

CDC High Obesity Program: ALProHealth

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Why Extension Works

Infrastructure

- Presence in every county
- Connections at the local level
- Multi-component staff
 - State Specialist
 - County Extension Coordinator
 - Regional Extension Agent
 - Human Nutrition, Diet and Health
 - Home Grounds, Gardens and Pests
 - EFNEP Educators
 - SNAP-Ed Educators



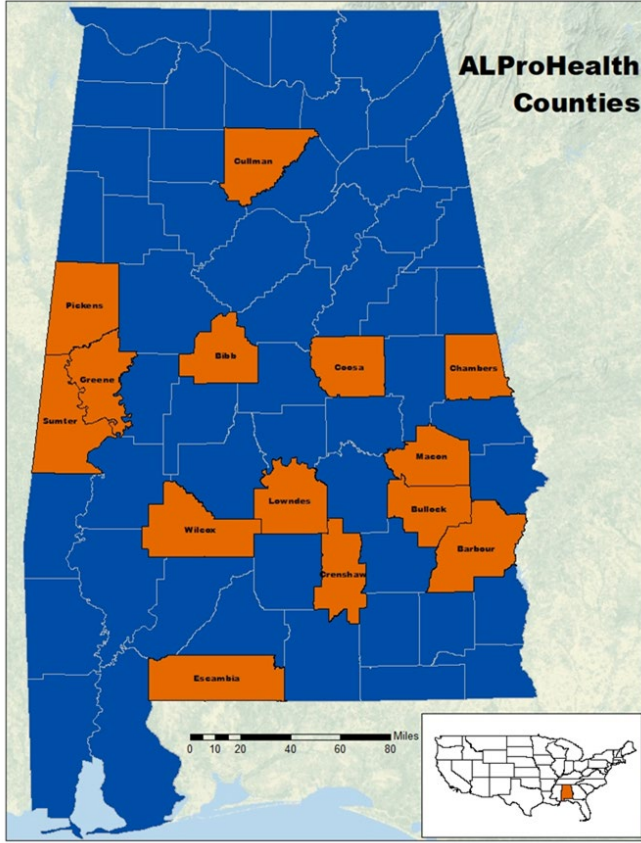


ALProHealth 2014 - 2018

Alabama Preventing and Reducing Obesity:
Helping to Engage Alabamians for Long-Term Health

Multi-component strategies

- Collaborative and grassroots-led PSE strategies
 - Increase availability and appeal of healthy foods
 - Increase access to and affordability of places for physical activity
- Direct education strategies
 - Youth and adults
 - Series classes, recipe demonstrations, recipes and informational materials



ALProHealth: Changing Lives in Alabama



Bringing it all together.

4 Years of ALProHealth

Alabama Preventing and Reducing Obesity:
Helping Engage Alabamians for Long-Term Health



Needs Assessment

- Focus groups with asset mapping
- Environmental audits
- Healthy eating
- Physical activity



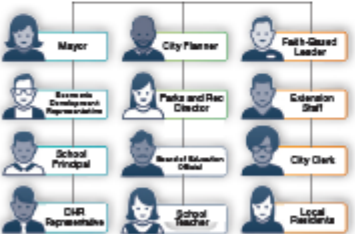
Work Plan

- Direct education
- Access to healthy and affordable food and beverages
- Access to safe and affordable places to be physically active



