

SOS Roadmap to Success

Welcome to the Southern Obesity Summit! We hope you are ready for an exciting journey from where we are, to where we want to be! To help guide your journey we have created a roadmap with some key questions you will find answers to as you attend the different events. The ultimate goal is for you to identify strategies that you and others can begin to work on implementing across the south. This is your own personal roadmap that should help you map out issues, identify solutions and begin discussions about implementation with others in your community, state and across the south!

What changes do you see in your state/community/school that might have/are having an impact on obesity? (*Physical environment-parks, sidewalks; food policy councils, student fitness data, etc. See Community Commons <<http://www.communitycommons.org>> for list of options you can map*)



There are many strategies that can have an impact on obesity. Which strategies are feasible for you and/or your organization to pursue? (*school nutrition/physical activity, marketing, nutrition standards, build environment, early childcare requirements, healthcare, etc.*)

For recommended strategies see the following websites:

(IOM Accelerating Progress (2012) <<https://www.nap.edu/download/13275>>

Rudd Center <<https://www.hsph.harvard.edu/obesity-prevention-source/obesity-prevention/>>



What policies do you feel you could support/advocate for in your state?

See policy database from Rudd Center to find policies in your state on nutrition

< <http://www.uconnruddcenter.org/legislation-database>>

See school policies at NASBE < http://www.nasbe.org/healthy_schools/hs/index.php >

See SHAPE America for Health and PE/PA resources

< http://www.shapeamerica.org/advocacy/advocacyresources_state.cfm>

Which policies are missing in your state that you feel could have a major impact on obesity rates?



What other organizations could you partner with? Or how can you reach out to similar stakeholders in other states to work together?

What Policy/Strategy did you learn about during the Town Hall Session (or other sessions) that you will be able to apply in your state/community/school?



What action can you take to begin working on a targeted obesity prevention strategy in your state/community/school?

