

Nutrition

Phone: 515-281-6650
<http://idph.iowa.gov/nutritionandphysicalactivity>

Protecting & Improving
the Health of Iowans



Almost 69% (68.7%) of adult Iowans are overweight or obese. According to the 2016 Behavioral Risk Factor Surveillance Survey (BRFSS), the level of overweight and obesity combined was the highest it has been in the last six years. The 2016 Youth Risk Behavior Survey reports 31.3% of Iowa high school students as overweight or obese. To reverse the obesity epidemic, we must not only educate Iowans, but also change the food environments to provide more opportunities for people to eat healthy foods. The State of Obesity report calls for government, industry, healthcare, foundations, schools, child care and families around the country to work together to ensure that all children and families live healthy lives.

Did you know? Iowa falls in the bottom three states for adults for daily vegetable consumption.

Why is Nutrition important to protecting and improving the health of Iowans?

- 86 of 99 counties identified *Obesity, Nutrition and Physical Activity* as a top health issue in the 2016 Community Health Needs Assessments prepared by local boards of health.
- The rate of overweight and obese Iowans has dramatically increased among adults and youth, and affects all income groups.
- Iowa could save an estimated 5.7 billion dollars over 15 years if the average Body Mass Index (BMI) were lowered by just 5 percent.
- Adults should consume 1½ to 2 cups of fruits and 2 to 3 cups of vegetables per day. In 2015, only 11% of adult Iowans met the intake recommendations for fruit and a mere 7% met the recommendations for vegetables. The *2015 Dietary Guidelines for Americans* recommends a healthy eating pattern, which includes a variety of fruits and vegetables.
- One in five Iowa children and one in eight Iowans age 60+ risk facing hunger each day.

Which Iowa Public Health Goals are we working to achieve?

Promote healthy living

What do we do?

Programs focusing on nutrition include 1) Iowa Nutrition Network; 2) State Childhood Obesity Funds; and 3) CDC State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health (1305).

Iowa Nutrition Network/SNAP-Ed

- Engages children in elementary schools with fruit and vegetable nutrition lessons and gardening activities.
- Promotes Farm to School Programs and effective school wellness committees and policies.
- Connects older adults with their peers through monthly discussions focused on nutrition and healthy living.
- Promotes local and national food programs to reduce hunger and food insecurity.

Health Promotion and Chronic Disease Control Partnership (1305)

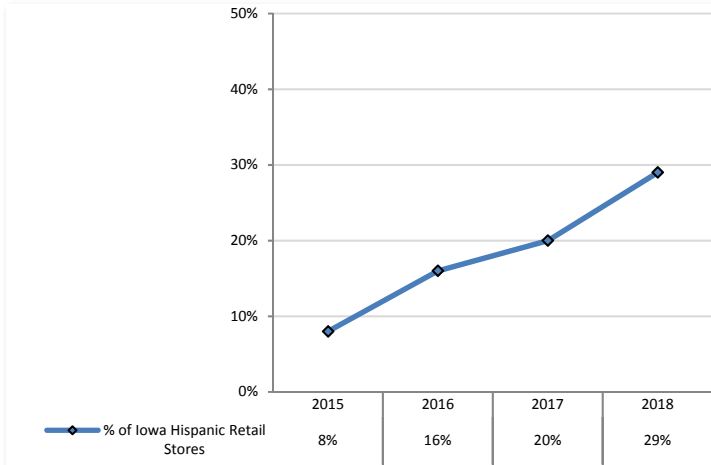
- Increases access to healthy foods and beverages in state facilities, childcare and Hispanic retail.
- Partners with the Iowa Department of Education to create supportive nutrition environments in Iowa schools.
- Partners with Child Care Resource and Referral to assist child care centers with changes to their nutrition environments

State Childhood Obesity Funds

- Provides resources, funding and support to the statewide [5-2-1-0 Healthy Choices Count!](#) Childhood Health Campaign.

How do we measure our progress?

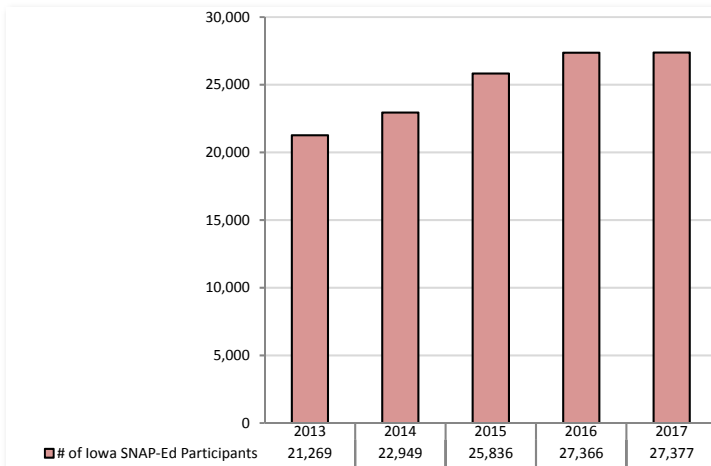
1 Percent of Iowa Hispanic retail stores participating in Shop Healthy Iowa.



Data Source: Shop Healthy Iowa program data (based on 76 known stores in June 2016).

How are we doing? By the end of 2018, an estimated 29% of the Hispanic stores in Iowa will have implemented Compre Saludable/Shop Healthy Iowa, completing at least one store layout and one marketing enhancement that promotes healthy eating.

2 Total Number of Iowa SNAP-Ed Participants.



Data Source: SNAP-Ed EARS. *ISU Extension SNAP-Ed participation not reflected.

How are we doing? Across four years, SNAP-Ed participation increased nearly 30% (28.7%).

What can you do to help?

1. Make half your plate fruits and vegetables: www.choosemyplate.gov.
2. Work with stakeholders to strengthen the hunger relief system and improve the nutritional quality of foods.
3. Serve on your worksite wellness team to provide healthier food and beverage vending machine options for employees (www.nems-v.com).
4. Plant a garden or volunteer in your community or school garden.
5. Work with your local schools, childcare providers or business leaders to promote [5-2-1-0 Healthy Choices Count!](#) strategies such as healthy foods in school meals, fundraisers, concessions and classroom parties; consistent messages about food and healthy eating, and the opportunities students have to learn about healthy eating.

Expenditures

Health Promotion: general fund, federal funds, & private grants*: K05-0609(50%); 0153-0728(11.5%). **Iowa Nutrition Network:** intra state receipts* (Dept of Human Services) 0153-1108(75%)

	State Fiscal Year 2016 Actual	State Fiscal Year 2017 Actual	State Fiscal Year 2018 Estimate
State funds	\$54,385	\$55,998	\$97,497
Federal funds	\$260,960	\$200,323	\$304,757
Other funds*	\$1,156,166	\$1,380,181	\$1,894,182
Total funds	\$1,471,510	\$1,636,502	\$2,296,436
FTEs	3.84	4.01	4.00

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.