Coalition Building

16 Coalitions
122 Partners



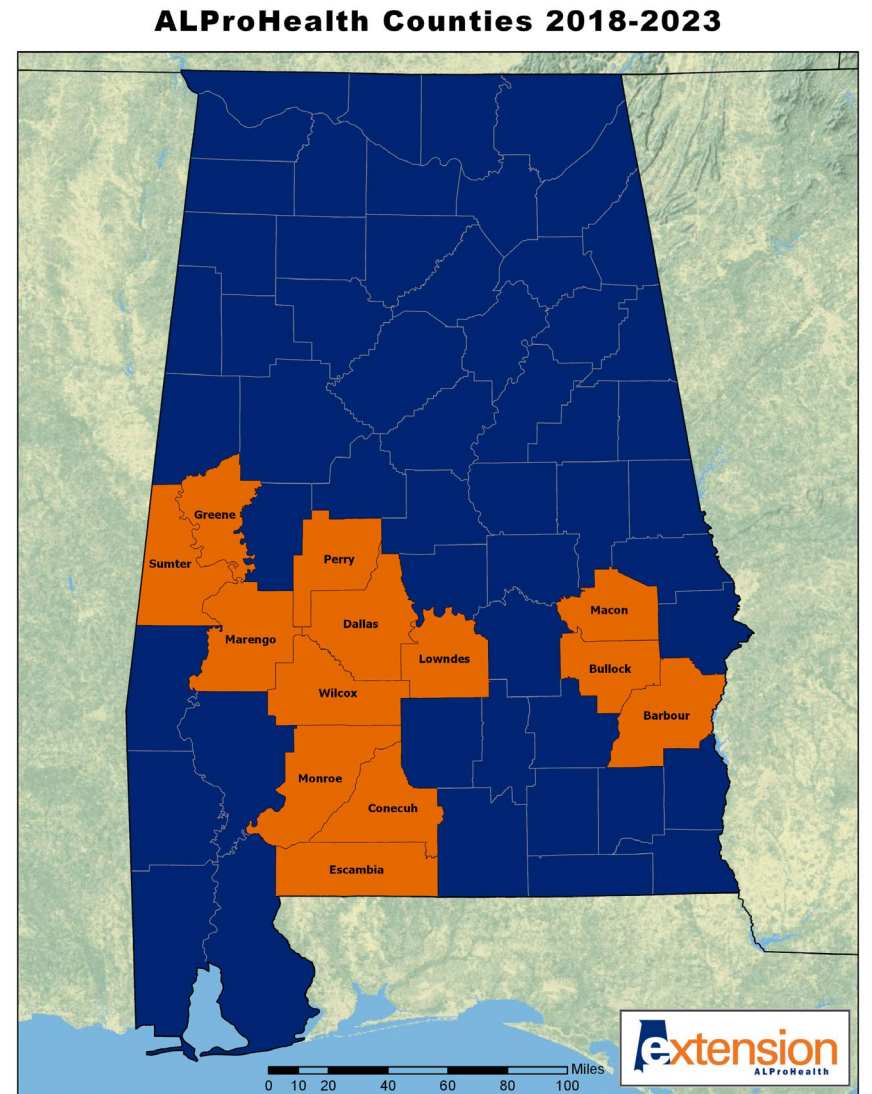
Leverage Funds

- Volunteer hours
\$1,083,875
- Partner contributions
\$1,006,567
- Grants
\$987,070
- Total leveraged funds
\$3,077,512
(67% of 4-year total funding)

