

## IN 2013

61% of Delaware County residents were overweight or obese



## BY 2018

Increase healthy weights with 5 veggies & fruits a day and 5 workout days a week



### OBJECTIVES:

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**INCREASE** the average servings of fruit and vegetables consumed by adults.

**INCREASE** the percentage of adults who use caloric information on restaurant menus.

**INCREASE** the number of days that adults do at least 30 minutes of physical activity.

**INCREASE** the percentage of adults who use lunch or work breaks to do physical activity.

### STRATEGIES:

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**IMPLEMENT** the use of supplemental nutrition assistance program benefits at farmers' markets.

**IMPLEMENT** a community-wide campaign to promote healthy eating.

**ENSURE** access to fruits and vegetables in the workplace.

**CONTINUE** a menu labeling program.

**INCREASE** public awareness of caloric information on restaurant menus.

**IMPLEMENT** a community-wide campaign on reducing screen time.

**INCREASE** the number of areas for the public to be physically active.

**IMPLEMENT** an evidence-based behavior weight management program for employees at local businesses.