregnant women and children up to age 5.
- The Healthy Eating Active Living Program (HEAL) at the Department of Health focuses on policy, systems and environmental changes to prevent obesity.
- Breastfeeding Friendly Washington (BFWA) is an initiative encouraging hospitals to promote and support breastfeeding.
- The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) program includes direct education along with policy, systems and environmental changes to serves low income populations in Washington.
- The Food Insecurity Nutrition Incentives Program has a Fruit and Vegetable Prescription Program where patients who are on the SNAP program receive Fruit and Vegetables Prescriptions, which work like coupons.
Current Work and Initiatives

- **Healthiest Next Generation** is a state-wide initiative to support the health of children through collaboration of public and private partners.