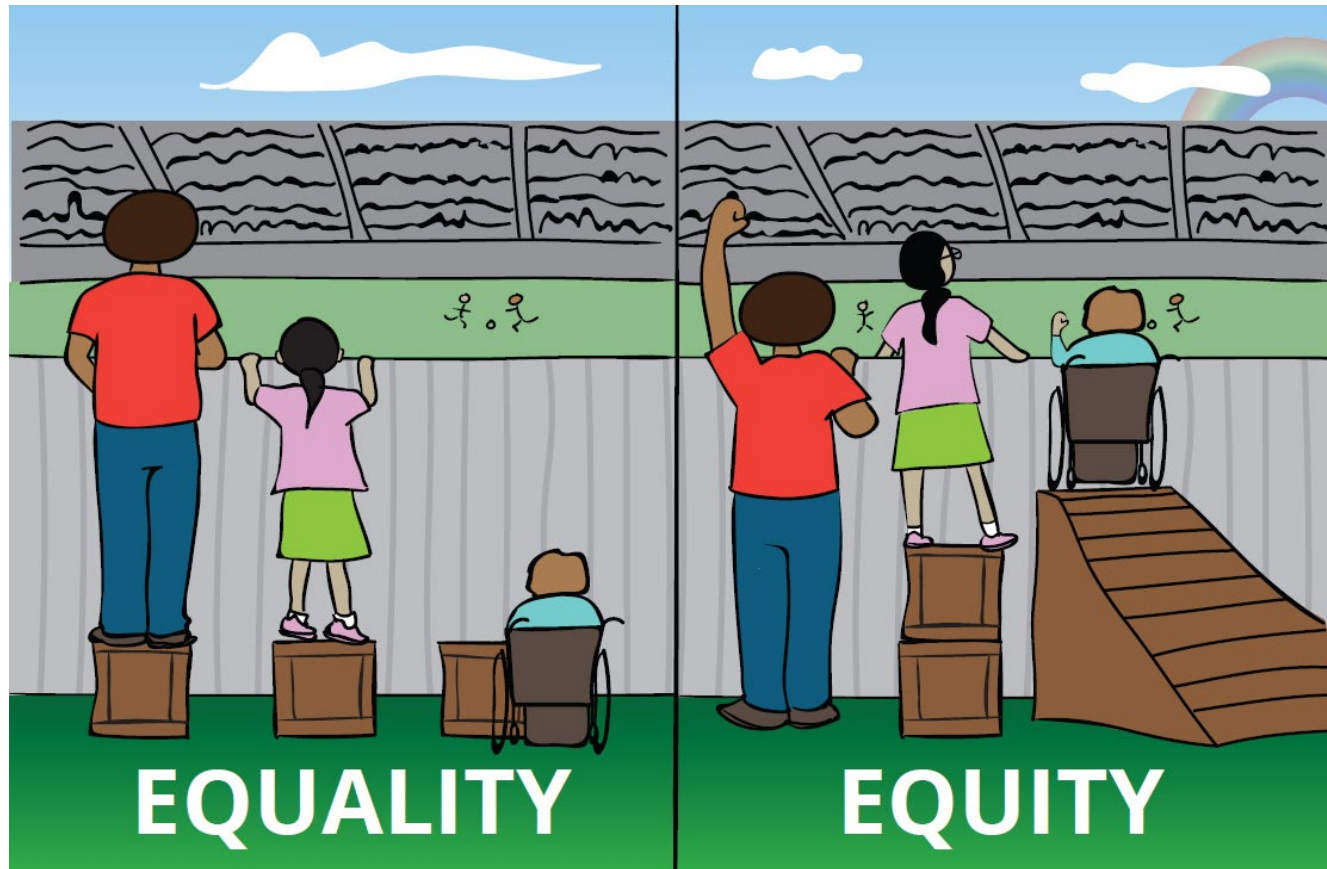


ALProHealth 2018 - 2023

- Funded by the Centers for Disease Control and Prevention
- A five-year project
- Working with community coalitions in 13 counties with adult obesity rates greater than 40%
- Implementing research-based interventions proven to reduce obesity
 - Increase access to healthy foods and places for physical activity



Who is Involved?



- Equality
 - Population-wide activities
- Equity
 - Priority population activities

SNAP-Ed Communication

 **Live Well Alabama**
February 21 at 1:38 PM · 🌐

High cholesterol can run in the family, but you can work together to lower your risk. This #HeartMonth, start the conversation with your family about how to manage cholesterol. https://www.cdc.gov/cholesterol/risk_factors.htm



CDC.GOV
Knowing Your Risk: High Cholesterol
High cholesterol can run in families.

