Mass in Motion: Eat Better, Move More

Multifaceted state initiative

- Call to Action report
- Governor’s Executive Order 509
- BMI regulation
- School Nutrition Regulation
- Public information campaigns
- Municipal wellness grants
- Worksite initiative
- www.mass.gov/massinmotion
  - Info on physical activity and nutrition
  - Calendars
  - Blogs
  - Links to state and local resources
Mass in Motion Communities

52 cities and towns representing 33% of the state population
Temporal trend significant (p<.001). Results based on 947,815 BMI measurements for public school students in grades 1, 4, 7, and 10. Rate Ratio (temporal trend) = 0.976. Adjustments made for district median household income, and racial/ethnic composition.

Preliminary analysis indicates a larger decrease for Mass in Motion communities.