## MOCAN

### Working to...

#### Prevent Obesity
- Improve community environments to support play and physical activity
- Improve healthy food options in neighborhoods and in public settings
- Assure physical activity is a part of child care, school and programs outside of school and work places
- Change health care preventive practices
- Provide wellness incentives and education programs for adults
- Fund adequately early childhood programs to implement and enforce health and wellness standards
- Assure research and training for evidence based practices
- Fund adequately programs to implement and enforce health and wellness policies in schools
- Increasing access to healthy foods through:
  - Child and Adult Care Food Program (CACFP)
  - Missouri Eat Smart and MOve Smart standards
  - Walking School Bus program
  - Family Nutrition Program (FNP)
  - Expanded Food and Nutrition Education Program (EFNEP)
  - SNAP Ed

#### Make a Healthy Workforce for a Healthy Economy
- Support evidence-based wellness programs
- Provide education for small businesses about the benefits of wellness programs
- Provide financial incentives to small businesses that offer wellness programs
- Encourage collaboration between community-based organizations, hospitals, health care providers and small businesses to offer health screenings and physical activity programs
- Work at Health
- Fit-Friendly Worksites
- Work Well Missouri

#### Make Healthy Places to Live, Work and Play
- Support policies that encourage active lifestyles
- Support community designs that encourage healthy behaviors and physical activity
- Support mixed-use destinations
- Encourage active travel with pedestrian, bike and transit networks
- Support engineering to improve safety
- National Safe Routes to School initiatives

#### Ensure an Affordable and Healthy Food System
- Support community and school gardening programs
- Support education and other assistance programs for small and medium-scale local farmers
- Encourage establishing local food preferences in government contracts
- Develop an infrastructure for regional food system management
- Support tax incentives for keeping food produced in Missouri to be sold in Missouri
- Support financial incentives for grocers to operate in underserved areas
- Farm to School
- Eat Smart in Parks
MOCAN fosters and supports healthy eating and active living through policy and environmental changes to measurably improve the health and quality of life of Missouri residents.

**THE COSTS OF OBESITY:**

**$200-$400**
Annual cost of reduced productivity per worker with asthma, high blood pressure, smoking or obesity

**$260 billion**
Estimated cost to U.S. employers from health-related productivity losses

**$905 billion**
Potential increase in GDP with modest improvements in worker health status by 2030

**$3 billion**
Financial cost of childhood obesity annually

Obese children in the U.S. are at a heightened risk for elevated blood pressure, cholesterol, diabetes and becoming obese adults.


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