

Fond du Lac County
Community Health Priority:

Nutrition and Physical Activity



Why it matters: Obesity is one of the most critical health issues of our time and it is caused by many interacting factors in our society. The burden of obesity and other diet-related chronic diseases are vast and rates continue to rise. **Nutrition and physical activity both play a prominent role in obesity prevention and control.** Health is shaped by many different factors and is more than an individual responsibility.

In Fond du Lac County:



adults met the recommended amount of physical activity & strength training.



adults reported eating the recommended servings of fruits and veggies per day.



adults classify as being overweight or obese.

Source: 2017 Fond du Lac County Community Health Survey

Our Goal: Increase the number of Fond du Lac County residents living at healthy weight for their height through eating healthier and being more active.



Living Well FDL is the coalition comprised of multi-sector community stakeholders that work together to create a culture of health by implementing policies and programs that ensure all have fair opportunities to make healthier food and beverage choices and be physically active. **For more information contact Fond du Lac County Health Department at 920-929-3085.**

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What can I do?

Be an active partner in improving community health:

Individual level | Knowledge, Attitude, Skills

- Learn more about nearby trails and parks in your area to be active, such as the Loop at www.fdlloop.com and county parks and trails at www.fdlco.wi.gov.

Interpersonal level | Family, Friends, Social Networks

- Role model healthy eating habits for children; consistently offer a variety of fruits and vegetables for meals and snacks.
- Support and promote community gardens; donate excess produce to a food pantry or the Farmers Market Donation Program.

Organizational level | Organizations, Schools, Workplaces

- Develop or expand a Safe Routes to School Program; Increase options to provide opportunities for 60 minutes of physical activity per day for students.
- Implement or enhance a worksite wellness program; offer healthy foods at meetings, conferences, and catered events; become breast-feeding friendly.
- Participate in a healthcare-community partnership to facilitate referrals of patients to resources that increase access to opportunities for physical activity and high quality nutritious foods and beverages.

Community level | Design, Access, Connectedness, Spaces

- Establish or strengthen local bike/pedestrian committees to develop community plans to increase active transportation options.
- Start or expand farmers markets, community-supported agriculture, food forest initiatives, and Electronic Benefit Transfer (EBT) access.

Policy level | National or Local Laws and Policies, Elected Officials

- Communicate to and educate the public and decision makers on the burden of poor nutrition, physical inactivity and obesity and evidence-based solutions.
- Increase access to public or community facilities for physical activity through multi-use agreements.
- Sponsor or be a champion for your local community coalition.