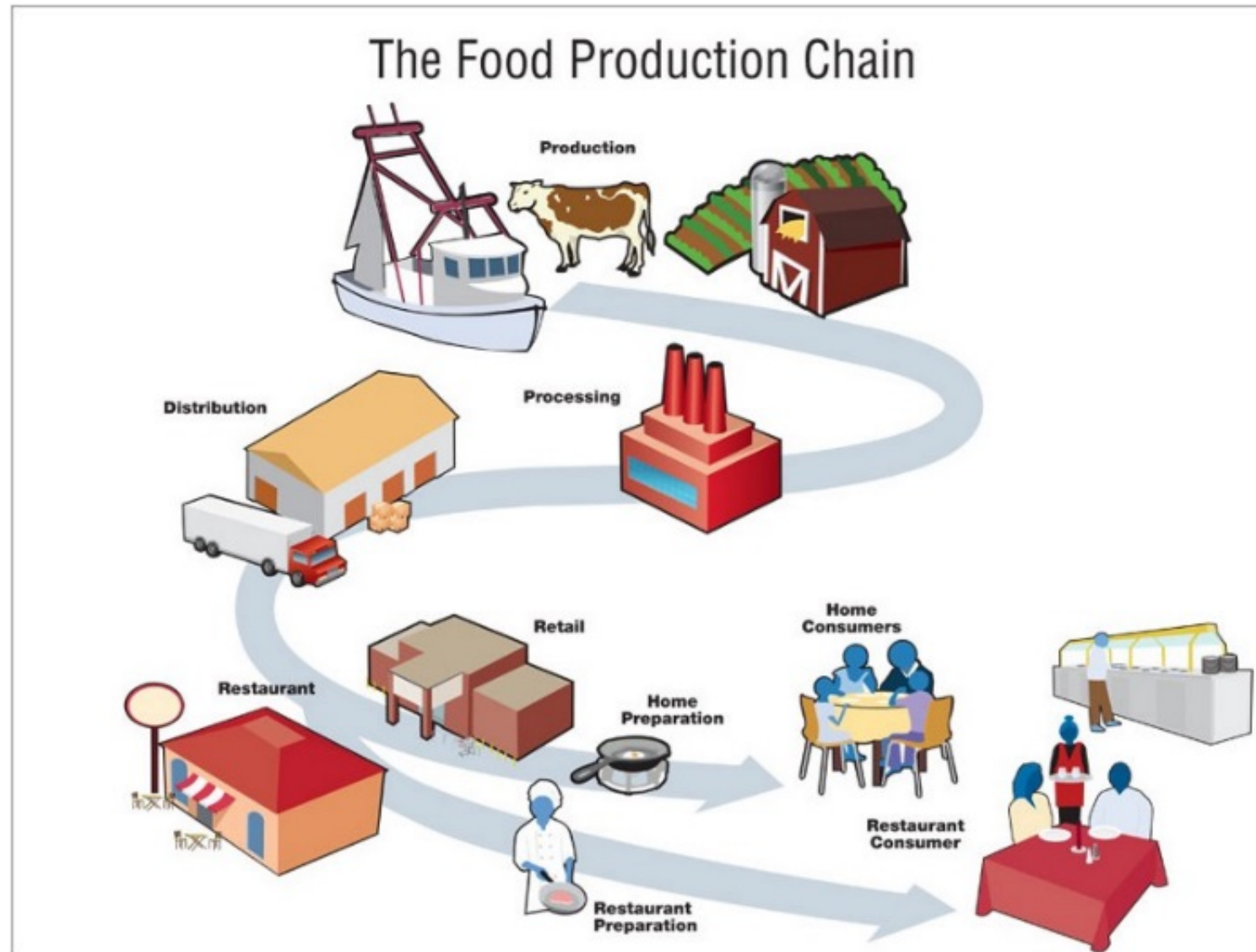
 **Live Well Alabama**
February 4 at 8:21 AM · 🌐

Getting enough physical activity each week is just one way to prevent heart disease. During American Heart Month, find out how living a healthy lifestyle can help lower your risk for heart disease and heart attack. #MoveMore
<https://bit.ly/2gCBbfg>



CDC.GOV
Heart Disease Prevention With Healthy Living Habits | cdc.gov [Learn More](#)

Food Systems Approach





Current Progress to Address Inactivity

Built Environment Approaches U.S. Community Preventive Services Task Force

Activity-Friendly Routes

- Street pattern design and connectivity
- Bicycle and Pedestrian infrastructure
- Public transit infrastructure and access



Everyday Destinations

- Proximity to destinations
- Mixed land use
- Residential density
- Parks and recreational facilities

The How...



Seven steps educators follow to ensure sustainable change.
The tool includes information specific to the PSE strategy and setting as well as a table to plan and monitor activities.

ALProHealth Community Conversations



CDC High Obesity Program Initiative in Alabama: Working with Other CDC Partners

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