The ShapingNJ Obesity Prevention Strategies

Ten Strategies for a 10-year Vision



WORKPLACE

COMMUNITIES

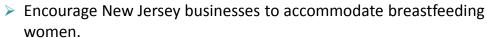


CHILDCARE

SCHOOLS

HEALTH CARE





- Encourage the food and beverage industry to engage in advertising that promotes healthy eating for children.
- Disseminate model worksite wellness policies and programs to the business community.



- Put fruits, vegetables and other healthy foods and beverages within easy reach for all residents in all neighborhoods.
- Provide safe and convenient opportunities for daily physical activity in all neighborhoods.



- Support the efforts of schools to serve healthy and child-friendly meals and snacks.
- Strengthen state and local school wellness policies and facilitate policy implementation and monitoring in every school through strong school wellness councils.
- Involve all students in high-quality physical education programs and additional physical activity throughout the school day.



Require childcare centers and after-school programs to offer healthy food and beverages, provide opportunities for physical activity, limit television viewing and support breastfeeding for children in their care.



Promote exclusive breastfeeding through proven policies and practices.